

Title: Challenging Safety-Net Scenarios – Advanced

October 28, 2020

Greetings all,

As mentioned earlier, using the Immanuel Approach safety net is usually easy and straight-forward. However, you will occasionally encounter more challenging scenarios. The previous two teaching segments (segs #8 & #9) addressed the two intermediate level scenarios: 1. Training exercises or healing sessions in which the recipient has an extra-long pain story or is going round and round as he talks about the pain related to an experience of being triggered, and is therefore still talking about his pain as you approach the end of the available time. In these scenarios, you actually have to interrupt the recipient, as he is still talking about his pain, in order to deploy the safety net; and this creates a bit of a mis-attunement bump; and 2. Training exercises or healing sessions in which you are approaching the end of the available time, but the recipient is so deeply immersed in intense traumatic memories that she does not want to cooperate with the safety net, but rather just wants you to stay with her and help her in the place of pain and trauma.

In segment #9 of the basic training videos, I teach briefly about the advanced safety-net scenario – training exercises or healing sessions in which you are approaching the end of the available time; but the recipient is deeply immersed in intense traumatic memories, and also blended with an internal child part who is in the driver's seat and refusing to cooperate with the safety net. I also describe several advanced interventions that reliably resolve this advanced safety-net challenge, and then demonstrate one of these interventions (the Shalom-for-my-body calming exercises).

Blessings,

Dr. Lehman/Karl

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