

Title: "Abstracts for September 2017 Association of Christian Therapists (ACT) Conference"

June 23, 2017

Greetings all,

Thought some of you might appreciate seeing the abstracts for the plenary talks and workshops that Charlotte and I are going to be presenting at the September 2017 ACT conference in Chicago.

Blessings,

Dr. Lehman/Karl

**Plenary presentation - Our Brains Work Best In Community:** In this presentation, Dr. Lehman will describe how our brains work better on the emotional energy fuel of joy, as opposed to the fuel of anger or fear, and he will explain why this optimal joy fuel is only available in the context of community. He will elucidate the ways in which each of the five levels of functioning in our right hemispheres work best in community. He will describe how community helps us to feel the importance and perceive the meaning of all mental content. And he will explain why the safety net component of the Immanuel Approach is most effective in the context of community. Putting all of these pieces together, Dr. Lehman will present a compelling case for the profound truth that God has designed our brains to work best in community.

**Prayer time following opening plenary:** Dr. Lehman will lead the participants through a group exercise that will include the first steps in the Immanuel Approach process – 1) connecting with positive memories; 2) deliberately stirring up appreciation; and then 3) establishing an interactive connection with Jesus in this context of positive memories and appreciation.

**Workshop – The Immanuel Approach safety net:** An important aspect of the Immanuel Approach is that the recipient establishes a "safe place" at the beginning of the process – she connects with a positive memory, stirs up appreciation, and then establishes an interactive connection with Jesus in this context. Then, at any point later in the process, this initial safe place provides a safety net – if the recipient gets stuck or runs out of time, the facilitator can just coach her to go back to the initial positive memory and connection with Jesus. Therefore, even with sessions that encounter a problem that is not resolved and/or that run out of time before the recipient can get all the way through a traumatic memory, the recipient ends up back at a place of gratitude and connection with Jesus. In this workshop, doctor Lehman will briefly review the theory, and then lead the participants through a group exercise in which they will actually set up and use the Immanuel Approach safety net.

**Plenary presentation – Healing in Community: Staying Relational:** Pastor Charlotte Lehman believes that the foundation of a healing community is the establishment of a relational culture,

and in this presentation she will describe that culture and share a theological, Biblical foundation for it. Charlotte will also give examples of how her church community has worked to build this foundation and experienced its benefits.

**Workshop – The Role of Anger in Community:** In this workshop, Pastor Charlotte Lehman will argue from Scripture and experience that anger is not inherently sinful, and that it has a necessary, God-intended role in our communities. But since our practice of anger often becomes sinful and hurtful in many different ways, Charlotte will lead the group in a number of practical, interactive and fun exercises and role plays to build our relational, non-sinful anger skills.