

# **Ben's Story**

## **A Child's Healing of Fear**

**May 24, 2008**

**By**

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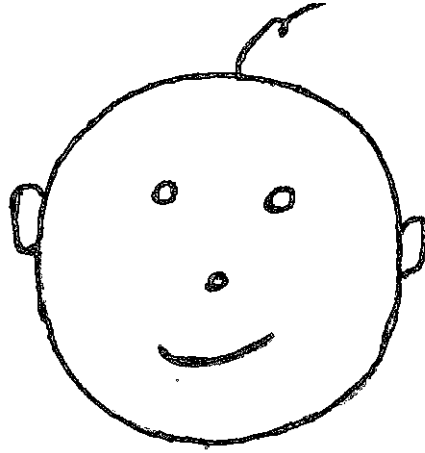
**Revision 1 - September 15, 2009**

### **INTRODUCTION**

This child's book is based on a true story about Pat-Pat Power, and a real boy and the events that he experienced. As of this writing, Ben is a happy and normal young adult, living with his family in upstate New York.

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 and anxiety.

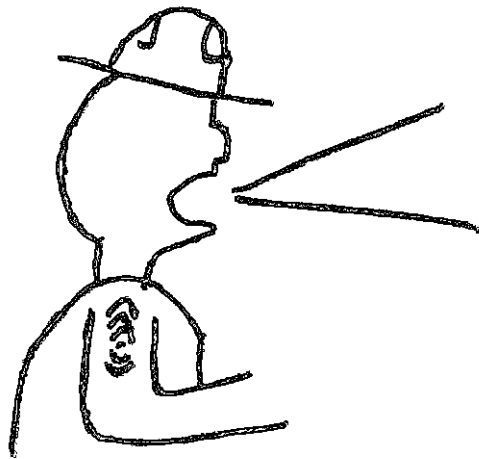
See the free website **TraumaZapper.com** for more information.



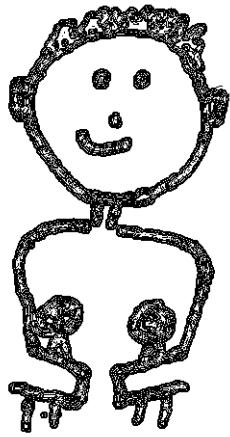
Hi, my name is Ben.

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My dad is a  
tough Sergeant  
in the U.S. Army.



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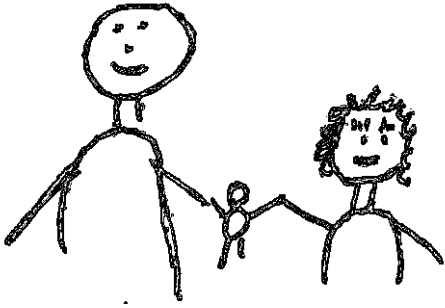
He is very kind  
and gentle to my Mom,  
my twin brother and me.  
My brother is the  
same age I am.

3

My Mom is very beautiful  
and loving.  
She was a schoolteacher, but now she  
stays home and takes care of our family.



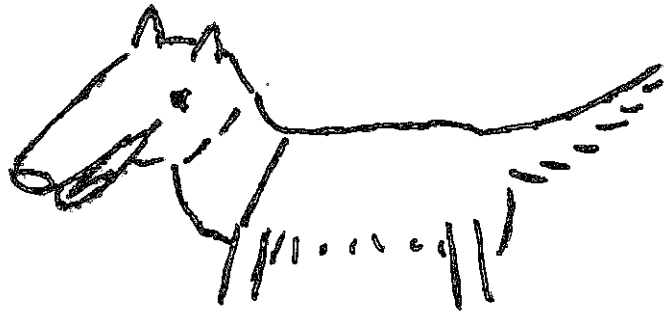
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A long time ago, when I was one and half years old, we went to a friend's house for a visit.

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He had a friendly Collie, like Lassie.



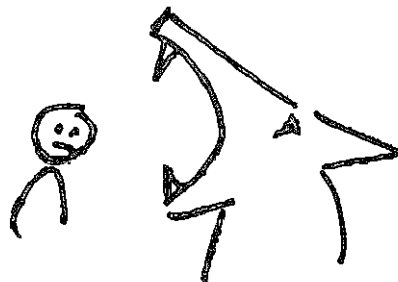
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The dog came up to me and licked my face.



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To me, the dog was a BIG MONSTER that was going to bite and eat me.



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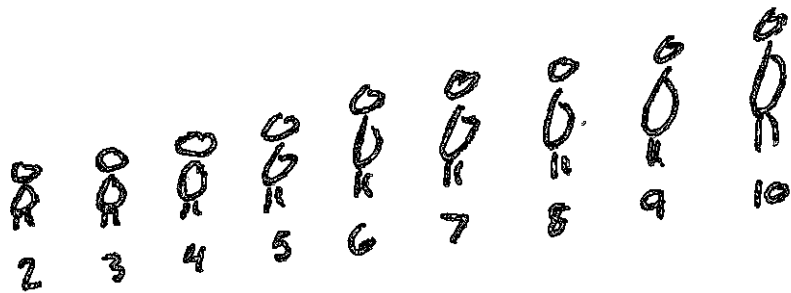


I was very scared  
and cried. My dad picked  
me up and hugged me.

