

Immanuel Approach Prayer Ministry for Help with Healing of Trauma Wounds

Rebecca Davis

About the Speaker

Rebecca is a trauma-informed writer, editor, and book coach: www.rebeccadaviswordworking.com

She blogs to untwist Scriptures and offer joy in Jesus Christ at www.heresthejoy.com

Rebecca is the author of several books for children and adults, including the *Untwisting Scriptures* series. You can visit her Amazon Author page at www.amazon.com/Rebecca-Davis/e/Boo1K8GE7O

Five Steps in Healthy Processing of a Painful Event

1. Maintain organized attachment (knowing that you're with a safe person).
2. Stay connected to the event (don't dissociate).
3. Stay connected to God and others (stay relational).
4. Navigate the experience in a healthy way.
5. Correctly interpret the meaning of the experience (distinguishing truth from lies).

Ultimate Outcomes: Knowledge, Skills, Empathy, Wisdom, *Maturity*

Brain science principles about relational circuits

1. God wired our brains to be in relationship with Himself.
2. Recalling a positive memory and focusing on appreciation of that experience will activate our relational circuits in the brain.
3. Our brains can re-experience a good memory with the senses and emotions.
4. Our brains are designed to work best in relationship.

Foundational Biblical truths for the Immanuel Approach

1. God is always with His people.
2. God always wants to connect with His people.
3. A two-way, interactive connection with God is possible.

Karl Lehman shows how with the Immanuel Approach we can

1. Apply these significant Biblical truths with the principles of brain science . . .
2. so that the person we're working with can establish an interactive, two-way, back-and-forth connection with the Lord . . .
3. and once that connection has been established, we look to the Lord to lead us as to next steps.

Steps in the Immanuel Approach

We coach the person to

1. Go back to a memory of a previous positive experience (of connecting with God, if possible).
2. Deliberately stir up appreciation in the context of this memory.
3. Invite the Lord to manifest His presence to them and to help them establish a connection.
4. Describe whatever comes into their awareness.

More Information available

- Karl Lehman's websites: www.kclehman.com and www.immanuelapproach.com
- DeeperWalkInternational.org

On CTPM Resources page:

- Dissociation Indicators Checklist from Jim Friesen, Ph.D. (www.jamesgfriesen.com)
- Five Types of Demonic Interference, Restoration in Christ Ministries (www.rcm-usa.org)