

Title: Study Groups as a Resource for Receiving the Immanuel Approach

January 24, 2013

Greetings all,

I would like to share some thoughts that have been coming to me regarding the possibility that study groups may be the best resource for most people wanting to receive Immanuel approach sessions.

As most of you probably already know, there are a lot of people looking for someone to facilitate Immanuel approach sessions for them, and many have been having a hard time finding a facilitator. That's why I spent much of the fall working with our office administrator (Andy) and a professional website designer building the new Immanuel network directory (see the "Referrals" page of [www.immanuelapproach.com](http://www.immanuelapproach.com)). And when we first put it up, I had hoped that large numbers of facilitators would quickly post profiles, and that this would make it much easier for folks to find a facilitator. Unfortunately, many well trained, experienced facilitators have chosen to not post profiles because they are already swamped with more requests than they can care for. Consequently, many who would like to receive Immanuel approach sessions are still having difficulty in finding facilitators. This problem will probably continue for some time, and this challenging reality brings us to my thoughts regarding study groups.

But first, a slight digression regarding large group exercises. Dr. Wilder, myself, and others working with the Immanuel approach have realized for a number of years that some of the principles and tools that are new with the Immanuel approach provide "safety nets" that make it possible to use the Immanuel approach with large groups. When one thinks about the war torn countries, where millions of people have post traumatic stress disorder, and where there are minimal resources available for these multitudes to get effective treatment to address their traumatic memories, it is hugely strategically important that the Immanuel approach can be used with many people simultaneously. For example, wouldn't it be glorious if an emotional healing mission team could gather a couple of hundred trauma survivors and facilitate healing for all of them at the same time? With this kind of possibility in mind, we have been experimenting with group exercises in a number of different settings, trying to improve our group exercise tools and trying to iron out the bugs.

And as we have been working so diligently to clarify the principles and sharpen the tools for using the Immanuel approach with groups, we have realized that the same "safety nets" that make it possible to use the Immanuel approach safely with large groups *also make it possible for lay people, even unsupervised beginners, to practice safely with each other*. Bringing us back to study groups. If lay people, even including unsupervised beginners, can practice safely with each other, this means that a handful of people anywhere in the world could get together to learn and practice with each other. You don't have to wait for one of the rare trained, experienced facilitators to provide a session for you, and you don't have to wait for one of the

even rarer trainers to come and supervise as you practice with each other.<sup>1</sup> You can just gather a handful of your friends, family, or colleagues, put together your own study group, and then receive Immanuel approach healing in the context of practicing on each other.

My hope is that people will build study/practice groups by actively recruiting family and/or friends and/or colleagues. Another possibility is for people to use the new network directory to post profiles tagged with the “Immanuel approach study group” label, and then people can build study/practice groups by searching for other “Immanuel approach study group” profiles in their area. And if these possibilities develop as I am hoping they might, one of the primary ways in which people receive Immanuel approach sessions will be lay people practicing with each other in the context of these do-it-yourself Immanuel approach study/practice groups.

Blessings,

Dr. Lehman/Karl

P.S. If you and a handful of your family/friends/colleagues decide to put together a study group and then practice with each other, please let me know what happens.

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<sup>1</sup>It is tremendously helpful to have a trainer teach you about the Immanuel approach and then supervise you as you practice with each other. And you should take advantage of opportunity to learn from someone who is already experienced with the Immanuel approach. But I don't think this is necessary (which is a good thing, since there are so few trainers).