Because I was so scared, afterwards, I would  
always be scared when I saw a dog.  
I call this "super scared."  
The grownups call it trauma.

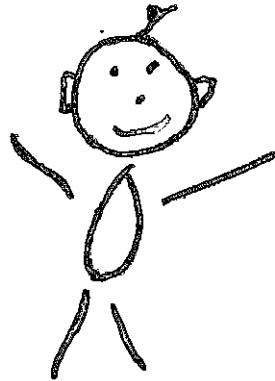
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I stayed scared of dogs until  
I was ten years old.

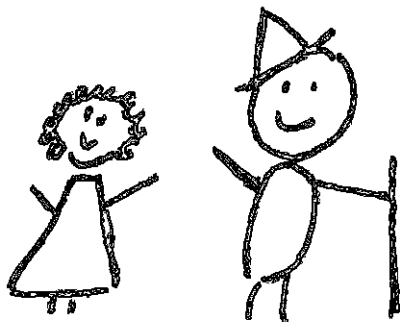


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Then something GREAT  
HAPPENED!



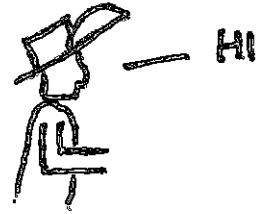
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My family and I went  
to visit Grandma  
and Grandpa.

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My brother and I  
were helping Grandpa  
clean up the backyard.  
A friend of Grandpa's came  
over. His name was Don.



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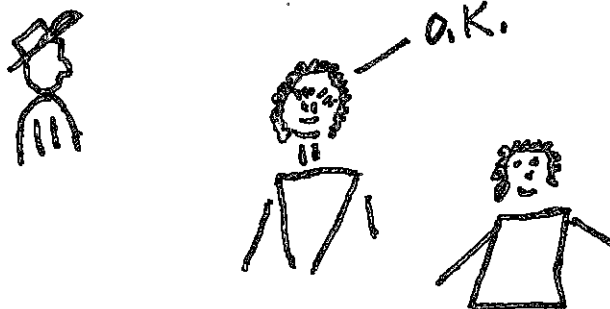
Grandpa asked Don,  
"Would Pat-Pat Power  
help Ben not to be scared of dogs?"  
Don said, "Yes."



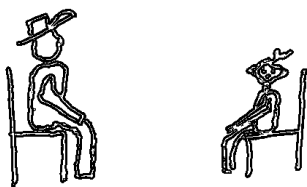
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Don talked to my Mom  
and Grandma.  
They said "Okay, let's try  
Pat-Pat Power."



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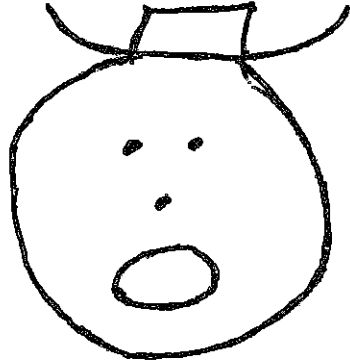
Grandpa's friend,  
Don, had me sit down across  
from him.

16

Don 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 Don my problem with dogs. This knee patting and telling of the story is called Pat-Pat Power



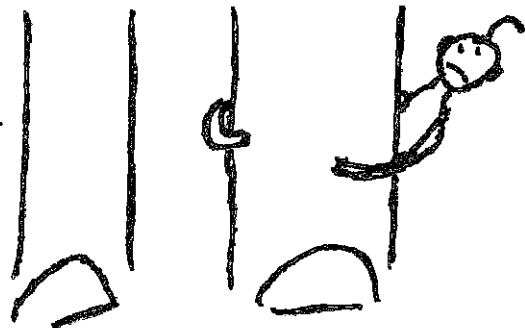
I told Don, "I can't remember anything about being scared by a dog. My parents said that when I was one and a half years old, a really big dog scared me."



Don asked me how I  
felt when I saw  
a dog.

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I said, "Every time I see a dog, I  
get very scared and want to hide.  
I hide behind my dad  
or in the bushes."



20

“If there is no place to hide,  
I freeze. That is, I just can't move  
my arms or legs.”



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All the time I was talking,  
Don made sure that I was  
doing Pat-Pat Power to help  
me get over my fear of dogs.

