

Title: "Who Should Attend IA Seminars?"

June 5, 2019

Greetings all,

Just a quick note to share my thoughts re who should attend IA seminars.

Blessings,

Dr. Lehman/Karl

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### **Who should attend (Basic Seminar):**

**Christian lay people:** Mature believers who already have some experience praying with others and who already have a good awareness of their own emotional and spiritual strengths and weaknesses will find that this seminar provides teaching and tools for a huge step forward, with respect to both their own healing and growth and their ministry to others. Believers who would like to pray with others, become more self-aware, and begin their own personal healing journey will find teaching and tools that will be tremendously helpful in getting started.

**People in ministry:** The primary objective of the Immanuel approach for life is improving the depth and quality of our connection with God, and the Immanuel approach for emotional healing is the easiest, safest, and most effective method that we are aware of for resolving traumatic memories. The Immanuel approach for life and the Immanuel approach for emotional healing are perfectly suited for those in ministry, and especially for those in Christian emotional healing ministry.

**Christian mental health professionals:** In developing the Immanuel approach, Dr. Lehman and Dr. Wilder have carefully integrated truth from scripture, observations from their combined 60+ years of clinical experience, and brain research regarding trauma, memory, and the neurological pathways for processing painful experiences. The Immanuel approach to emotional healing is also consistent with many of the principles and techniques from the psychotherapies with the most empirical research support, such as cognitive therapy, exposure therapy, and eye movement desensitization and reprocessing (EMDR). Furthermore, as mentioned above, in our experience the Immanuel approach to emotional healing has been the easiest, safest, and most effective method for resolving psychological

trauma. Putting all of this together, the Immanuel approach principles and tools presented at this seminar will provide an ideal foundation for faith-based psychotherapy work.

**Those who already have some training and experience with the Immanuel Approach:**

People at intermediate and advanced levels of training and experience with IA can benefit from getting additional practice with troubleshooting and using the IA safety nets. They can also learn how to teach the Immanuel Approach and how to lead group exercises (as they observe Dr. Lehman modeling these advanced skills).

**Who should attend (Intermediate-Advanced Seminar):**

**Christian lay people:** For mature believers who already have some training and experience with the Immanuel Approach, and who already have a good awareness of your own emotional and spiritual strengths and weaknesses – the intermediate-advanced principles and tools presented in this seminar will help you keep moving forward, with respect to both your own healing and growth and your ministry to others.

**People in ministry:** For people in ministry who already have some training and experience with the Immanuel Approach, the intermediate and advanced principles and tools presented in this seminar will help you take the next step in increasing your effectiveness.

**Note:** People in ministry who do not yet have training or experience with the Immanuel Approach, *but who already have training and experience with facilitating resolution of psychological trauma in other contexts*, are welcome to attend the Intermediate-Advanced training if they also participate in the Basic seminar immediately prior.

**Christian mental health professional:** For mental health professionals who already have some training and experience with the Immanuel Approach, the intermediate and advanced principles and tools presented in this seminar will help you keep moving forward with respect to faith-based psychotherapy work. **Note:** Mental health professionals who do not yet have training or experience with the Immanuel Approach, *but who already have training and experience with facilitating resolution of psychological trauma in other contexts*, are welcome to attend the Intermediate-Advanced training if they also participate in the Basic seminar immediately prior.

Note that these seminars are **not** intended to provide intense work with people in crisis. Dr. Lehman will not be able to provide private consultations, individual ministry, or follow-up after the seminar.