

Karl D. Lehman, M.D.



Charlotte E.T. Lehman, M.Div.

Kay: Dissociated Sexual Abuse Trauma, Internal Child Part (Immanuel Approach, Intermediate-Advanced)

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This DVD will be encouraging and educational for any viewer, but it will be much more valuable if you have first read *The Immanuel Approach: For Emotional Healing and for Life*. (The store page of www.immanuelapproach.com provides links for ordering.) If time constraints preclude reading the whole book, I would encourage you to at least read chapters 2, 3, 4, and 14. This session demonstrates intermediate-advanced principles, techniques, and process.

Original session and three-month follow-up interview: This DVD presents the original session (Nov 15, 2019), and portions of the follow-up interview that took place three months later (Feb 8, 2020).

Contents of Video Tape	Location on the tape	Length of the segment
Introductory comments	Minute 0	2 minutes
Opening prayer	Minute 1:00	2 minutes
Initial positive memory, Jesus connection	Minute 3:32	11 minutes
Core of session/emotional healing work	Minute 15:34	55 minutes
Closing prayer	Minute 1:31:18	2 minutes
Follow-up (three months later)	Minute 1:34:51	6 minutes

Chapters (full session):

1. Start/Introductory Comments 0:00
2. Opening Prayer 1:00
3. Initial Positive Memory, Jesus Connection 3:32
4. Asking Jesus for Guidance Re the Session 8:35
5. Disbelief, Guardian Lie 11:39
6. Jesus Inviting to go to Trauma 15:34
7. Jesus Connection in Traumatic Memory 19:46
8. Internal Thought Second-Person 27:15
9. Direct Eye Contact 29:05
10. Child Part Can't See Jesus, Troubleshooting 33:02
11. Guardian Lie 34:46
12. Next Piece of Trauma 42:57
13. Jesus Shields, Helps with Capacity 50:03
14. Next Piece of Trauma 58:33
15. Internal Voice, Second Person Perspective 1:01:20
16. Perceives Jesus Again 1:07:29
17. Panic Attack Connection 1:14:36

18. "It's Not Your Fault!" 1:17:39
19. Last Part of Trauma 1:25:23
20. "I will Always Care for Your Soul" 1:29:50
21. Closing prayer 1:31:18
22. Follow-up Interview 1:34:51

Chapters (bonus extended follow-up interview):

1. Start/Introductory Comments 0:00
2. Specific Lies & Emotions 5:48
3. Dissociative Amnesia 12:38
4. Previous Parts Work? 15:31
5. Jesus Soul Protection 17:44
6. Observations from Husband 25:30
7. "I Want to Live." 27:42

Session summary: In this 2019 session, the recipient begins the session with conscious awareness of some pieces of a sexual abuse traumatic memory sequence that she had worked on previously, but also with the awareness that there are pieces of the memories that are blacked out. Dr. Lehman helps Kay establish a strong connection with Jesus at the beginning of the session; and then as soon as Kay enters the child memory sequence, Dr. Lehman helps her to perceive and connect with Jesus in the context of being inside the traumatic memories.

As Kay moves into each new piece in the traumatic memory sequence, Dr. Lehman immediately helps her to perceive and connect with Jesus, so that she spends only the shortest possible time alone in the traumatic memories. As they work through several different pieces of the traumatic experience, Dr. Lehman constantly checks to make sure her connection with Jesus is intact, and frequently coaches her to focus on Jesus and lean on her connection with Jesus for help. At every point in the healing work, Dr. Lehman coaches Kay to focus on Jesus and engage directly with Jesus regarding every issue, question, problem, or healing need that comes up.

The close connection with Jesus throughout the whole session seems to help tremendously with making the trauma work less painful, less scary, and less overwhelming; and dramatically helps with capacity issues by both decreasing the intensity of the badness and also increasing Kay's capacity. This dramatic help with respect to capacity enables Kay to stay connected at each of the places where she had previously dissociated. In fact, at one point the child part in the memory says (in great distress), "I had to go away....I can't stay!" And then Jesus holds her especially close, places Himself between Kay and the perpetrator so that Jesus absorbs the evil of the trauma into Himself, and says, "If I'm here with you like this, then Kay you don't have to go away." (Time on tape 45:45 through 50:40)

