

## Outline/summary of Immanuel Approach Basic Training Lite

### Video segments:

*Introduction: 23 minutes*

Training Segment #1 -- *Positive Memory, Appreciation, and Interactive connection with God: 37 minutes*. Option to stop after Jesus Connection established (25:11:27). Complete session includes demonstration of just enjoying being with Jesus.

Training Segment #2 -- *Special Value of God Positive Memory: 51 minutes*. Option to stop after Jesus Connection established (32:28:27). Complete session includes demonstration of asking the Lord, "Is there anything Else You Have For Me?"

Training Segment #3 -- *Our Brains Work Best in Community: 67 min*. Option to stop after Jesus Connection established (31:26:03). Complete session includes demonstration of looking at an issue or question with Jesus.

Training Segment #4, *Immanuel Approach Troubleshooting, Basic: 30 min*

Supplemental Segment 4b, *Basic Troubleshooting Addendum: 17 min*

Supplemental Segment 4c, *Deep Breathing Relaxation Intervention: 21 min*

Total time: 246 min = 4 hours total video content (Note: this does not include time for practice exercises)

### Practice exercises:

Practice exercise zero: for each participant, 7 minutes

Practice exercise #1: for each participant, 12 minutes (short option), 17 minutes (long option)

Practice exercise #2: for each participant, 12 minutes (short option), 17 minutes (long option)

Practice exercise #3: for each participant, 12 minutes (short option), 22 minutes (long option)

Practice exercise #4: for each participant, 27 minutes

Total time:

Practice pairs – double time for single participant: 140 min (short), 180 min (long)

Practice trios – triple time for single participant: 210 min (short), 270 min (long)