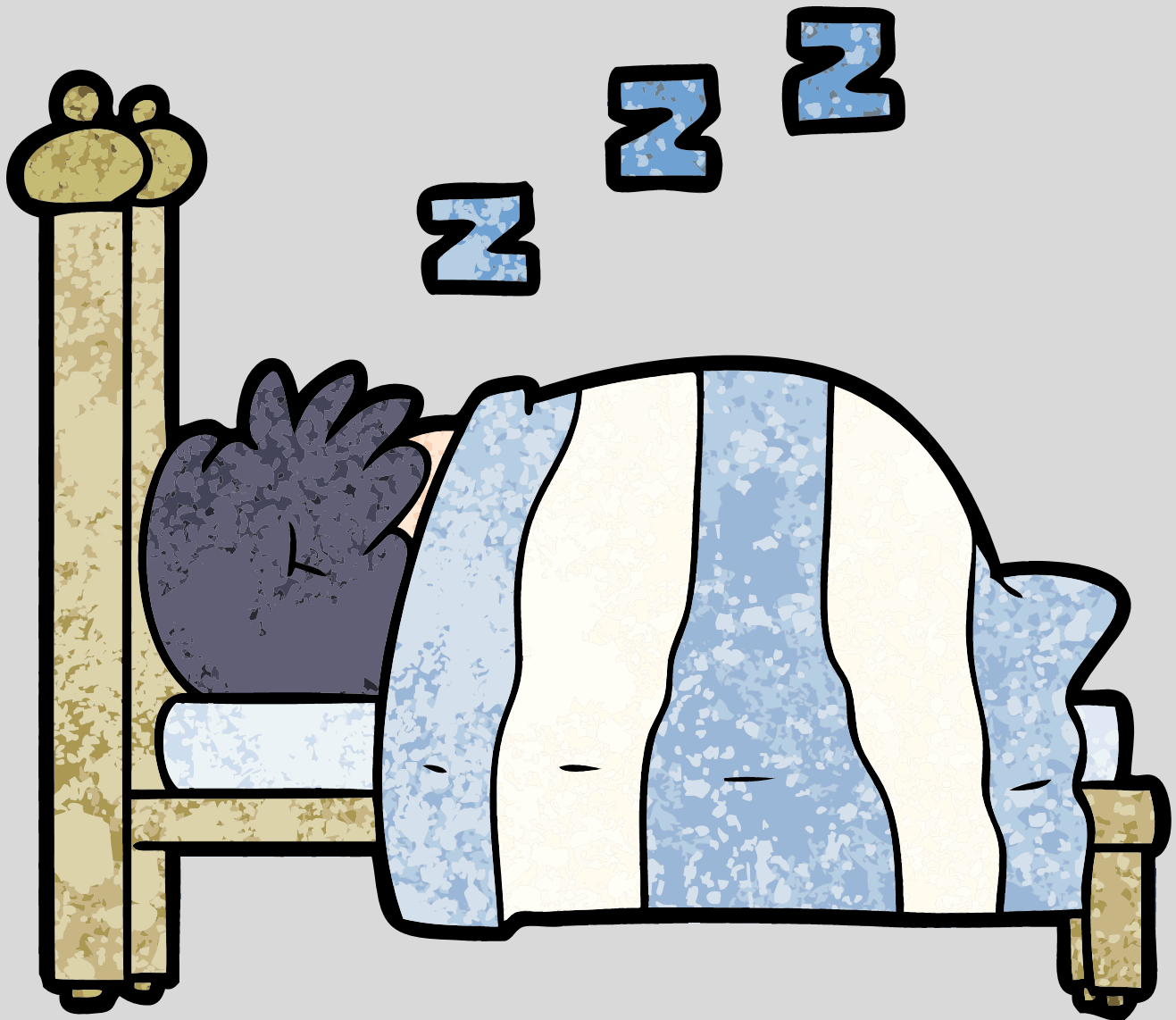
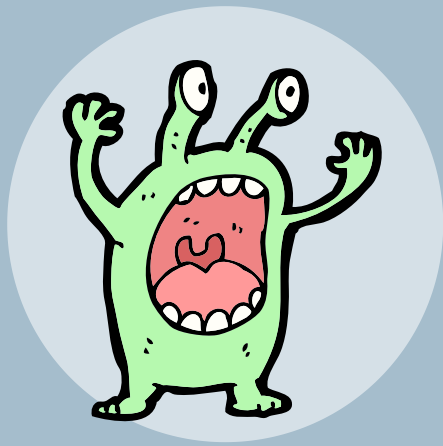


