

When Daddy Comes Home

By

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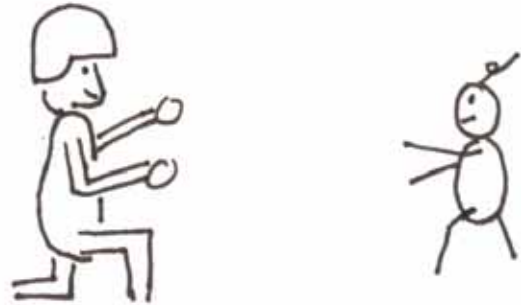
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INTRODUCTION

The purpose of this book is to help the children of returning veterans from war. When returning veterans have PTSD (Post Traumatic Stress Disorder), it will affect the children as well as the rest of the family. When children know what is happening and how they can help their father, it will also help them. **Did I say they could help their dad? Yes.** Pat Pat Power is so simple and safe that children can help when their dad understands and cooperates.

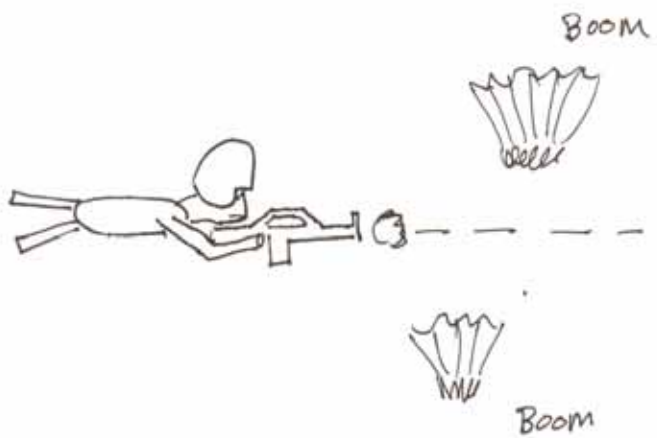
This child's book is inspired by another child's book, Ben's Story A Child's Healing of Fear. Ben's Story is about a real boy and the events that he experienced getting over his fear of dogs. Pat-Pat Power is very easy to use. It is fast, effective, safe and a simple technique for the relief and prevention of psychological trauma, such as 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 where Pat Pat Power is called the Right Left Technique.

One minute Daddy is on the battlefield
and the next minute he is home with you.



Page 3

When Daddy was at war,
a lot of "bad things" happened to him.



Page 4

This caused him to be
super scared.
Grownups call this trauma.
PTSD is a type of trauma.



PTSD stands for some big words.
Post Traumatic Stress Disorder.



When one of his experiences is triggered, he relives that experience. This means that a word, noise, or place causes him to relive a “bad thing” that happened to him.

Page 7

PTSD can cause Daddy to become angry very fast. Sometimes he will act very sad. He may cry sometimes for no reason.



Page 8

He will need time to start acting like your old dad.



Daddy needs help getting over this super scared thing or PTSD.



We will use Pat Pat Power.

Mommy and you can help
by using Pat Pat Power with
Daddy.



Pat Pat Power is patting
you knees and talking about
his "bad things" or experiences.



Everyone pats their right knee with their right hand. Then pat their left knee with their left hand. Kept patting, first right, then left, right, left, etc as Daddy tells his experiences. This knee patting and telling of the story is called Pat-Pat Power



Daddy needs to use Pat Pat Power on each bad experience.



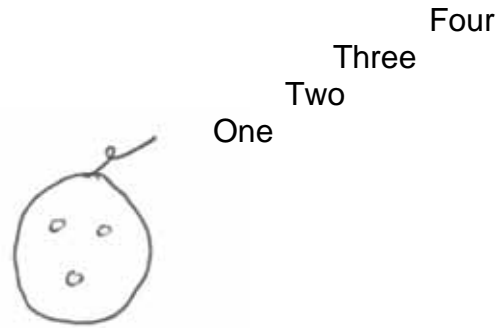
As each bad experience goes away,
Daddy will get better and better.



If Daddy wants to do
Pat Pat Power by himself,
that is OK too. Because
Pat Pat Power is also a
self-help method.



Pat Pat Power will help Daddy
in four ways:



17

One,

Pat Pat Power will help Daddy get rid of
his “bad things” that happened to him.
Daddy needs to use Pat Pat Power on
each bad experience.



Two,

Because Pat Pat Power is a very good relaxing method, it will help Daddy with nervousness like anxiety. Anxiety is being jumpy or easily startled. When Daddy feels frightened and helpless, Pat Pat Power will also help.



Three,

Grownups also have nightmares or bad dreams. Also grownups can have night terrors. Night terrors are like nightmares but the person can sleep walk with the night terror and the person cannot remember the bad dream. Each bad dream must be talked about with Pat Pat Power. Because night terrors cannot be remembered, the trauma causing the night terror must be worked on to help.



Four,

Flashbacks are a memory that happens when a place, sound or noise will bring back a scary memory about the battlefield. As soon as the flashback happens or as soon as possible help Daddy use Pat Pat Power to get rid of the flashback.



Parent's Notes

If a person doesn't want to talk out loud about a bad experience, Pat Pa Power will still work if he **talks about it to himself** silently while patting each knee, right, left, right, left the same as if he was talking out loud.

People tend to forget to KEEP the rhythmical movement going as they relate their trauma. PAT PAT POWER WILL NOT WORK WITHOUT THE ALTERNATING RHYTHMICAL MOVEMENT that stimulates the opposite sides of the body. This movement causes the right and left hemispheres of our brain to communicate with each other.

There is no "Eureka!" moment. People realize they are healed from trauma the next time a trigger happens, but the trauma does not force them into a negative action. Sometimes, people do not recognize that the trauma is no longer controlling their lives, even when it's obvious to those who know them best.

Some people find it hard to believe that the simple Pat Pat Power procedure can have such profound, positive and life changing results. This book's authors still feel amazed at how quickly, easily, safely, and effectively Pat Pat Power works.

People tend to forget that they can perform Pat Pat Power on their own. Pat Pat Power can be performed anywhere, at anytime.

You must work on each trauma, one at a time. If you experienced four traumatic events in the past, then you must work on each of these, individually. You can do this in one session, or in multiple sessions. In a short time you will eliminate all traumas, and your confidence level will soar.

Your memory is not “washed”; traumatizing events are not erased from your memory. You may feel sad when you recall the traumatic events, but you will not experience the uncontrolled thoughts or reactions that you did before. Instead, you will be in control. This is when you know that Pat Pat Power has worked.

Pat Pat Power will not heal character defects, personality disorders or other life problems. You may also need conventional therapy. Help clinics and therapy groups are great resources.

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, safe and effective method that works for everyone. For more information, see TraumaZapper.com, where Pat Pat Power is called the Right Left Technique.