At 29:05 in the session, Dr. Lehman uses the direct-eye-contact technique to establish contact with an internal child part associated with the traumatic memories, and then checks with her regarding whether or not she can perceive Jesus. After clarifying that she is *not* able to perceive Jesus, Dr. Lehman trouble-shoots to identify and resolve the guardian-lie blockage, and then the child part *is* able to perceive and connect with Jesus. (Note that the child part was initially unable to perceive Jesus, even though adult Kay *was* able to perceive Jesus at the same point in the session. This phenomenon is fairly common.) At a later point in the session (time on tape 58:33:00), when Kay moves to a new piece of the traumatic experience, the child part is again initially unable to perceive Jesus. Fortunately, brief trouble-shooting resolves the blockage and the child part is then able to perceive and reconnect with Jesus.

This session includes a particularly interesting and profound piece, where Jesus shows Kay that

although He did not stop the perpetrator, He protected her soul by being with her and by placing Himself between her and the perpetrator and absorbing the evil of the trauma into Himself. Jesus specifically comments, “I can protect your soul. Your soul belongs to Me, not them,” and also, “I have from the womb, and I did today and these other times, and I am *always* going to take care of your soul.” Note that when Kay hears all of this directly from Jesus, she feels satisfied with His words on this very difficult subject.

Note also that this session is the first time Kay had ever been consciously aware of, and then worked directly with, her internal child parts.

Lasting positive changes (three-month follow-up interview): At the follow-up interview three months after the session in Phoenix, Kay described a variety of lasting positive changes. She reported that her subjective sense of denial regarding these traumatic events continues to be less intense (but *not* completely resolved). She reported that the emotional power of false negative cognitions associated with these memories continues to be less (but *not* completely resolved). And she reported that the negative emotions associated with these memories continue to be less intense (but *not* completely resolved). **Note** that this is the *usual* overall picture for intermediate-advanced work – this is the *usual* overall picture when working with intense traumatic memories, clusters of similar traumatic memories, and complicated defenses. With a single session, even though it is a breakthrough Immanuel-Approach session with the living presence of Jesus, you will see *only partial* resolution of traumatic memories, false negative cognitions (lies), and negative emotions. You will see significant, lasting positive changes, but with just a single session, you will usually see only partial resolution of traumatic memories, false negative cognitions (lies), and negative emotions (as opposed to complete resolution).

Another lasting positive change is that previously dissociated content is now easily, normally available to her conscious mind. As the viewer certainly noticed, with Jesus standing right next to her, Kay was able to recall and connect with “new” content during the session – content that had previously been totally dissociated. At the follow-up interview, this new content that came forward during the session remained available to Kay’s conscious mind.

One of the most important and beautiful lasting positive changes is that Kay continues to perceive Jesus’ presence with her in these memories. Now when she recalls these memories, she continues to perceive Jesus’ presence with her; and it continues to *feel true* that Jesus was with her in these experiences, and that He is still with her in these memories.

Another important and beautiful lasting positive change is that Kay continues to feel satisfied with Jesus’ answer to her question, “Why didn’t You rescue me? Why didn’t you stop this guy from hurting me?” During the session, in response to this question, Jesus essentially said, “I did not stop this boy from hurting you in the physical realm, but I protected the part of you that matters the most – I protected your soul. I have *always* protected your soul in the past, I am protecting your soul now, and I will *always* protect your soul going forward into the future.” And, very importantly, Kay reported that this answer from Jesus ***felt true and right and satisfying***. At the three-month follow-up interview, Kay reports that these words from Jesus *continue* to feel true and right and satisfying.

Finally, Kay’s husband shares that he has observed Kay to be generally more peaceful since the session, and Kay reports noticing a new sense of joy and a new desire to live since the session.

