

Title: "Other Psychotherapies and the Immanuel Approach"

March 25, 2029

Greetings all,

Just a quick note to let you know that I have just posted updated versions of four essays that have previously been posted on www.kclehman.com, but that are now posted at the bottom of the Special Subjects/Advanced Topics" section of the "Resources" page of www.immanuelapproach.com):

"The Place of the Immanuel Approach In the Treatment of Clinical Disorders"

"The Immanuel Approach and Cognitive-Behavioral Therapy"

"The Immanuel Approach and Exposure Therapy"

"The Immanuel Approach and Eye Movement Desensitization and Reprocessing (EMDR)"

These essays provide answers to a number of questions that I have received at seminars and from e-mails. For example,

- Is it okay to use the Immanuel Approach as part of the treatment plan for serious clinical conditions/mental illnesses, such as major depression, panic disorder, phobias, attachment disorders, and addictions? (Very short answer: Yes!)
- How does the Immanuel Approach relate to other forms of psychotherapy, such as Cognitive-Behavioral therapy, Exposure therapy, and Eye Movement Desensitization and Reprocessing (EMDR)? (Very short answer: The Immanuel Approach shares many important principles and techniques with these research-supported psychotherapies.)
- Is there empirical research support for the effectiveness of the Immanuel Approach? (Very short answer: We do not have direct research support, but there is strong indirect research support.)
- Is there other evidence supporting the effectiveness of the Immanuel Approach? (Very short answer: Yes! In addition to strong indirect research support, there is also strong case-study support and strong theoretical support.)
- Can I bill insurance for Immanuel Approach sessions? (Short answer: Yes. If you are licensed to bill insurance for psychotherapy, you can include the Immanuel Approach in the wider context of psychotherapy and bill it as psychotherapy. When I do this, I label the sessions in my chart notes as: "Psychotherapy with components of EMDR, exposure therapy, and cognitive-behavioral therapy, and with faith-based components at the patient's request."

Hope these essays and short answers are helpful. 😊

Blessings,

Dr. Lehman/Karl

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