NIGHTMARE REHEARSAL

Put Bad Dreams to Bed
Once and For All





MATERIALS

COMPUTER
PRINTER
ART SUPPLIES - MARKERS,
CRAYONS, COLORED PENCILS
PAPER
LARGE MAILING ENVELOPE
DREAM CATCHER (OPTIONAL)

A dream catcher can be purchased or created with beads, feathers, string wrapped around CoolWhip lid (cut out inside), with string stretched and tied across the inside to create a web-like structure. Hang feathers from bottom.

INSTRUCTIONS

1. Have the client describe the disturbing dream, in detail, including thoughts, feelings, and actions. Be sure to include sensory information of sights, sounds, smells and tactile sensations. As the client describes the dream, type out all the details. You may need to prompt: "And then what happened? What could you see? Smell?"

BACKGROUND

IMAGE REHEARSAL IS FROM THE WORK OF
DR. BARRY KRAKOW
ADDITIONAL SUGGESTIONS BY
ASHLEY FIORE, MSW, LCSW
For more information:
<http://www.nightmaretreatment.com>

THIS TECHNIQUE IS IDEAL FOR
REPETITIVE NIGHTMARES.

If the client does not have repetitive nightmares but rather different nightmares with similar scary themes, you can have the client pick the most recent nightmare to do nightmare rehearsal therapy.

FOR CHILDREN, ENLIST THE
PARENT'S SUPPORT OF
NIGHTMARE REHEARSAL
IMPLEMENTATION AT HOME.

ASHLEY FIORE, LCSW



CAUTION

HELP THE CLIENT CREATE A FUNNY OR PEACEFUL ENDING. ONE THAT IS VENGEFUL WILL INCREASE THE CHILD'S CORTISOL LEVELS. THIS MAY REQUIRE CLINICAL GUIDANCE FROM YOU.

INSTRUCTIONS

Continued

When the client finishes, read it back to him/her. Have them identify the scariest part of the original dream.

2. Copy and paste the dream up to immediately before the scariest part of the nightmare. Suggest to the client: "Now, we are going to write your new dream. In this one, you are going to solve the problem for yourself. No one else can fix it for you. You have to be safe, and you can do things you might not normally do in real life because this is a dream! This works best if you can make it funny."
3. You may choose to show the client the scene from Harry Potter and The Prisoner of Azkaban, the Bogart scene in the closet as an example of how the students use the "Ridiculo curse" to make their fears less frightening. Link:
4. Next, have the client re-write the nightmare into the dream they want to dream instead. In the new dream, the client moves from being powerless and helpless to the most powerful figure in the dream. The client must overpower or overwhelm the powerful figure in the dream to resolve the conflict. In the new dream, the client can overpower in whatever way they wish and they can have super powers.

Note:

It is helpful to have a silly component to the new dream. For example, using silly string to disable and capture the bad guy. It can also be helpful for the child's family or community to take on a supportive role in the new dream, cheering on the child. For example, when the police arrest the previously scary person in the new dream, the neighborhood lifts the child on their shoulders to cheer the child as a hero. They all watch together as the bad guy goes off to



CAUTION

HELP THE CLIENT CREATE A FUNNY OR PEACEFUL ENDING. ONE THAT IS VENGEFUL WILL INCREASE THE CHILD'S CORTISOL LEVELS. THIS MAY REQUIRE CLINICAL GUIDANCE FROM YOU.

