

Title: "A Case Study in Additional/Special Memory Access Tools"

June 15, 2026

Greetings all,

Just a quick note to let you know about another essay that I have just updated and re-posted from our kclehman.com website: "A Case Study in Additional and Special Memory Access Tools: Working With My Own 18 Month-Old Separation Trauma" (Available as free download from the "Kclehman Website Archives" section of the Resources page: <https://www.immanuelapproach.com/kclehman-com-website-archives/>)

As appetizers, I have included the introduction here and the outline below.

Introduction: "I was separated from my parents for three to four weeks when I was eighteen months old, and the story of the effects of this trauma and my work to resolve it provides good examples of many of the phenomena associated with pre-autobiographical traumatic memories. This case study also presents theoretical information and additional/special memory access tools that are particularly helpful for working with this kind of pre-autobiographical trauma."

Blessings,

Dr. Lehman/Karl

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

Outline for "A Case Study in Additional and Special Memory Access Tools: Working With My Own 18 Month-Old Separation Trauma"

I. Longstanding triggered reactions, initial difficult healing work:

II. Helpful new information, additional memory access tools:

A. Resonance triggering from movies/books and collateral information from my family:

B. Implicit-memory phenomena and Explicit/Implicit-memory time line:

II. More helpful new information, special memory access tools:

A. "Crock-pot" Immanuel Approach with spouse and/or close friend:

B. Talking about traumatic memories with people who were part of the original experiences:

C. Talking directly about triggered thoughts and emotions to the person who is the focus of the triggering, in the present:

III. Steadily accumulating positive changes:

A. Steadily increasing ability to stay with difficult therapy/ministry sessions:

B. Impact on relationship with the Lord:

C. Decreasing anxiety and insecurity in relationships:

IV. Final thoughts: