



Karl D. Lehman, M.D. Charlotte E.T. Lehman, M.Div.

TO: The Thurs/Fri/Sat Group Please read this general information document thoroughly!
FROM: Karl Lehman
RE: Necessary Information for Lehman Immanuel Approach mentoring groups
DATE: August 29, 2025

Meeting Dates & Time: The first week of each month that includes Thurs, Fri, and Sat. Spring semester: Feb, Mar, Apr, May. Fall semester Sept, Oct, Nov, Jan. Three groups – one Thursday mornings, one Friday mornings, one Saturday mornings – 9:00 am to 12:45 pm CST for each group.

Date Assignments:

Feb/Sept: TBA
Mar/Oct: TBA
Apr/Nov: TBA
May/Jan: TBA

- If you cannot make your assigned date, please contact another group member to negotiate trading dates.
- Please call to let us know if you will miss a group, so we don't wait for you.

Group Members and Contact Information: **Karl** drkarl@kclehman.com

****When participants have been confirmed, a table with contact information for all participants will go here. That way you can contact each other directly if you want to negotiate switching the date for your designated spot, etc.****

Group Format:

What: Integrative Emotional Healing Ministry Mentoring Group with Dr. Lehman. Major schools of thought incorporated include Ed Smith DMin's Theophostic® work, Jim Wilder PhD's LIFE Model and THRIVE Conference teachings, and Dr. Lehman's Immanuel Approach. Mentoring is accomplished in several ways:

- 1) The total number of participants will be limited to 8, so each participant in the group will get a 90 minute time slot in a semester of four sessions. The participant who "owns" the time slot can use it in any way he/she wishes. Specific options we have thought of include:
 - Asking questions about your work doing Immanuel Approach healing ministry, your understanding and/or applications of LIFE Model, or THRIVE concepts, any other questions about your clinical work, questions about your own healing, any other questions you want to discuss. You choose who you want to address the question (Dr. Lehman, everybody in the group, or any sub group – be as directive as you wish).
 - Receiving ministry to work on your own stuff, you can choose the facilitator (Dr. Lehman or anyone else who is willing). It can be especially valuable to work on issues that get triggered when you facilitate ministry sessions.
 - Practice facilitating, especially focusing on aspects that are strategic for you (assuming other participants are willing to receive, or bring your own client).
 - Bring a client for ministry session (If you wish to bring a person to the group for a ministry session, he/she must have a primary care provider who is already in place and who is able to provide ongoing care and crisis care. Usually, the group member will be the primary care provider. However, if someone else is the primary care provider, he/she must understand the type of ministry we do, and be in agreement with the plan for the person to obtain a ministry session in the context of the Lehman Mentoring group.

IMPORTANT: Please make arrangements for the person to leave the group after his/her session, so that some debriefing can happen in the group without that person present.)

- Bring in a video of a session to review and discuss
 - Other?
- 2) The group will begin with brief introductions and orientation at the first meeting. In subsequent meetings, the group will start with the first session right at 9:00, **so please be here and ready to go so as to not disrupt the first session.** At the end of the group (12:15 to 12:45) we will have a short follow-up from the persons who received ministry in the previous month's meeting, if applicable. Learning to observe and "test the fruit" is essential to growing in this kind of ministry. The zoom room will open at 8:30, so that people can arrive and sort out any tech issues before the group starts at 9:00.

3) Recordings of sessions in the group:

What. Recording is easy. I can activate the option for you to record directly to your computer from zoom – at the end of the session you have your own copy on your own device. As long as this works, then there is no fee for the recording. However, if you ask me to also record a backup copy onto my computer during the session, and your recording is not successful for any reason, I charge \$25 to send you a copy (to cover the admin time of communication with you re the need for a copy, uploading the zoom file to Google, sending zoom link, verifying successful download, deleting file from Google Drive, etc.) NOTE: You are not required to record your session. This is entirely your decision. And if you ask me to make a backup copy but then want me to delete it, I do so immediately.

Why. Why might you want your session recorded?

- To review it later, to test whether memories worked on are completely healed, and to help identify "splinters" or other related issues to work through
- To share it with a spouse or prayer partner or regular therapist, or others who are walking with you on your own healing journey
- To study the session for your own education as a healing minister – since when one is actually receiving ministry, one isn't paying attention to ministry techniques per se!
- To share the session with a study group, or church prayer team, etc. Obviously, it is completely up to you regarding who you show the recording to and who you don't.

Usage Agreement. Note that there are certain restrictions we make on the use of recordings obtained in this way. Please read the Usage Agreement (at office) for details.

Where: All groups are now on zoom, to allow for out of state and international participants.

Cost: \$400 USD for the semester (includes four mentoring sessions). Paying the full \$400 fee at the time you confirm your spot is ideal (less administrative hassle for me), but if cash flow is a concern, you can pay \$200 at the time you reserve your spot, with the remainder to be paid by the first session. NOTE: if the full fee is not paid by the first session, I add a \$50 "tip" for the additional hassle to me.

Preferred payments options: Zelle: Email associated with account is drkarl@kclehman.com. Venmo: Account ID is @Karl-D-Lehman-MD-SC. Old-fashioned check: Make checks out to Karl Lehman MD, put "Lehman IA Mentoring Group" in the memo line, and mail to Karl Lehman, 707 Madison St., Evanston IL 60202.