

# Appendix B

## Detailed Outline

Note that the chapter titles are not actually part of the outline. They have been superimposed over the outline in order to provide reference points for synchronizing with the main text.

### I. Introduction

### II. Part One: Psychological Trauma, Implicit Memory, and the Verbal Logical Explainer (VLE)

#### Chapter 1: Psychological Trauma

- A. The Pain-Processing Pathway
- B. Trauma Is More Easily Caused and More Common Than Most Realize
- C. The Effects of Trauma

#### Chapter 2: Implicit Memory vs Explicit Memory

- D. Implicit Memory vs Explicit Memory
  - 1. Explicit memory
  - 2. Implicit memory
  - 3. Traumatic memory content comes forward as implicit memory, and why this is important

#### Chapter 3: The Verbal Logical Explainer and Confabulation

- E. The Verbal Logical Explainer (VLE) and Confabulation
  - 1. Introduction to the VLE and confabulation
    - a) The Verbal Logical Explainer (VLE)
    - b) Confabulation
  - 2. Fascinating examples from research and case studies
    - a) Split-brain research
    - b) Hypnosis case studies
    - c) Children
    - d) Korsakov's syndrome
  - 3. VLE confabulations make it more difficult to spot triggering

#### Chapter 4: Central Nervous System Extrapolation, Denial, and Self-Deception

- F. Central Nervous System Extrapolation
  - 1. Introductory comments
  - 2. Specific examples
    - a) Filling in at the level of explanation
    - b) Filling in at the level of perceptual interpretation
    - c) Filling in at the level of cognition

- F. Central Nervous System Extrapolation *continued*
  - d) Filling in at the level of sensory processing
    - 1) Auditory processing and missing music clips
    - 2) Visual processing and the retinal blind spot
  - 3. CNS extrapolation fills in holes in VLE explanations

G. Good Old Denial and Self-Deception

**Chapter 5: Trauma, Implicit Memory, . . . and Our Relationship with the Lord**

H. Trauma, Implicit Memory, VLE Confabulations, and Our Relationship with the Lord

- 1. An example from my own experience (two-year-old separation trauma)
- 2. Rocky and Maggie
  - a) Rocky
  - b) Maggie
  - c) Traumatic implicit memory transferred onto the Lord

**Chapter 6: The Importance of Neutralizing Traumatic Implicit Memory and . . .**

- I. Importance of Neutralizing Traumatic Implicit Memory and VLE Confabulations (Summary)
- J. One More Reason to Neutralize Traumatic Implicit Memory and VLE Confabulations

**III. Part Two: Exposing and Neutralizing Traumatic Implicit Memory and VLE Confabulations**

**Chapter 7: The First Half of the Basic Plan . . .**

- A. Finding and Healing the Underlying Traumatic Memories
  - 1. Introduction to healing for psychological trauma
  - 2. The Immanuel approach to emotional healing
  - 3. Immanuel approach testimonies
  - 4. Where/how do I get training regarding the Immanuel approach?
  - 5. Where/how do I find someone to facilitate Immanuel approach healing for me?

**Chapter 8: The Second Half of the Basic Plan . . .**

- B. Recognizing and Acknowledging “Invisible” Implicit Memory and VLE Confabulations, and Then Choosing Behavior Based on Truth

**IV. Part Three: Additional Factors That Hinder Recognizing and Acknowledging Traumatic Implicit Memory and VLE Confabulations**

**Chapter 9: Sometimes It’s Easy, Sometimes It’s REALLY HARD**

- A. Introduction Regarding Additional Factors

**Chapter 10. Fighting the Battle, but with Child Resources . . .**

- B. Maturity, External Locus of Control Corresponding to Childhood Memories
  - 1. Maturity from age of original experience
  - 2. External locus of control from age of original experience

**Chapter 11: No, I'm NOT Triggered! . . .**

- C. Memory-Based Negative Reactions to the Suggestion of Possible Triggering
  - 1. Absence of attunement
  - 2. Desire for validation and agreement
  - 3. Feeling blamed, accused, and invalidated
  - 4. Feeling unsafe to acknowledge responsibility

**Chapter 12: Loss of Access to Relational Connection Circuits**

- D. Loss of Access to Relational Connection Circuits

**Chapter 13: Summary Regarding the Additional Factors . . .**

**V. Part Four: Additional Resources and Insights**

**Chapter 14: *I* Need to Take Responsibility . . .**

- A. *I* Need to Take Responsibility for *My* Triggered Traumatic Content and VLE Confabulations

**Chapter 15: Additional Resources for Recognizing Triggering**

- B. Additional Resources for Recognizing Triggering
  - 1. Clues other than loss of access to relational circuits
  - 2. Watch for loss of access to relational connection circuits
    - a) Relational circuits checklist, brief discussion

**Chapter 16: Loss of Access to Relational Circuits, Expanded Discussion**

- b) Relational circuits checklist, expanded discussion
  - (1) Do I feel connection, desire for connection?
  - (2) Do I experience others as unique, valuable, relational beings?
  - (3) Am I aware of their true hearts?
  - (4) Do I feel compassionate concern regarding what they are thinking and feeling?
  - (5) Do I *want* to offer attunement? Am I *able* to offer attunement?
  - (6) Am I free of judgment?
  - (7) Do I experience the presence of others as a source of joy (as opposed to a problem to be solved or a resource to be used)? Am I glad to be with them?
  - (8) Am I comfortable making eye contact?
  - (9) Am I flexible and creative (as opposed to rigid and unable to think outside the box)?

