

Title: "Supplementary material for basic training seminar"

March 13, 2023

Greetings all,

Just a quick note to let you know about supplementary material for the Basic Training Seminar online course/DVD set.

The DVD set (and the original online course) includes twelve teaching segments and six bonus content segments, in addition to the introduction. I have now added four supplemental teaching segments and also pdfs for the PowerPoint slides:

Supplemental training segment 4b: Additional basic troubleshooting tips and tools, especially for working with recipients who are new to the Immanuel Approach. (This content is mostly a result of observations and feedback from the Urbana 2022 Immanuel Approach ministry adventure.)

Supplemental training segment 4c: Teaching and demonstration regarding a very simple deep-breathing exercise – a very simple relaxation intervention that can be used to reduce anxiety as part of basic troubleshooting. This especially simple intervention is particularly useful for situations like our Immanuel Approach ministry at Urbana 2022, where the facilitators do not have any prior relationship with most of the recipients, and most recipients are coming for a single ministry session.

Supplemental training segment 9b: Teaching and demonstration regarding shalom-for-my-body – a relaxation intervention that is more complicated, but also especially effective. This intervention is an excellent resource for calming intense anxiety in situations where the facilitator already has a working relationship with the recipient and the recipient is already familiar with shalom-for-my-body, so that the facilitator can easily remind them of, and lead them through, the exercise without needing to explain it.

Supplemental training segment 11b: Teaching and demonstration regarding the third variation of the basic Immanuel Approach process for working with trauma. The key with respect to this third variation is that you do troubleshooting work while the recipient is still inside of the painful memory, as opposed to taking the recipient back to their initial positive memory and connection with Jesus as the context for doing troubleshooting work.

PowerPoint handouts: Pdfs for all of the PowerPoint slides from all of the teaching segments.

For those of you who are using the online course: All of this supplementary material is now integrated into the course that you already own and have access to.

For those of you who have the Basic Training DVD set: All of this supplementary material is free bonus content for the DVD set that you already own. E-mail our office assistant to get the links to access this content.

Blessings,

Dr. Lehman/Karl

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