

Social Integration and Making the Most of this Training

What has social integration got to do with this training or for that matter with facilitating emotional healing? Research claims that the number one factor in emotional wellbeing is social integration. Did you think it was receiving emotional healing? Lots do. Over the course of this training we will draw on current neuroscience particularly as articulated by Drs Karl Lehman and Jim Wilder and there is a very neat explanation of what is going on here. However, people do not need to understand the science of what is happening to benefit from high levels of “social integration”. They just need to become well socially integrated to receive the benefits. Here is a way to use this course as an opportunity to step up your social integration, the benefits of which will become clearer as you do it.

Enlist a little group of personal intercessors who you keep in touch with: Letting a number of friends know you are doing this training and asking them to pray for you can be a really great move. What are the benefits?

1. People will be praying for you and God may answer their prayers dramatically.
2. The simple process of connecting with them and then keeping in touch to update them on how you are going increases your social integration. Leaders go first and most of the developed world needs modelling on achieving significant social integration. If you can get really good at it, one way or another, you will become a significant resource for those on this journey – which is pretty much everyone. We all know community is important, yet the skills and practices that lead to multiple healthy connections are often illusive. So knowing you need community or social integration actually doesn't help you unless it motivates you to pursue a course of action in which you do something about it. Over the coming months you can grow significantly in social integration if you pursue it. When Dr Wilder was still working in counselling the first task he would work on with new clients was to help them to enlist 5 people to pray for them. For counsellors and leaders he recommends 10. If that is a rough measure of healthy social integration, how is yours going? If you are moving further into leadership you can see where this is going!
3. When you catch up with your intercessors/supporters you have the opportunity to summarize what you are learning and hence consolidate that learning by sharing it. The same goes for sharing the experiences with Immanuel you have had during the course. Sharing them consolidates the changes available due to those encounters. When you share what happened and what difference that makes this consolidates the experience for you and blesses those who hear it.
4. People from your “intercessor” group may be keen for you to practice on them. This gives you excellent opportunities to practice the Immanuel Approach in a supportive environment and both you and your friends will be blessed.

Another way to make the most of this course is to **line up people in advance to practice on:** This does not have to be a big deal. After the very first session you have plenty to practice. So it makes sense you line up people before you even do the first session. If you are a bit awkward about it this is the sort of thing you could say:

Friend, I'm doing this really cool course at the moment where we practice leading each other into experiencing God's presence and interacting with Him. There are some really simple things we can do together to lead you into experiencing peace and God's presence. Would you like to get together and we can practice a couple of these?

We suggest this because the more often you practice the easier and more natural it becomes for you. In the training we even make time to debrief how you went with your friends between sessions.

If anyone wants to send in a "script" that has worked for them I can include it here.

Offer to let others practice on you: Some people have had the chance to receive training in the Immanuel Approach but didn't quite get confident or proficient at leading it. If you allow such people to practice on you, you may end up with an Immanuel buddy who you can swap session with: a really, really great outcome.

Work on your Interactive Appreciation and support others to do the same: This is explained in the handout "[The power of Interactive Appreciation](#)" which presents some of the wisdom of Dr Jim Wilder. Often the biggest block people have to experiencing the Lord is they are not good at **feeling** appreciation. So coaching people to feel it and express it becomes a massive blessing to them. Being able to successfully coach people in **feeling appreciation** gives you a great advantage as an Immanuel Approach Facilitator/Coach. Of course when you are ready, doing Wilder's 30 day challenge and having people to do it with you will be life changing. Engaging in Interactive Appreciation opens up a path to a new normal: people just need the motivation and encouragement to do the practice.