

Title: “Another New Book – IA Intro for Mental Health Professionals”

September 28, 2023

More good news!! We just released another new book!

I spent much of this past year working on my Immanuel Approach workshop for the AACC conference, and what started out as a one-hour presentation turned into more than 100 pages of manuscript. I was only able to present about 15% of this material at the workshop, but we are releasing the whole manuscript as a new book, *An Introduction to the Immanuel Approach for Mental Health Professionals*.

Note that the new book is small (just a little more than 100 pages), and it is truly an introduction. Not a condensed version of the basic training seminar. Not a condensed version of the big lion book. It is an introduction – a very large appetizer – that provides an overview of the Immanuel Approach. And it is especially written for mental health professionals.

Main components include:

- Short discussion of principles and process
- “What is unique/new/different about the Immanuel Approach?”
- Case study examples (many – about half of the book)
- New formulation of role of the therapist/MHP
- Credibility and research support
- Frequently asked questions
- Resources for learning more

For those of you who are already familiar with the Immanuel Approach (you don’t need an introduction), this little book would be worth getting just for the stories. About half of the book is case study examples (Immanuel stories/testimonies), and a number of them are encouraging, beautiful stories that are not included in any of our other written or video material.

**Hard copy (Humble Shack):** <https://humble-shack.myshopify.com/collections/immanuel-approach-dr-karl-lehman/products/an-introduction-to-the-immanuel-approach>

**Digital version (Pathwright):** Note that it presents as an “online course,” but you just download the epub file and view it with any e-reader):

<https://immanuelapproach.pathwright.com/library/an-introduction-to-the-immanuel-approach-for-mental-health-professionals-204874/532928/about/>

Blessings,

Dr. Lehman/Karl

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