

Title: "Role of Truth Carried in Non-traumatic Memories"

August 4, 2025

Greetings all,

Just a quick note to let you know about a re-posted, dramatically updated essay sharing my thoughts about the role of truth carried in non-traumatic memories.

<https://www.immanuelapproach.com/kclehman-com-website-archives/>

Intro paragraph and outline included below.

Blessings,

Dr. Lehman/Karl

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### **Role of Truth Carried In Non-traumatic Memories<sup>1</sup>**

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People who are immersed in emotional healing ministries that emphasize receiving truth from God (such as Theophostic and the Immanuel Approach) can sometimes undervalue truth carried in non-traumatic memories.<sup>2</sup> Therefore, I think these comments about the role of non-traumatic memory truth are especially important for those of us who have been immersed in this kind of ministry. So what is the value, or function, or role of cognitive-semantic truth carried in non-traumatic memories and experiential-learning truth carried in non-traumatic memories?

**I. Can be the source of truth that replaces the erroneous, distorted beliefs carried in unresolved trauma:**

**II. Helps to *expose* the true nature of the problem, helps the person *choose to cooperate* with the Lord's healing work, and helps the person *choose righteous behavior*:**

**III. Increases the efficiency and effectiveness of emotional healing work:**

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<sup>1</sup> For a detailed case-study example of the role of truth carried in non-traumatic memories, see the second half of Lehman, Karl D., "Immanuel, An Especially Pernicious Blockage, and the Normal Belief Memory System," in the Special Subjects/Advanced Topics" section of the Resources page, [www.immanuelapproach.com](http://www.immanuelapproach.com).

<sup>2</sup> "Truth carried in non-traumatic memories" includes both cognitive semantic information (such as truths learned from studying scripture and brain science), and also truths/beliefs learned from non-traumatic experiences (such as truth about the Lord's character and heart learned from interacting with Jesus in Immanuel sessions as the recipient, or from watching Jesus interact with recipients in sessions you facilitate).

**IV. Provides reference points for our error-trapping “safety nets”:**

**V. Supplies the truth that we use to run our “normal” lives:**

**VI. Supplies the truth that we use in cognitive-therapy type tools:**

**VII. Non-traumatic memory truth cannot directly resolve trauma:** Now that we have discussed these various functions of truth carried in our non-traumatic memories, I want to emphasize again a very important point: putting truth into our non-traumatic memory files – even powerful, faith-building, experiential truth such as witnessing the Lord heal others – *can not*, by itself, resolve the erroneous beliefs that are carried as part of unresolved traumatic memories. Trying to *directly* resolve trauma-associated lies by putting truth into non-traumatic memory files is a fruitless and endless endeavor. Truth in non-traumatic memories *can be a part of permanent healing*, in all the ways just described above, but you cannot *directly* correct distorted, erroneous beliefs *carried in traumatic memories* by just loading more and more cognitive semantic truth and experiential truth into non-traumatic memory files.