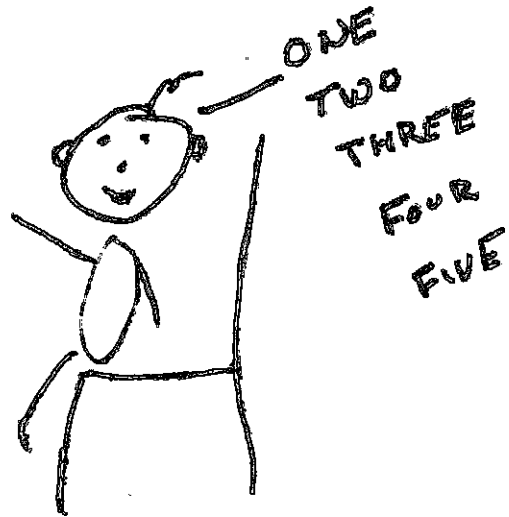
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After a short time – less than 4 minutes – Don said, “You are now over being scared of dogs. Now your fear is only a memory.”

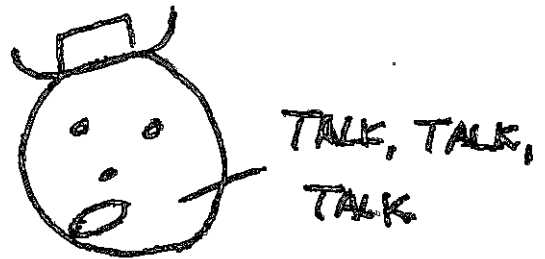
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Don had me point at five nearby, same colored objects.



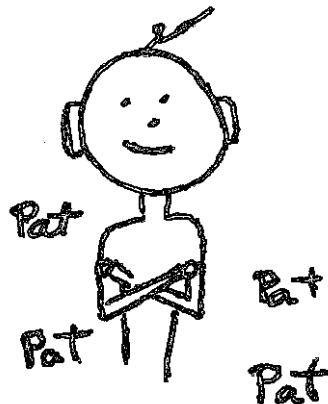
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Don also told me  
I could use Pat-Pat Power in the  
future to keep from being  
super scared from other scary things.



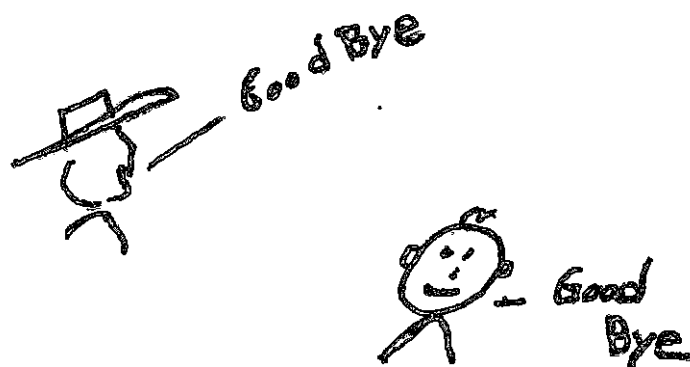
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For example, if I were standing,  
I could cross my arms and use  
Pat-Pat Power in that way.  
First pat my right arm, then my left arm, right, left, right left, etc.  
This is called the Butterfly.



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Don then said, "Goodbye,"  
and left.



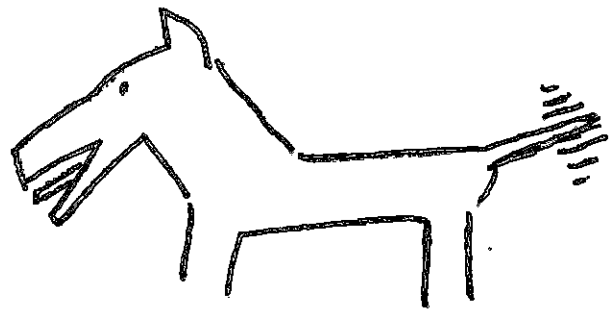
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I really did not feel  
any different, but I felt good.  
I went outside to help Grandpa  
in the back yard.



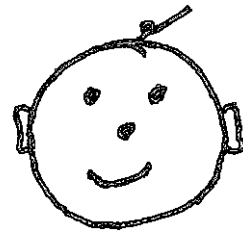
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The next day, in the front yard, I saw a golden retriever from next door.



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For the first time that I can remember, I was NOT scared of a dog!

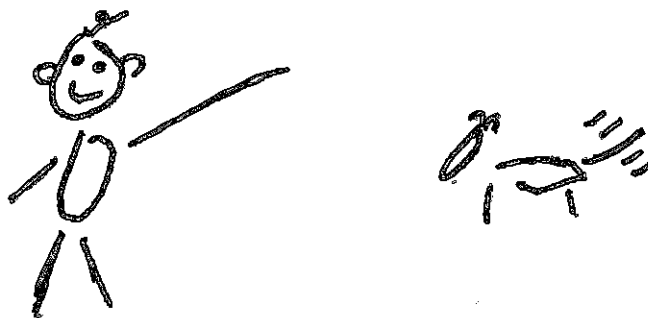


30



I played with that dog

ALL DAY.



31

Pat-Pat Power

**Worked!**



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## 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 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 now a fast, simple and effective method that works for everyone.

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