

Title: "How Much Time Should I Plan on for Ongoing Sessions?"

May 18, 2026

Greetings all,

Just a quick note to share my thoughts in response to a very practical question: "How much time should I plan on for ongoing sessions?"

With people that I see on an ongoing basis, the right session length usually becomes clear after a handful of sessions. With most regular clients, we figure out how to work together most efficiently and settle into 60 minute sessions, even for intermediate-level work.

A few regular clients with intermediate-advanced work have 90 minute sessions. And with a handful of clients with really complex troubleshooting, we figured out that we got much better results if we had fewer sessions but went long so that we would be able to get through all of the troubleshooting and to the point of finishing at least one piece of healing for most sessions (two hour sessions, or sometimes even more).

A practical challenge is that insurance reimbursement is simplest with 60 minute sessions. Getting insurance reimbursement for sessions longer than 60 minutes is often difficult. Clients usually need to pay out-of-pocket for time past 60 minutes.

Blessings,

Dr. Lehman/Karl

Want to support the Lehman's Immanuel Approach work? Click here for more information:

<https://www.immanuelapproach.com/supporting-lehmans-immanuel-approach-work/>