



Healing Nightmares

By

Donald R. Reif

Illustrated by

Ricardo Shi

July 27, 2018



Healing Nightmares

By

Donald R. Reif

Illustrated by

Ricardo Shi

July 27, 2018

INTRODUCTION

This child's book is based on a true story about Pat-Pat Power, and a real boy and the healing of his nightmares.

Pat-Pat Power is very easy to use. It is a fast, effective, safe and simple technique for the relief and prevention of psychological trauma, PTSD (Post Traumatic Stress Disorder), fear, flashbacks, and phobias. Pat-Pat Power is especially important in the relief of small children's nightmares. It also is a relaxing technique for relieving stress, anxiety and is an aid in improving communications.

Each nightmare, PTSD, and trauma must be worked on separately.

“Ben’s Story, a Childs Heading of Fear” is a children book that can be found on the free website **TraumaZapper.com** and on Free-eBooks.net.



Hi, my name is Juan.

When I was five years old I had bad
dreams.

Bad dreams are called nightmares.



My mother is very beautiful
and loving.

She is very kind
and gentle to me.

She is a
waitress in a
restaurant.





My mom was working in a restaurant.

She met
Don and his wife Jocelan

My mom told Don and Jocelan
about my bad nightmares.

The nightmares were so bad,
I did not want to sleep alone.



Don gave mother
a copy of
"Ben's Story,
a Childs Healing of Fear."



That night mom read the
book to me.

The book described
Pat-Pat Power.





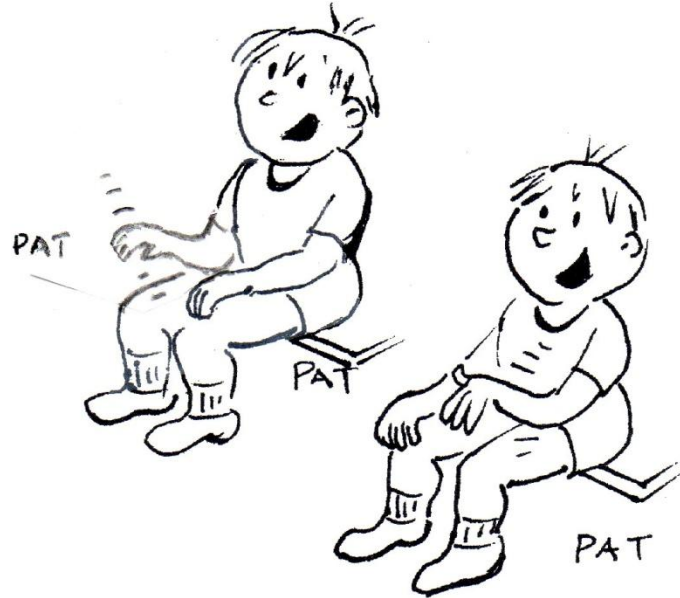
Mom and I decided to use Pat-Pat Power right away.

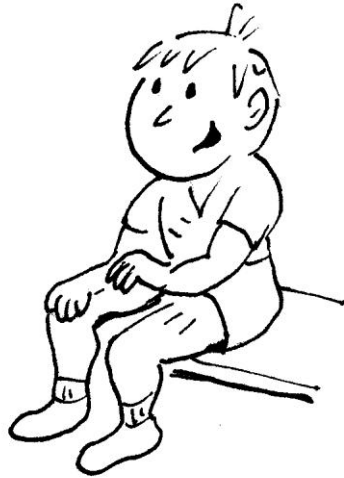
Mom had me sit down across from her.

She said she would do Pat-Pat Power with me.

Mom had me pat my right knee with my right hand. Then pat my left knee with my left hand.

I kept patting, first right, then left, right, left as I told Mom about my nightmares.



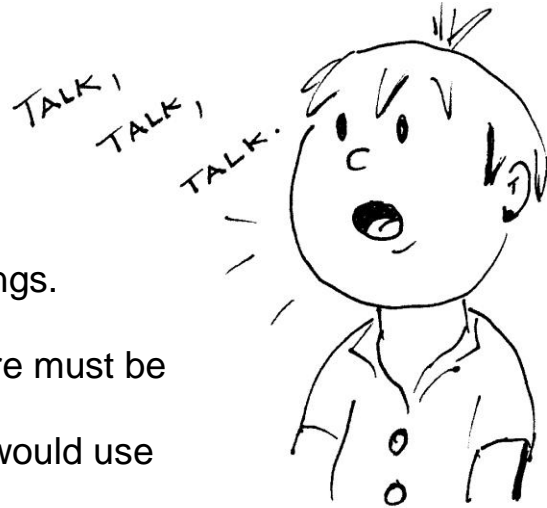


This knee patting and talking about the nightmares is called Pat-Pat Power

All the time I was talking, Mom made sure that I was doing Pat-Pat Power to help me get over my nightmares.

Mom also told me
I could use Pat-Pat Power in the
future to keep from being
super scared from other scary things.

Mom also said that each nightmare must be
worked on separately.
If I had any more nightmares we would use
Pat-Pat Power on them.



For example, if I were standing,
I could cross my arms and use
Pat-Pat Power in that way.

First pat my right arm, then my left arm,
right, left, right left, etc.
This is called the Butterfly.



I really did not feel
any different, but I felt good.



I went to sleep and did not
have any nightmares.

It was GREAT!



Pat-Pat Power

Worked!



The next time mom met Don and Jocelan,
she told them that she and Juan were
so happy.

Juan was sleeping in his own
bed without nightmares.



Parent's Notes

Pat-Pat Power is a therapy derived from the work of Francine Shapiro, PhD, whose original work appears in the book EMDR (Eye Movement Desensitization Reprocessing), published by Basic Books, in 1997.

Dr. Shapiro's EMDR is a scientifically proven trauma therapy. It was simplified by Don Reif, into SEMDR (Simplified Eye Movement Desensitization Reprocessing), and then simplified again into the Right Left Technique (RLT). Pat-Pat Power is a type of the Right Left Technique.

Don Reif's background is in systems engineering. He taught complex electronic systems, with simple and easy to understand presentations. Using his experience, he changed the complex EMDR procedure to a system even a child can understand and benefit from. Pat-Pat Power is a fast, simple and effective method that works for everyone.

See **TraumaZapper.com** for more information.