

Ben's Story

A Child's Healing of Fear

May 24, 2008

By

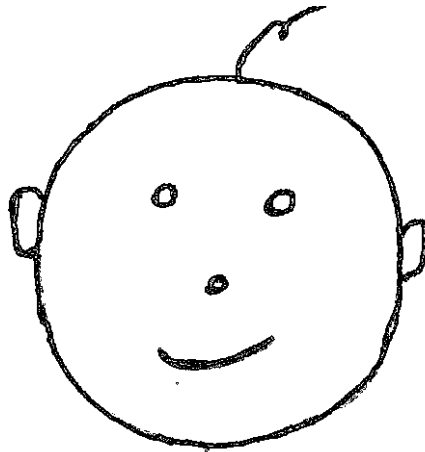
Donald R. Reif

Introduction

This child's book is based on a true story about a real boy and the events that happened to him. Ben is presently a grown-up happy and normal young adult living with his family where his dad is a Sergeant in the U.S. Army.

Pat Pat Power was in development when Ben was helped in the year 2000. At that time, we used an eye movement method called Simplified Eye Movement Desensitization Reprocessing (SEMDR). Pat Pat Power was developed from the Right Left Technique, which was developed from SEMDR. See the parent's notes for more details.

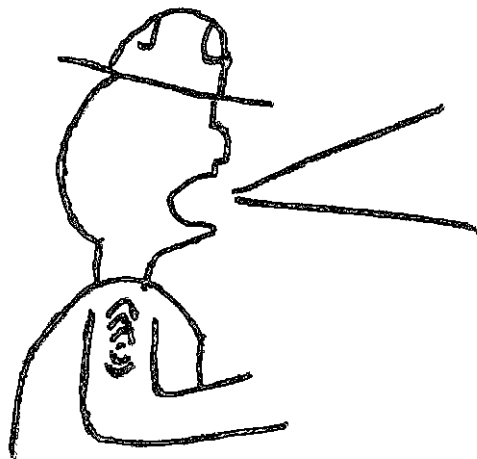
Pat Pat Power is very easy to use, safe, fast and effective in the relief and prevention of trauma, stress, anxiety, nightmares, phobias and flashbacks. See traumazapper.com for more information.



Hi. My name is Ben

1

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



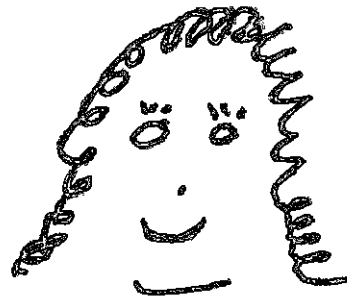
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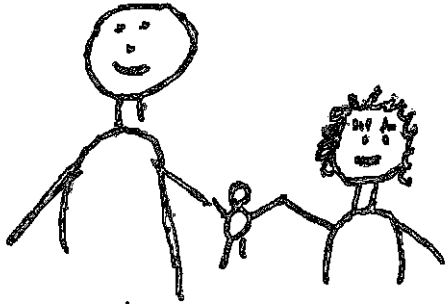
He is very kind and gentle to me and my twin bother. My brother is the same age as me.

3

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

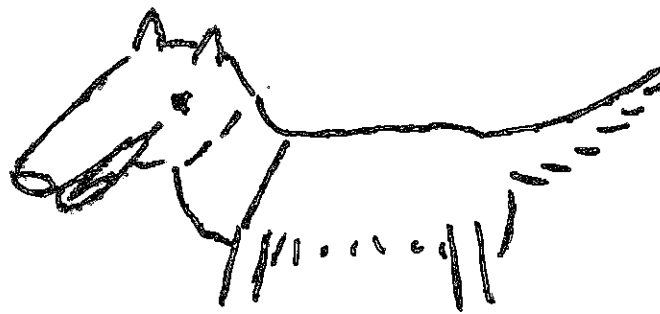


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A long time ago when I was one and half years old, we went to a friend's house for a visit.

5



He had a friendly Collie dog like Lassie.

