



## **Internal Parts & Dissociation: Resource Guide**

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This document provides a directory to Lehman resources regarding dissociative phenomena (including dissociated internal parts), and also non-dissociated internal parts.

### **I. *The Immanuel Approach: For Emotional Healing and for Life* (also known as the big lion book).**

The big lion book includes many references to internal parts, dissociation, and dissociated internal parts. Use the index.

### **II. Immanuel Approach website ([www.immanuelapproach.com](http://www.immanuelapproach.com))**

“Different Types of Traumatic Memory”: Pages 6 through 10 of this essay discuss dissociation and dissociated internal parts. Posted in the “Kclehman.com Website Archive” section of Resources page of [www.immanuelapproach.com](http://www.immanuelapproach.com)

“Dissociation, Dissociative Phenomena – Many Different Definitions”: Posted in the “Special Subjects/Advanced Topics” section of Resources page of [www.immanuelapproach.com](http://www.immanuelapproach.com) .

“Dissociated Parts, Traumatic-Implicit-Memory Child-Ego-State Parts, Conflicted Self-State Parts, Mental Construct Parts, and Pseudo Parts”: Posted in the “Special Subjects/Advanced Topics” section of Resources page of [www.immanuelapproach.com](http://www.immanuelapproach.com) .

“Distinguishing between demonic spirits and internal parts”: Posted in the “Special Subjects/Advanced Topics” section of Resources page of [www.immanuelapproach.com](http://www.immanuelapproach.com) .

“Dissociated Parts Presenting as Jesus”: Posted in the “Kclehman.com Website Archive” section of Special Subjects/Advanced Topics page of [www.immanuelapproach.com](http://www.immanuelapproach.com)

“Immanuel Approach With People and/or Parts Who Don’t Know Jesus”: Posted in “Kclehman.com Website Archive” section of Special Subjects/Advanced Topics page of [www.immanuelapproach.com](http://www.immanuelapproach.com) .

“Parts Must Participate In Ministry Addressing The Problems They Carry”: Posted in the “Kclehman.com Website Archive” section of Resources page of [www.immanuelapproach.com](http://www.immanuelapproach.com)

“Direct eye contact”: This is a simple technique that we have found to be very helpful for working with internal parts (both dissociated and non-dissociated). The essay discussing this technique is posted in the “Special Subjects/Advanced Topics” section of Resources page of [www.immanuelapproach.com](http://www.immanuelapproach.com) .

“Opening prayer and commands: prayer for the facilitator...etc”: For people with complicated internal parts phenomena, we have found it to be very helpful to specifically include commands forbidding demonic spirits from causing disruptive switching between internal parts. The full/complete version (as opposed to condensed version) of the opening prayer includes this. Posted at the bottom of the “Training/Practice Exercises for Groups and Beginners” section of Resources page of [www.immanuelapproach.com](http://www.immanuelapproach.com) .

“General introductory comments regarding ministry aids”: This essay has a number of comments about dissociation that will probably be helpful. Posted in the “Kclehman.com Website Archive” section of Resources page of [www.immanuelapproach.com](http://www.immanuelapproach.com).

“Internal Family Systems (Family Systems with Internal Parts)”: This essay briefly summarizes my thoughts regarding Internal Family Systems (IFS), an approach that applies family systems principles and tools for working with internal parts. Posted in the “Kclehman.com Website Archive” section of Resources page of [www.immanuelapproach.com](http://www.immanuelapproach.com).

#### IV. Case studies page of [www.immanuelapproach.com](http://www.immanuelapproach.com) web site:

“Now that We Have Tools that Work, We can Look at all this Stuff” Internal Parts: Case Study & Reflections” includes an excellent initial discussion regarding dissociative phenomena, dissociative internal parts, and non-dissociative internal parts, and then also a case study about my own experience with both dissociated and non-dissociative internal parts.

Patricia case study

Kay case study

Rita #3 case study

Doug case study

Eileen case study

**V. Live Ministry Series (LMS) sessions:** The Store page of our IA website (<https://www.immanuelapproach.com/products-page/>) provides links for both DVD and digital download options.

LMS #3, Patricia: First Session with Internal Parts

LMS #40, Kay: Dissociated Sexual Abuse Trauma, Internal Child Part

LMS #26, Rita #1: Advanced Immanuel Intervention

LMS #9, Doug: Immanuel Intervention (Intermediate)

LMS #7, Eileen: Immanuel Intervention (Intermediate)