

Outline/Summary of Immanuel Approach Basic Training Video Segments

Introduction: 23 minutes

Training Segment #1 -- *Positive Memory, Appreciation, and Interactive connection with God: 37 minutes. Option to stop after Jesus Connection established (25:11:27). Complete session includes demonstration of just enjoying being with Jesus.*

Training Segment #2 -- *Special Value of God Positive Memory: 51 minutes. Option to stop after Jesus Connection established (32:28:27). Complete session includes demonstration of asking the Lord, "Is there anything Else You Have For Me?"*

Training Segment #3 -- *Our Brains Work Best in Community: 67 min. Option to stop after Jesus Connection established (31:26:03). Complete session includes demonstration of looking at an issue or question with Jesus.*

Training Segment #4 -- *Immanuel Approach Troubleshooting, Basic: 30 min*

Supplemental Seg 4b -- *Basic Troubleshooting Addendum: 17 min*

Supplemental Seg 4c -- *Deep Breathing Relaxation Intervention: 21 min*

Training Segment #5 -- *Immanuel Approach Safety Nets, Basic: 44 min*

Training Segment #6 -- *Splinter-Free Safety-Net Memories: 29 min*

Training Segment #7 -- *First Intermediate Safety-Net Scenario: 47 min*

Training Segment #8 -- *Second Intermediate Safety-Net Scenario: 79 min*

Training Segment #9 -- *Advanced Safety-Net Scenario: 26 min*

Supplemental Seg 9b -- *Shalom for My Body, demonstration of use in session: 9 min*

Training Segment #10 -- *Immanuel Approach Emotional Healing, Basic, Variation #1: 90 min*

Training Segment #11, -- *Immanuel Approach Emotional Healing, Basic, Variation #2: 73 min*

Supplemental Seg 11b -- *Immanuel Approach Emotional Healing, Basic, Variation #3: 56 min*

Training Segment #12 -- *Intimacy is the Most Important, #1 Priority and Goal: 28 min*

Bonus 1 -- *Receiving Comfort from God #1 -- Receiving Attunement: 20 min*

Bonus 2 -- *Receiving Comfort from God #2 -- WDWMTKAT?: 20 min*

Bonus 3 -- *Receiving Comfort from God #3 -- Refuge Time with Jesus: 25 min*

Bonus 4 -- *Immanuel Approach Intercessory Prayer: 38 min*

Bonus 5 -- *Questions & Answers: 4 min*

Bonus 6 -- *Basic Immanuel Approach Healing Variation #2, Full Demo Session: 1 hr 45 min*

Total: 948 min = 15.75 hours total content (Note: this does not include time for practice exercises)