

Outline/Summary of Immanuel Approach Basic Training Video Segments:

Introduction: 23 min

Seg 1, Positive Memory, Appreciation, and Interactive connection with God: 37 min. Option to stop after Jesus Connection established (25:11:27). Following = demonstration of “Just Enjoy Being with Jesus”

Seg 2, Special Value of God Positive Memory: 51 min. Option to stop after Jesus Connection established (32:28:27). Following = demonstration of “Is there anything Else You Have For Me?”

Seg 3, Our Brains Work Best in Community: 1 hr 7 min. Option to stop after Jesus Connection established (31:26:03). Following = demonstration of looking at issue with Jesus.

Seg 4, Immanuel Approach Troubleshooting, Basic: 30 min

Supplemental Seg 4b, Basic Troubleshooting Addendum: 17 min

Supplemental Seg 4c, Deep Breathing Relaxation Intervention: 21 min

Seg 5, Immanuel Approach Safety Nets, Basic: 44 min

Seg 6, Splinter-Free Safety-Net Memories: 29 min

Seg 7, First Intermediate Safety-Net Scenario: 47 min

Seg 8, Second Intermediate Safety-Net Scenario: 1 hr 19 min

Seg 9, Advanced Safety-Net Scenario: 26 min

Supplemental Seg 9b, Shalom for My Body, demonstration of use in session: 9 min

Seg 10, Immanuel Approach Emotional Healing, Basic, Variation #1: 1 hr 30 min

Seg 11, Immanuel Approach Emotional Healing, Basic, Variation #2: 1 hr 13 min

Supplemental Seg 11b, Immanuel Approach Emotional Healing, Basic, Variation #3: 40 min

Seg 12, Intimacy is the Most Important, #1 Priority and Goal: 28 min

Bonus 1, Receiving Comfort from God #1 -- Receiving Attunement: 20 min

Bonus 2, Receiving Comfort from God #2 -- WDYWMTKAT?: 20 min

Bonus 3, Receiving Comfort from God #3 -- Refuge Time with Jesus: 25 min

Bonus 4, Immanuel Approach Intercessory Prayer: 38 min

Bonus 5, Questions & Answers: 4 min

Bonus 6, Basic Immanuel Approach Healing Variation #2, Full Demo Session: 1 hr 45 min

Total: 932 min = 15.5 hours total content