

Title: "Thoughts for Mental Health Professionals Interested in IA"

June 8, 2018

Greetings all,

Just a quick note to offer some thoughts for mental health professionals who are considering learning more about the Immanuel Approach. Before discovering the Immanuel Approach, a significant percentage of the psychotherapy clients in my private practice (maybe 25%?) were persistently stuck with respect to their work with traumatic memories. I had tried every troubleshooting tool I had learned over 20+ years of working with trauma, but to no avail. Then I discovered the issue of limited brain-mind-spirit capacity (thank you Jim Wilder). It turned out that almost every single client who had been persistently stuck was having trouble moving forward because they didn't have the capacity to stay connected to the traumatic memories. The good news is that the Immanuel Approach is a fantastic resource for addressing this problem. Being connected with Jesus during the healing work provides an immediate increase in capacity for the healing process, and spending time with Jesus over time provides a progressive increase in baseline capacity.

I will be providing several Immanuel Approach training events this year (yes, the Deeper Walk team is still working on plans for the Midwest and the East Coast), and I would strongly encourage mental health professionals to participate in these events to learn more.

Blessings,

Dr. Lehman/Karl

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