

Title: "Second Published Quantitative Research Study Supporting IA"

December ?, 2024

Greetings all,

Just a quick note to share some good news. Dr. Emily Hervey, licensed clinical psychologist and Adjunct Professor at Regent University, has just published the second quantitative research study supporting the effectiveness of the Immanuel Approach (as part of a larger faith-based treatment program for PTSD). And although the abstract (below) does not mention the Immanuel Approach, the full article does explicitly mention my work and the Immanuel Approach as part of her treatment program.

Blessings,

Dr. Lehman/Karl

Want to support the Lehman's Immanuel Approach work? Click here for more information:
<https://www.immanuelapproach.com/supporting-lehmans-immanuel-approach-work/>

Article title: The Effects of a Spiritually Integrated Trauma Healing Program on PTSD Symptoms and Spiritual Well-Being in Nigeria.

Abstract: Posttraumatic stress disorder (PTSD) has been identified as a significant concern worldwide, but very few spiritually oriented programs to address trauma have been tested in low- to middle-income countries. This study evaluated the effectiveness of a faith-based, community-centered program in reducing PTSD symptoms and enhancing spiritual well-being. The program is designed for the participants' well-being while also equipping them to help their community in a form of task sharing. A total of 98 Nigerians participated in six 5-day workshops, half in the capital city and half in areas farther north, where conflict was more common. The Posttraumatic Stress Disorder Checklist and the Spiritual Assessment Inventory, with subscales of *Awareness of God*, *Disappointment with God*, *Realistic Acceptance*, and *Instability*, were used as measures pre- and postintervention, then 9 months later for a follow-up assessment. Immediate results showed significant reductions of PTSD symptoms, with a moderate effect on the whole group and a large effect on those who reached the cutoff for likely PTSD diagnosis prior to the workshop. Improvement in relationship with God was also evident. A small proportion of the sample completed the 9-month follow-up and demonstrated maintained improvement in PTSD symptoms, except for those who had experienced additional distressing events. While overall spiritual well-being remained stable, individuals experiencing distressing events reported increased disappointment with God. Findings demonstrated the efficacy of spiritually oriented interventions in bridging the treatment gap using models of sustainability and task sharing in low-income settings. (PsycInfo Database Record (c) 2024 APA, all rights reserved)

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Link to Abstract, bibliography for article: <https://psycnet.apa.org/record/2025-45587-001?doi=1>