

Outline/Summary of Immanuel Approach Basic Training Segments (Non-MHPs)

(Last updated 4/29/25)

Introduction: 23 minutes

Training Segment #1 -- *Positive Memory, Appreciation, and Interactive connection with God*

Video: long option 37 min (includes demonstration of just enjoying being with Jesus). Short option 25 min (stop after Jesus connection established).

Practice exercise zero (optional – an especially easy on ramp): 5 min per person + 2 min switch (12 min practice pairs, 19 min practice triads)

Practice exercise seg #1: 12 min per person + 2 min switch (26 min practice pairs, 40 min triads)

Training Segment #2 -- *Special Value of God Positive Memory*

Video: Long option 51 min (includes demonstration of asking the Lord, “Is there anything Else You Have For Me?”). Short option 32 min (stop after Jesus connection established).

Practice exercise seg #2: 12 min per person + 2 min switch (26 min practice pairs, 40 min triads)

Training Segment #3 -- *Our Brains Work Best in Community:*

Video: Long option 67 min (includes demonstration of looking at an issue or question with Jesus). Short option 31 min (stop after Jesus connection established).

Practice exercise seg #3: 12 min per person + 2 min switch (26 min practice pairs, 40 min triads)

Training Segment #4 -- *Immanuel Approach Troubleshooting, Basic:* 30 min video

Supplemental Seg 4b -- *Basic Troubleshooting Addendum:* 17 min video

Supplemental Seg 4c -- *Deep Breathing Relaxation Intervention:* 21 min video

Practice exercise seg #4, 4b, & 4c (to follow finishing all three – 4, 4b, and 4c): 27 min per person + 2 min switch (56 min practice pairs, 85 min triads)

Training Segment #5 -- *Immanuel Approach Safety Nets, Basic:* 44 min video

Training Segment #6 -- *Splinter-Free Safety-Net Memories:* 29 min video

Practice exercise segs #5 & #6 (to follow finishing both 5 and 6): 28 min per person + 2 min switch (58 min practice pairs, 88 min triads)

Training Segment #7 -- *First Intermediate Safety-Net Scenario:*

Video: 47 min

Practice exercise seg #7: 26 min per person + 2 min switch (54 min practice pairs, 82 min triads)

Training Segment #8 -- *Second Intermediate Safety-Net Scenario:*

Video: 79 min

Practice exercise seg #8: 40 min per person + 2 min switch (82 min practice pairs, 124 min triads)

Training Segment #9 -- *Advanced Safety-Net Scenario:* 26 min

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

Practice exercise seg #9 & 9b (to follow finishing both 9 and 9b): 7 min per person + 2 min switch (16 min practice pairs, 25 min triads)

Training Segment #10 -- *Immanuel Approach Emotional Healing, Basic, Variation #1:*

Video: 90 min

Practice exercise seg #10: 46 min per person + 2 min switch (94 min practice pairs, 142 min triads)

Training Segment #11 -- *Immanuel Approach Emotional Healing, Basic, Variation #2:*

Video: 73 min

Practice exercise seg #11: 45 min per person + 2 min switch (92 min practice pairs, 139 min triads)

Supplemental Seg 11b -- *Immanuel Approach Emotional Healing, Basic, Variation #3:*

Video: 56 min

Practice exercise seg #11b: 45 min per person + 2 min switch (92 min practice pairs, 139 min triads)

Training Segment #12 -- *Intimacy is the Most Important, #1 Priority and Goal:* 28 min video

Bonus 1 (optional) -- *Receiving Comfort from God #1 -- Receiving Attunement:* 20 min video

Bonus 2 (optional) -- *Receiving Comfort from God #2 -- WDWMTKAT?:* 20 min video

Bonus 3 (optional) -- *Receiving Comfort from God #3 -- Refuge Time with Jesus:* 25 min video

Bonus 4 (optional) -- *Immanuel Approach Intercessory Prayer:* 38 min video

Bonus 5 (optional) -- *Questions & Answers:* 4 min video

Bonus 6 (optional) -- *Basic Immanuel Approach Healing Variation #2, Full Demo Session:* 1 hr 45 min video

Total video:

Long versions, all optional content: 15.75 hours

Short versions, excluding optional content: 11.15 hours

Total practice exercises:

Including optional exercise zero: Practice pairs: 10.5 hour; Triads: 16

Excluding exercise zero: Practice pairs: 10.25; Triads: 15.5