

Title: “Lite” Version of Immanuel Approach Basic Training

February 3, 2025

Greetings all,

As many of you have realized, going through the basic training videos is quite an investment. One of the biggest, concrete logistical challenges is that you can’t go through the whole package in a single weekend. When we did the basic training seminar live, it took two and a half days – all day Friday, all day Saturday, and half of Sunday. And my perception is that the video training package would take about the same amount of time, if you went through it in one training retreat/seminar.

Most people going through the full basic training video package gather a group that gets together for an evening each week, and most are finding that it works well to watch the teaching segment and demonstration, and then go through one of the practice exercises at each gathering. Since there are twelve practice exercises, this requires gathering each week for several months.

Both of these options -- a two-and-a-half-day retreat/seminar, or weekly gatherings for several months – are really substantial investments. (Compared to years of mental health training, this is still a mind-bogglingly good deal. Even so, it is also a really substantial investment.)

Which brings me to the topic of this newsletter. I have put together a “Lite” version of our Immanuel Approach training which uses the same video basic training package, but just goes through the initial steps to the point of connecting with Jesus, with the option to also include several of the endeavors with the Lord that do not include working with trauma (for example, just enjoying spending time with Jesus, asking the Lord, “Is there anything else You have for me today?”, and looking at a particular issue or question with Jesus).

A key logistical benefit is that this “Lite” package will easily fit into a weekend, or even into a single day (depending on how many of the non-trauma options, beyond just connecting with Jesus, your group decides to include).

And the really good news is that the “Special Subjects/Advanced Topics” section of the Resources page now includes a whole sub-section that presents explanatory essays and practice exercises that have been especially customized for this “Lite” version.

Blessings,

Dr. Lehman/Karl