INSTRUCTIONS

Continued

jail in the back of the police car with the siren blaring. This helps create a new positive association with the dream and may further empower the client.

5. When re-writing the dream, remember to include thoughts, feelings and actions. Be sure to include sensory information of sights, sounds, smells and tactile sensations. Tell this child this has to be just as “real” as the nightmare and you need to be able to experience it just as vividly. Re-read the new dream to make sure you have all the details the client desires. Share the new dream with the parent and see if the parent has any funny additions to further support the child’s creation.

6. Print out the new dream. Young children can draw a picture of the new dream’s happy resolution. Place the new dream and illustration in an envelope. Instruct the parent and client to read the new dream together each night. It is important that they do this after the regular bedtime routine, so that this is the last thing before the child goes to bed. Predict that the child will not have the nightmare again, though some children report having the new dream. If that happens, it will be funny!

7. If the client is an adult, they can have another adult read the dream to them or they can make a recording on their phone of themselves re-reading the new dream. Teens may also want to record the dream on their phone and listen to it each night.

The client and family should re-read the new dream, until the nightmare goes away.

8. The therapist should check in with the client and family after a week to see if the nightmare has gone away. If not, the new dream may not be powerful enough and more details and power elements should be added.



SAMPLE OLD DREAM

I'm in my room. I see my flower blanket and my pillow on the bed. My brother tells me to come here. He says it in a mean voice, and I see he's glaring at me. He has a lighter in his hand. He reaches out to burn me with it and (stop here: scariest part)

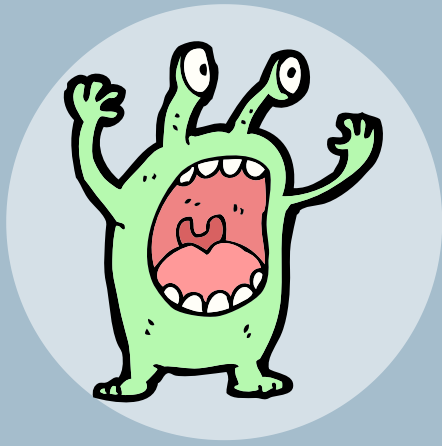
OLD DREAM REVISED AS THE "NEW" DREAM

I'm in my room. I see my flower blanket and my pillow on the bed. My brother tells me to come here. He says it in a mean voice, and I see he's glaring at me. He has a lighter in his hand. He reaches out to burn me with it and I scream, "Not today, Sucka!" I karate chop kick it out of his hand. The lighter flies up to the ceiling and falls down and burns him on his hand. He says, "Ow, ow, ow!" and is blowing out his hand like it is birthday candles.

I kick him up into the sky as high as he can go. He's standing next to a pine tree so he hits his head on each branch as he flies up in the air. Then, he falls back down and lands in a cactus bush. He has cactus needles all over him and looks like a pin cushion. He says, "Ow, ow, ow! Jenny, do you have any tweezers?" I hand him my tweezers and he picks them out one by one, making a funny face with each tug.

FOR YOUNG CHILDREN

1. For younger kids, you can have them put the new dream under their pillow to sleep on, adding to the suggestion that the child is influencing the success of the new dream and the extinction of the nightmare
2. For the outside of the envelope containing the new dream, you can have the child draw a picture of themselves, triumphant in the new dream.
3. Lend the client a dream catcher to catch the nightmare. Ensure they know they are borrowing your dream catcher because this is a temporary support. The client will return the dream catcher to you because they won't need it for very long so that other kids can use the dream catcher. The clinician and client and parent can make a dream catcher together as an in session activity. You can also suggest that this technique works with every client who uses it as a way to predict success.



My New Dream

INSTRUCTIONS

Read aloud each night after bedtime routine with a caregiver. Sleep with it under your pillow.