Deleted material: At several points in the session I have deleted brief teaching comments that were made to the audience at the seminar. (I have deleted these particular comments because they made more sense in the context of the seminar, and would be less helpful and more distracting to

viewers not viewing the demonstration session in the context of the rest of the seminar content.)¹

Opening and closing prayers: Many people have asked about the opening and closing prayers I routinely use at the beginning and end of our emotional healing sessions (and that are hard to get from the DVDs because I go through them so quickly). The essays, “Opening Prayers and Commands: Prayer for the Facilitator, Dealing with the Demonic, and General Introductory Prayer,” and “Closing Prayer and Commands” provide explanations regarding a number of specific points, and then also provide both longer and abbreviated “sample” opening and closing prayers.² If you look at the condensed versions of the sample prayers you will notice that they are very close to the opening and closing prayers I actually use in most of our live ministry sessions.³

Additional follow-up thoughts/observations: With the benefit of entries from Kay’s journal during the week of the follow-up interview (a week during which she also had a number of Immanuel sessions with Andy Ross), and also the benefit of ongoing conversations with Kay regarding her healing journey, we can offer a number of additional follow-up thoughts and observations:

Huge unresolved pieces associated with hiding in the closet, being terrified by the builder: The negative emotions associated with the parts of the memory in which she was actually being abused – the part where Jesus put Himself between her and the perpetrator – were mostly resolved. In contrast, the negative emotions associated with the parts of the memory where she was hiding in the closet, and then getting yelled at by the builder, were only moderately reduced. Furthermore, the negative emotions associated with the later parts of the trauma decreased dramatically as she worked with Andy during the week of the follow-up interview. In her own words: “Before this week, I would have said that there were still a lot of splinters. The negative emotions were less, but not a lot less. The upsetting emotions felt 40% gone. In contrast, now, after three more sessions, I would say that the memory is much more calm and peaceful. There are still some splinters, but now the upsetting emotions are 75% gone.

Also, the negative cognitions/lies were still present and strong after the Phoenix session. She reported being much more consciously aware of them, she had much more insight regarding how they were frequently being triggered forward and affecting her, she was much more able to push back against them, and they weren’t as strong, but these lies were still getting triggered frequently and were still fairly strong.

And all of this this is totally consistent with what we found in Immanuel Approach sessions following the Phoenix session – we found huge pieces related to hiding in the closet and being terrified by the builder that had still been disconnected/hidden during the Phoenix work, and that were therefore still totally unresolved following the Phoenix session.

¹In case you are wondering why I bother to comment on material that has been deleted: When I view live sessions for education/training purposes (as opposed to viewing sessions for inspiration and encouragement), I want to know whether I am seeing the complete, unedited session, or whether material has been removed. If any material has been removed, I find it valuable to have at least summary information regarding what has been deleted.

²Both of these essays are available as free downloads from either the “Getting Started” or “Resources” pages of our Immanuel approach website, www.immanuelapproach.com.

³Pastor Patti Velotta’s book, *Immanuel: A Practicum*, also presents discussion of the opening and closing prayers, along with sample prayers.

Additional detail regarding Jesus placing Himself between Kay and the perpetrator:

As Kay described in the session, Jesus placed his body between her and the perpetrator. In follow-up conversations, she clarifies that Jesus laid His body between her and the perpetrator “like He was on the cross.” And she reports that after Jesus placed Himself between her and the perpetrator, she could still see the perpetrator moving and thrusting, but she could no longer feel the physical sensations of being abused. Rather, she could see and feel and hear that Jesus was absorbing the abuse into Himself.

Additional thoughts/observations regarding new content coming into Kay’s

conscious awareness: As Kay describes in the bonus extended follow-up interview, there were many parts of this traumatic event that had previously only been still pictures, “images that were frozen, like looking at paintings or statues in a museum.” And then during the session in Phoenix, these still images became normal autobiographical memories, where she could remember and see the live action moving forward.

There were also pieces that had previously been totally blacked out, and that came into her conscious awareness for the first time during the session in Phoenix. The most dramatic example was the part of the memory where the builder/contractor came to the house and came into the room where Kay was hiding in the closet. Prior to the Phoenix session, everything had always gone blank at that point. Even when Kay deliberately tried to press into that part of the memory, and deliberately tried to recall more details, that part of the memory sequence had always remained totally blacked out. The part of the story where he found her, pulled her out of the closet where she had been hiding, and then yelled at her to put her clothes on and leave, were all totally new. That is, these pieces became available to her conscious mind for the first time during the session in Phoenix.

New content has remained available to Kays conscious mind: In response to the follow-up question, “Are the new pieces still accessible to your conscious mind, or have they been blacked out again?” Kay responds with: “The first time I watched the video, there were several pieces I saw and thought, "I don't remember that". The second time I watched, it seemed like I remembered everything. And working with Andy this week, everything has remained in my conscious memory, with no persisting black outs.”