

Title: “Another **Very** Encouraging Christian Mental Health Think Tank”

April 20, 2026

Greetings all,

First, a quick refresher regarding this think-tank gathering. Chick-Fil-A tithes on their annual profits, which provides a very large amount of charitable funds. Chick-Fil-A has identified mental health as a special concern, and has established the WinShape Foundation to especially support and develop Christian mental health resources. And as part of their effort to support and develop Christian mental health resources, the WinShape Foundation has been gathering Christian mental health thought-leaders for a think-tank and networking conference each spring at their retreat center outside of Atlanta GA. This is the gathering that Charlotte and I participated in April 15 through April 17. Thank you for your prayers! We are profoundly grateful for how well things went:

- The plenary presentation that Charlotte and I did together went very well. I gave a very brief introduction to the Immanuel Approach, with some fun stories, and Charlotte talked about how you need to have your relational circuits online to be able to fulfill the great commandments (love God and love your neighbor). The most important piece regarding our plenary presentation is that it enabled all 102 participants to get 30 minutes of introduction to the Immanuel Approach and getting to know us. (In all four of the previous gatherings put together, we probably had 40 to 50 conversations in which we were able to share this amount of information regarding the Immanuel Approach. So the plenary opportunity was a HUGE strategic benefit!!) Also, for the remainder of the conference the exposure from the plenary presentation made it much easier to jump right into conversations about the Immanuel Approach.
- We had a really good time reconnecting with friend and colleague Dr. Karl Benzio and his wife Martine. (Dr. Benzio is Medical Director for the American Association of Christian Counselors and a member of the Steering Committee for the WinShape mental health gatherings.) Dr. Benzio continues to be enthusiastic about the Immanuel Approach, and this past year he had me write a chapter for a book that he and WinShape are about to publish.
- We had more good conversations with Dr. Matt Turvey (Matt is the psychologist in charge of WinShape charitable giving regarding Christian mental health, and also a member of the Steering Committee.) Dr. Turvey has been increasingly interested in the Immanuel Approach over the past several years (he was part of the decision to ask us to provide the plenary presentation), and wants to have a zoom call to discuss it further.
- We were able to reconnect with several other WinShape staff and leaders, who now all want to participate in the zoom call with Dr. Turvey to talk more about the Immanuel Approach.

- Last year we had a good initial conversation with the Pastor of Pastoral Care at Saddleback Church (across all 20 campuses), who also leads the church's Mental Health Initiative in collaboration with Saddleback Church Co-Founder Kay Warren. This year we had a much longer, very positive conversation. He wants to have a zoom call where we can talk to his whole team about the Immanuel Approach.
- Last year we met a couple who were missionaries for 12 years in Peru, who now both have mental health degrees, and who now oversee missionary care for Modern Day Missions and host Modern Day Missionaries podcast. They have been learning about IA this past year and had me as a guest on their podcast. Now they would like me to be on their podcast again.
- We had a really good conversation with Bubba Cathy's long-time personal assistant and her husband. (Again, Bubba oversees the Winshape foundation and is co-owner of Chic-Fil-A.)
- We made good initial connections with many other Christian mental health professionals and ministry leaders. (Again, this was especially easy after the plenary presentation.)
- Finally, we made two particularly amazing, strategic connections that we cannot yet talk about.

So, like, "Wow!" We are grateful and amazed. Again, thank you for your prayers, and please pray that the Lord will bless all of the seeds that got planted during these three *extremely* full and fruitful days.

Blessings,

Dr. Lehman/Karl

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