

Title: “**Very** Encouraging Follow-Up Regarding Christian Mental Health Think Tank”

April 15, 2024

Greetings all,

Just a quick note to thank you for your prayers and give you an update regarding the good results.

First, let me say a bit more about this think-tank gathering. Chick-Fil-A tithes on their annual profits, which provides a very large amount of charitable funds. Chick-Fil-A has identified mental health as a special concern, and has established the WinShape foundation to especially support and develop Christian mental health resources. And as part of their effort to support and develop Christian mental health resources, the WinShape foundation has started gathering Christian mental health thought-leaders for a think-tank and networking conference each spring at their retreat center outside of Atlanta GA. This is the gathering that Charlotte and I participated in April 8 through April 10.

Thank you for your prayers regarding strategic connections. We had a good time reconnecting with friend and colleague Karl Benzio MD (Medical Director for the American Association of Christian Counselors and member of the planning team for the WinShape mental health gatherings), and we left him with a copy of the new *Introduction to the Immanuel Approach for Mental Health Professionals* book. I had a good conversation with Matt Turvey (the psychologist in charge of WinShape charitable giving regarding Christian mental health). We met a couple that has been working with the WinShape marriage care ministry for 20+ years, and discovered that they are already using the Immanuel Approach with the couples that they minister to. We met the assistant director for the WinShape marriage renewal ministry, and after a really encouraging conversation about memory-reconsolidation research and the Immanuel Approach, left him with a copy of the new IA introduction book.

We met the clinical director for the WinShape foster care and group homes ministries, and after a really encouraging conversation about memory-reconsolidation research and the Immanuel Approach, left him with a copy of the new IA introduction book. We met a mental health professional from San Antonio Texas who leads several organizations that have woven together mental health and the church, and after a really encouraging conversation about memory-reconsolidation research and the Immanuel Approach, left her with a copy of the new IA introduction book. We met the woman who produces the annual Church Mental Health Summit (an online event that reached 11,000 people across 125 countries in 2023), and after a really encouraging conversation about memory-reconsolidation research and the Immanuel Approach, left her with a copy of the new IA introduction book.

We met the director of a program for growing people to spiritual maturity at the Boone Center for Family, Pepperdine University, and after a really encouraging conversation about memory-reconsolidation research and the Immanuel Approach, left her with a copy of the new IA

introduction book. We met the Executive Director of the Trauma Healing Institute and Restoring Hope Ministry at the American Bible Society, and after a really encouraging conversation about memory-reconsolidation research and the Immanuel Approach, left her with a copy of the new IA introduction book. We met the senior pastors at Celebration church (10,000+ members in their local congregation, and an unknown number in their 50+ satellite locations), and after a really encouraging conversation about memory-reconsolidation research and the Immanuel Approach, left them with a copy of the new IA introduction book.

We also made good initial connections with the Executive Director for the Association of Catholic Mental Health Ministers, the director of pastoral care at Saddleback Church, a professor at Regent University, a professor at the University of Aberdeen in Scotland, the editor of *Marriage and Family: A Christian Journal* affiliated with AACC, and a number of other strategic Christian mental health professionals.

If you are thinking, “Wow! When did they sleep?” that is a very reasonable reaction. We are still a bit in shock. Again, thank you for your prayers for our time at this gathering, and please pray that the Lord will bless all of the seeds that got planted during these three extremely busy and fruitful days.

Thanks and blessings,

Dr. Lehman/Karl

P.S. To address questions/requests that many of you may be thinking about sending: 1. These gatherings are not yet producing content that is sufficiently organized and/or in a format that can be shared with the general public; and 2. These gatherings are invitation only, and I am not involved in any way in the decision-making regarding who gets invited.

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