B. Additional Resources for Recognizing Triggering *continued*

- (10) Am I patient and tolerant (as opposed to impatient, intolerant, and irritable)?
- (11) Do I join-explore-understand-collaborate (as opposed to interrogate-judge-fix)?
- (12) Can I easily recall positive memories? Do I feel appreciation?
- c) Make a short list of your favorites
- d) Desire for attunement is an exception
- e) Variable intensity and clarity with respect to relational circuit phenomena
- f) Specific, memory-anchored responses to checklist questions

**Chapter 17: Regaining Access to Our Relational Connection Circuits**

C. Regaining Access to Our Relational Connection Circuits

1. Introductory comments

**Chapter 18: Regaining Access—Receiving Attunement**

2. Receiving attunement

- a) General discussion regarding receiving attunement
- b) “Receive attunement from the Lord” intervention
  - (1) Initial prayer
  - (2) Recall memory of previous interactive connection
  - (3) Re-enter memory
  - (4) Transition to living, real-time, interactive connection in the present
  - (5) Stop trying to stop the pain, talk to the Lord about it
  - (6) Receive the Lord’s attunement
- c) Receiving attunement from the Lord becomes easier and increasingly effective with practice
- d) Spiritual disciplines that facilitate receiving attunement
- e) What about those who are not able to establish an interactive connection with the Lord?
  - (1) Expose and resolve blockages that prevent interactive connection
  - (2) Receiving the Lord’s attunement even without an interactive connection
  - (3) Alternative interventions for getting back into relational mode

**Chapter 19: Regaining Access—Deliberate Appreciation**

3. Deliberate appreciation

- a) Evidence supporting deliberate appreciation as relational circuit intervention
  - (1) John Gottman, observable behavior, and bottom-line sociological outcome
  - (2) Neurobiology
  - (3) Cognitive therapy
  - (4) Our clinical observations and personal experience

- b) Deliberate appreciation is most effective in the context of specific memories
- c) Practical tips regarding deliberate appreciation
- d) Deliberate appreciation becomes easier and increasingly effective with practice
- e) Deliberate appreciation is very biblical

#### Chapter 20: Regaining Access—Calming

- 4. Calming
  - a) *Especially* simple interventions
  - b) Shalom for My Body
  - c) Additional interventions for calming
    - (1) Meditative prayer
    - (2) Deep breathing
    - (3) Progressive muscle relaxation
  - d) Calming interventions become easier and increasingly effective with practice

#### Chapter 21: The Best Ways to Use These Resources

- 5. The best ways to use these resources
  - a) Receiving attunement
  - b) Deliberate appreciation
  - c) Calming
  - d) Combination packages
    - (1) General principles
    - (2) My favorite—receiving attunement followed by deliberate appreciation
    - (3) Calming, receiving attunement, and then deliberate appreciation
    - (4) Brief calming combined with either receiving attunement or deliberate appreciation
    - (5) Calming and deliberate appreciation for situations where receiving attunement is not available
  - e) It's okay to switch in the middle
  - f) Experiment with what works best for you

#### Chapter 22: Summarizing with Respect to Regaining Access

- 6. Summarizing regarding regaining access to relational circuits
- 7. Taking the Lord's light into places of darkness

#### Chapter 23: Additional Resources and Insights, Advanced Topics

- D. Apply “Recognize and Acknowledge, . . .” to Second-Level Triggering
- E. Receive Attunement Regarding Second-Level Triggering
- F. Self-Validation and Agreement, in the Context of Acknowledging the True Source of the Implicit Memory Content

## VI. Part Five: Helping Others Who Are Triggered

### Chapter 24: Make Sure to *Start* with Offering Attunement

- A. Start with Offering Attunement and Helping the Person Get Back into Relational Mode

### Chapter 25: Advanced Attunement Interventions

- B. Attunement without Validation or Agreement
- C. Provisional Validation and Agreement

### Chapter 26: Simplify the System by Dealing with Stuff on Our Side . . .

- D. Eliminate Any Triggering, Immaturity, or Other Dysfunction *We* Are Contributing
- E. Own Any Parts of the Other Person's Concerns That *Are* Valid

### Chapter 27: Final Thoughts Regarding Others Who Are Triggered

- F. Whenever Possible, Refer Questions Regarding Possible Triggering to God
- G. Especially *Unhelpful*
- H. Please Don't Let Your VLE Misuse This Information
- I. We Cannot Override Another's *Choice* to Turn Away from Relational Connection

## VII: Part Six: Summary, Synthesis, and Frequently Asked Questions

### Chapter 28. Summary Points and Synthesis Conclusions

- A. Summary Points and Synthesis Conclusions

### Chapter 29: Answers to Frequently Asked Questions

- B. Answers to Frequently Asked Questions
  1. Are you saying that all painful thoughts and emotions come from underlying traumatic memories?
  2. How/where can I get training regarding the Immanuel approach?
  3. How/where can I find someone to facilitate Immanuel approach emotional healing for me?
  4. What is the relationship between the Immanuel approach and Theophostic® prayer ministry?