

Below are links to the Harry Potter clip for introducing Nightmare Rescripting as well as a podcast about nightmare rehearsal and lucid dreaming that could be interesting to some teens.

Radio lab (could be assigned as homework to listen. It is 15 minutes)
<http://www.radiolab.org/story/182747-wake-up-dream/>

Youtube clip of Harry Potter movie fighting a bogart
<https://www.youtube.com/watch?v=doxxfXqpKYA>