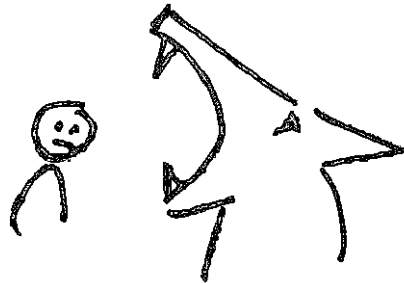
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He came up
to me and
licked my face.

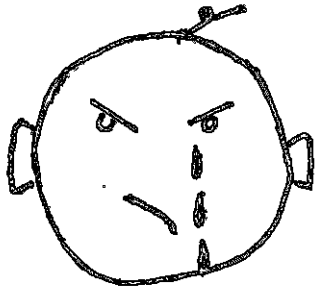


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To me the dog was
a **BIG MONSTER** that
was going to bite and
eat me.



8

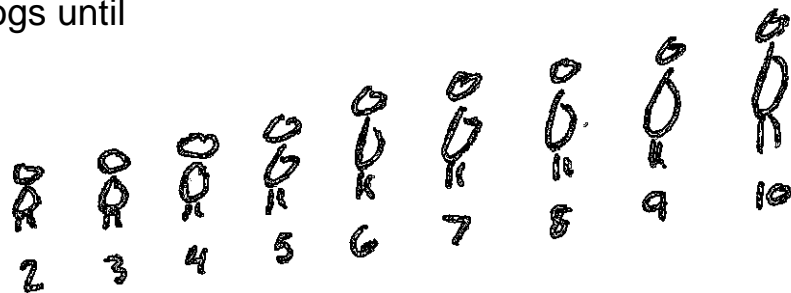


I was very scared
and cried. My dad picked
me up and hugged me.

Because I was so scared, I would
always be scared whenever I would see a dog.
This is known as "super scared."
The grownups call this trauma.

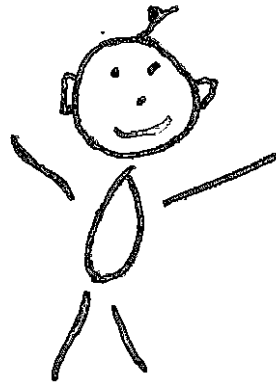
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I stayed scared of dogs until
I was 10 years old.

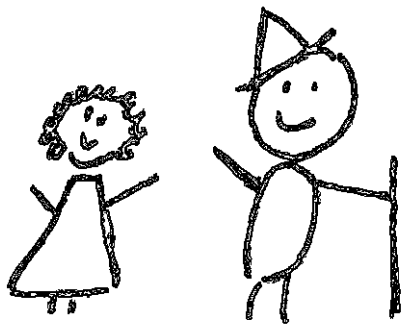


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Then something GREAT
HAPPENED!



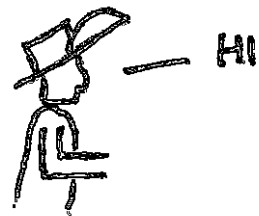
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My family and I went
to visit Grandma
and Grandpa.

12

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



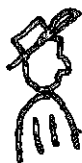
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Grandpa asked Don,
"Would Pat Pat Power
help Ben not to be scared of
dogs?"
Don said, "Yes."

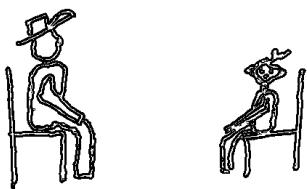


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Don talked to my Mom
and Grandma.
They said "O.K., Let's try the
Pat Pat Power."



15



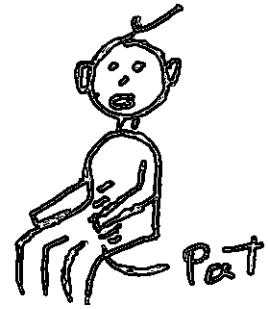
Grandpa's friend
Don had me sit down across
from him.

16

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

I keep 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 cannot remember
anything about being scared by a dog.
My parents told me when I was 1 ½ years old a
large dog scared me."

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