



Chrystal: Loss of Father, Session #2, Condensed Version

Explanatory Comments

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These notes provide explanatory comments for the condensed version of the “Chrystal, Loss of Father Session #2” emotional healing ministry session. This video portrays a condensed version of the next emotional healing ministry session after “Chrystal: Loss of Father Before Birth,” and also includes a portion of the follow-up interview. This second ministry session occurred approximately three months after the initial session, and the follow-up interview was filmed approximately one month after the second session. This session demonstrates intermediate level principles, techniques, and process.

Session summary: This ministry session shows the next steps in Chrystal’s healing journey, taking place three and a half months following the work recorded in “Chrystal: Loss of Father Before Birth, Session #1.” The session sensitively addresses various self-protective patterns (psychological defenses) that hinder deep healing. In the follow-up interview one month later, Chrystal describes several additional positive changes occurring after this second session.

Additional follow-up for the first ministry session: This second session, and also the follow-up interview for the second session, both provide more follow-up information regarding the first session (“Chrystal, Loss of Father Before Birth”). This additional follow-up information provides a good example of how a person can have a powerful healing session, with dramatic benefit, but then weeks or months later start to feel bad again as pieces that did not get resolved are triggered and come forward.

In the complete version, Chrystal reports that her low back pain and “comfort eating” both returned as “not yet resolved” issues got activated; but she also reports that these symptoms were not as intense as before the first session. This is exactly what would be expected for symptoms that are related to triggering of many different targets, including some that have not yet been resolved. The comfort eating seems to be “self medication” for any emotional pain, and would be expected to return any time significant emotional pain is triggered, but would also be expected to occur less often and less intensely as Chrystal receives more and more healing. The low back pain seems to be especially related to anxiety, and would be expected to return any time significant anxiety is triggered, but would also be expected to occur less often and less intensely as Chrystal receives more healing for anxiety-related issues.

Note also that the deep, pervasive sense of insecurity, “I don’t have a foundation,” *does not return, even in the face of all the new triggering*. This is exactly what would be expected for a thought, emotion, or other symptom that comes from issues that have been fully resolved.

Identifying and removing a major defense, but not resolving the underlying issues: Most of the session is steady, careful, systematic clarification and removal of a major defense that was blocking the healing process by blocking access to painful emotions. Chrystal describes this defense as “hanging on to every little piece of my father that I could get.” In the follow-up interview Chrystal reports that she is connecting with more painful emotions associated with losing her father, and in the next session (Chrystal: Loss of Father, Session #3) she was quickly able to connect with these important and painful issues. Both of these pieces of follow-up information indicate that the work in Session #2 to address the defense had indeed been effective.

Guardian lies: A big part of dealing with this defense was dealing with guardian lies along the lines of: “If I let go of my father, I will fall into the pit of despair” (other guardian lies can be identified in the complete version). These guardian lies come forward clearly at a couple of points, but are present in one way or another through most of the session.

Lasting positive change for little girl part with tantrum: Many data points from session #2, session #2 follow-up interview, session #3, session #3 follow-up interview, and the Immanuel Intervention session all indicate that there were important issues not yet resolved by the end of session #2. However, Chrystal experienced lasting positive change for the internal child part that was “throwing a tantrum,” trying to hold onto her father, “all balled up,” and initially unwilling to receive from Jesus. At the time of the session #2 follow-up interview, Chrystal could check this specific internal child place and verify that this part was still peaceful, calm, glad to be with Jesus, and willing to receive from Jesus.

Physical sensation as a clue (0:01:42): The complete version of this session provides a several examples of a physical sensation coming forward as a clue, and this condensed version retains one of these examples. At 0:01:42, after I mention clues that indicate an important underlying issue that had not been fully resolved, Chrystal reports: “My head’s tightening up again.” This is not shown in the condensed version, but a simple, valuable tool is to ask the person to focus on the physical sensation and/or have her place a hand on the place of physical sensation and apply gentle pressure.

Taking off her father’s ring (10:10): The camera didn’t pick this up because it was zoomed in on Chrystal’s face, and her words were hard to understand, but at the time of surrendering her father to the Lord, Chrystal says “I have to....This was his ring” and takes off her father’s wedding ring that she had been wearing as a way of “holding on to a piece of him.” (Note that at the beginning of the session, she has two rings on her left index finger, but only one at the end of the session)

Beautiful ending with respect to “letting go” of her father (11:53 – 14:31): At the end of the session, Chrystal reports, “I can see him in the coffin....I hear [the Lord say], ‘Just let him be dead. He’s dead. He’s gone. You can’t change anything.’” After she says goodbye, and is walking away from the coffin, “I see Him [the Lord] walking with me. He puts His arm around me....I see that little girl again, that was all balled up, and the Lord is now able to hold her. [He is saying to her] ‘It’s time to get to know each other, it’s time to live in Me, it’s time that I’m the focus’The little girl is happy.”

Mild-moderate dissociative phenomena: As with the first session dealing with the loss of Chrystal’s father, this session is a good example of mild to moderate dissociative phenomena, where memories, or just pieces – like the painful emotions – are disconnected and carried separately in some way. As in the first session, the dissociative process continues to be subtle, with no dramatic “switching,” different names, or losing time. Notice that Chrystal sometimes describes internal mental images of herself at different early ages. As she continues through several ministry sessions, it becomes clear that these internal images accurately represent internal dissociated parts.

Chrystal also again provides a good example of someone who displays mild to moderate dissociative phenomena, but who does *not* meet criteria for DID (see “Chrystal: Loss of Father, Session #1 – Explanatory Comments,” pages 2 & 3 for additional discussion regarding this point).

Deleted material: To put the “Condensed Version” in perspective: In order to make the 18 minute condensed version, 88 minutes of material have been deleted from the 106 minute complete

version. The condensed version is valuable for providing an *overview* of what a Theophostic-based therapy/ministry session looks like, and it’s great for inspiration and building faith, but if you are actually trying to learn how to facilitate Theophostic-based sessions, you will definitely want to view the complete version.

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More information: For more information from Karl Lehman M.D. and Charlotte Lehman M.Div, including our teaching about the Immanuel approach to emotional healing, our assessment and recommendations about Theophostic[®] Ministry, our teaching about how Christian emotional healing can fit into professional mental health care, and much more, please help yourself to the free information on our website, www.kelehman.com.

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