

Title: Exercises for Groups and Beginners (Updated)

February 21, 2020

Greetings all,

Just a quick note to let you know that I have just updated the exercises for groups and beginners on the “Resources” page of the Immanuel Approach website. Now, instead of the previous versions that had not been updated since 2014, the exercises for groups and beginners on the website are the same as the exercises that I am using for the Basic Immanuel Approach training seminars. They are designed for any size of group (with the larger group dividing into smaller practice groups of two or three), and they very carefully progress from the first exercise (just recalling positive memories and stirring up appreciation), to the middle exercises (establishing interactive connection with Jesus, basic troubleshooting, and practicing the safety net), to the final three exercises (three variations on basic Immanuel Approach trauma-healing work).

Blessings as you use these exercises to learn, practice, and teach,

Dr. Lehman/Karl

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