

Title: "First Quantitative Research Supporting the Immanuel Approach"

February 20, 2023

Greetings all,

Just a quick note to share some good news. Dr. Emily Hervey, licensed clinical psychologist and Adjunct Professor at Regent University, has just published the first quantitative study supporting the effectiveness of the Immanuel Approach (as part of a larger faith-based treatment program for PTSD). And although the abstract (below) does not mention the Immanuel Approach, the full article does explicitly mention my work and the Immanuel Approach.

Blessings,

Dr. Lehman/Karl

Article title: Spiritually Oriented Trauma Healing in Nigeria: A Program Evaluation to Assess Trauma-Symptom Reduction and Spiritual Growth.

Abstract: There is a significant gap in the need for and provision of treatment of post-traumatic stress disorder (PTSD), especially in low- to middle-income countries such as Nigeria. This study sought to evaluate the effectiveness of a faith-based program in the reduction of PTSD symptoms and the improvement of relationship with God. Participants were all Nigerians living in the middle and northern parts of Nigeria, selected by a local church and a local Christian non-profit organization. Three 5-day workshops were completed in two locations with a total of 41 participants. The Posttraumatic Stress Disorder Checklist for Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (*DSM-5*) and the Spiritual Assessment Inventory were used as measures implemented pre and post intervention for program evaluation. Paired-sample *t*-tests showed significant reductions of PTSD symptoms, with a moderate effect on the whole group and a large effect on those who reached the cut-off for PTSD prior to the workshop. Improvement in relationship with God was also evident. Overall, the program appeared beneficial to participants, suggesting that culturally sensitive, faith-based workshops may be a strategic way to address high rates of PTSD in high-conflict areas.

Link to Abstract, bibliography for article, and option to obtain full article:

<https://journals.sagepub.com/doi/epub/10.1177/00916471221150402>