

Summary of Transition from “Traditional” Theophostic® to the Immanuel Approach for Life

Summarizing from chapter three, here are the key transitional steps in my journey from traditional Theophostic®, through the Immanuel Approach for *emotional healing*, and then finally to the Immanuel Approach *for life*:

I. Traditional Theophostic:® In contrast to the Immanuel Approach, traditional Theophostic:®

- Focuses on painful emotions, goes to traumatic memories, identifies trauma-associated lies, and then asks, *specifically regarding the distorted interpretations*: “Lord, what do you want me to know about this?”
- Waits until the end of the process before asking the Lord to resolve the traumatic memory by replacing lies with healing truth.¹
- Does not *deliberately, explicitly* help the person perceive the Lord’s presence and connect with him. Sometimes the person participating in the Theophostic® process will *spontaneously* perceive the Lord’s presence in some way, but often she receives truth and healing without any tangible perception of the Lord’s presence.
- Does not include a safety net.

II. Theophostic® Augmented with Immanuel Interventions for Capacity Problems: This first step toward the Immanuel Approach—Theophostic® augmented with Immanuel Interventions *for capacity problems*—uses Immanuel Interventions to deliberately and explicitly help the person perceive the Lord’s presence and connect with him. *But only for those who are experiencing difficulty with their healing work due to capacity problems.*

1. The primary emphasis in Theophostic® is to identify and resolve trauma-associated distorted interpretations (lies). Theophostic® does sometimes address other aspects of emotional healing, such as truth-based grief and truth-based guilt, but especially Theophostic® *theory* is organized around trauma-associated distorted interpretations (lies). My assessment is that Theophostic® is especially strong with respect to the level 5 processing task that deals with distorted interpretations, Theophostic® is adequate with respect to the level 4 processing task of finding a satisfying way to navigate the situation, and that Theophostic® is weak with respect to the level 1 processing task of maintaining organized attachment, the level 2 processing task of staying connected to the experience, and the level 3 processing task of maintaining access to relational circuits. See “Brain Science, Psychological Trauma, and the God Who Is with Us, Part II” for detailed discussion of these points.

III. Theophostic® Augmented with Immanuel Interventions for Everybody:

The next step toward the Immanuel Approach, Theophostic® augmented with Immanuel Interventions *for everybody*, eliminates capacity problems as the special condition for using Immanuel Interventions. In *every* therapy or ministry session, Immanuel Interventions are used to help the recipient connect with Jesus as soon as she gets to a traumatic memory.

IV. Immanuel Approach for Emotional Healing: In contrast to Theophostic®-based therapy or ministry, the Immanuel Approach for emotional healing:

- *Starts* the session with helping the recipient to perceive Jesus’ presence and establish an adequate interactive connection with him. In addition to a number of other benefits, this provides a safety net.
- Includes troubleshooting that is specific to the Immanuel Approach: 1. Ongoing coaching to engage directly with Jesus for connection, guidance, and assistance at every point in the session; 2. Immanuel Interventions at any point the recipient loses adequate interactive connection with the Lord.
- Incorporates additional understanding regarding the processing tasks that must be completed in order to resolve traumatic memories. The point for this summary is that this additional understanding regarding processing tasks fills in areas where the Theophostic®-based foundation is weak.
- Shifts the primary priority from “resolve trauma and relieve symptoms” to “help the recipient connect more intimately with Jesus by removing barriers between her heart and him.”
- Uses Theophostic® principles, tools, and techniques to help people connect with Jesus, instead of the other way around.

V. Immanuel Approach for Life: The last step moves from the Immanuel Approach for emotional healing to the Immanuel Approach for life. The full Immanuel Approach for life:

- Expands the agenda to incorporate the rest of life, with the resolution of traumatic memories becoming only one item on the larger agenda. For those familiar with THRIVE, we could say that the Immanuel Approach for life expands the agenda to incorporate the rest of what we need to *thrive*—what we need to be *optimally* healthy and to have a *joy-filled* life.
- Extends the use of tools for connecting with God beyond special ministry or therapy sessions, with the ultimate goal being to perceive the Lord’s presence, and to *abide* in an interactive connection with Jesus, as our usual, normal, *baseline condition* as we walk through life each day.
- Identifies the first, most important, number one priority item on the agenda as *being with God*.