

Immanuel Approach Safety Net Resource: Coaching Shalom for My Body (MHPs) **(Practice Exercise/Role-play to Follow Completion of Video Training Segment #9b)**

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NOTE: This entire exercise is **optional** for mental health professionals who already have tools for helping clients self-regulate.

Helpful safety-net resource for any situation with very intense fear or anger: As described in training segment 9b, being able to coach the recipient through the shalom-for-my-body exercise can be very helpful for any situation in which very intense fear or anger becomes a problem. At any point in a session, if the recipient's fear/anger becomes so great that they are having difficulty cooperating with the process and/or you are having difficulty facilitating, you can use the Shalom-for-my-body intervention to bring down the intensity. And if you are running out of time at the end of a session, so that you need to deploy the safety net, but the recipient is experiencing intense fear or anger, you can coach the recipient through the shalom for my body exercise, the intensity of their fear or anger will come down dramatically, and it will be much easier to deploy the safety net.

And as described in training segment 9, if you encounter a dissociated internal part who is initially refusing to cooperate with the usual safety-net process (that is, going back to the initial positive memory and connection with Jesus), once other interventions help the internal part get to the point of being willing to cooperate, coaching them through the shalom-for-my-body exercise to decrease intense fear and/or anger can make it much easier for the recipient to go back to their initial positive memory and connection with Jesus.

Simplest version for recipients who are especially impaired: The simplest version of this intervention, for recipients who are especially impaired by being especially overwhelmed by especially intense fear or anger is to simply go through shalom for my body in front of the recipient, while periodically (as needed to help them stay with you) coaching something along the lines of, "Look at me! Watch me. Follow me – do it with me."

Role-play component: Note that this exercise will include a role-play component. The recipient will *pretend* to be experiencing intense anxiety/fear, so that the facilitator can practice coaching the recipient through the shalom-for-my-body exercise as a safety-net resource. However, even in the simulated scenario, with the recipient only pretending, it will be helpful skill practice for the facilitator to be very directive, with minimal cognitive explanation, in coaching the recipient through the shalom-for-my-body exercise.

Training segment 9b demonstration: Remember that the demonstration at the end of training segment 9b shows you exactly what this exercise should look like.

Facilitator instructions (5-7 min for each recipient):

The recipient will pretend to be moderately overwhelmed and moderately impaired by intense anxiety. Coach them to watch you and follow you through the shalom-for-my-body exercise. (Coach them as needed to help them follow you). Start by calling their name a couple of times to get their attention (as in my demonstration with Charlotte).

Sample coaching: “_____ (name)! _____ ! (name)! Look at me! Watch me! This is what I want you to do: Make a frightened face” (*demonstrate fearful face, while pointing to your face*), and then (*demonstrate first half of hands up segment*). And then relax your face and say, ‘Whenever I am afraid, I will trust in you oh Lord,’ as you exhale and bring your hands back down” (*as demonstrating second half*).

“_____ (name)! Look at me! Watch me! Follow me – do it with me.” *Then demonstrate whole hands-up segment.*

“And again” (*demonstrate whole hands-up segment again*).

“And again” (*demonstrate again*).

“And one more time” (*demonstrate again*).

“Okay, so watch me and follow me for the next piece. Yawn to the side as you take a deep breath.” (*Demonstrate yawn to right as you explain*). “And then ‘Whenever I am afraid, I will trust in you oh Lord’ as you exhale.” (*Demonstrate as you explain.*)

“Okay, watch me and do it with me.” (*Demonstrate yawn to right – recipient mirroring as they yawn to left*). “And now do the same thing to the other side.” (*Demonstrate yawn to left*)

“And again” (*demonstrate whole yawn-left-and-right segment again*).

“And again” (*demonstrate again*).

“And one more time” (*demonstrate again*).

“Okay, so watch me and follow me for the next piece. Tap right here, on each side of your breast bone, about this fast, and then speed up a little as you breathe in” (*as demonstrating*). “And then rub on these same spots as you breathe out and say, ‘Whenever I am afraid, I will trust in you oh Lord’” (*as demonstrating*).

“And again” (*demonstrate whole chest-tap-and-rub segment again*).

“And again” (*demonstrate again*).

“And one more time” (*demonstrate again*)..

The simplest version: And again, the simplest version of this intervention, for recipients who are especially impaired by being especially overwhelmed by especially intense fear or anger, is to simply go through shalom-for-my-body in front of the recipient, while periodically coaching something along the lines of, “Look at me! Watch me. Follow me – do it with me.”

Brief reminder prompts for shalom-for-my-body:

1. Hands up & breathe in (fast), fear (or anger) on face
Hands down & breathe out (slow), relax face, while saying:

“Whenever I am afraid I will trust in You oh Lord,”

Or, “Whenever I am angry I will turn to You oh Lord.”

2. Yawn & deep breath in (slow), while turning head to left; then bring face back to front while breathing out (slow) and speaking
Yawn & deep breath in, while turning head to right; then bring face back to front while breathing out and speaking

“Whenever I am afraid I will trust in You oh Lord,”

Or, “Whenever I am angry I will turn to You oh Lord.”

3. Tap chest & breathe in (slow)
rub chest & breathe out (slow), while saying

“Whenever I am afraid I will trust in You oh Lord,”

Or, “Whenever I am angry I will turn to You oh Lord.”