

Title: New Video: Difficulty Finding Positive Memories

September 17, 2019

Greetings all,

Just a quick note to share another video clip that presents a sample of teaching I will be presenting at the seminars in Phoenix – this clip is about an intervention for people who are having trouble finding positive memories for the positive-memory-and-deliberate-appreciation step in the Immanuel Approach process. (Actually, this video clip is a draft version, and I was presenting with little prep and no notes, so the presentation in Phoenix will be much better.)

<https://www.youtube.com/watch?v=7kvVsGRsfcs>

Note that this video clip is now included with the collection of teaching nuggets on the Immanuel Approach website.

Blessings,

Dr. Lehman/Karl

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<https://www.immanuelapproach.com/supporting-lehmans-immanuel-approach-work/>