

In the years since the development of EMDR, a number of clinicians have integrated the AIP model and concepts of EMDR in their work with traumatized children. Ricky Greenwald developed the "Fairy Tale" model, a number of clinicians have independently developed the "Story Book" approach and Diane Claire Spindler-Ranata developed the "Slaying the Monster" technique to help young children process their trauma. It can usually be done in one session, and results in an immediate reduction in negative behaviors and an increase in self-confidence and ego strength. It can be used with "children of all ages" and is particularly helpful in working with dissociative clients.

Procedure for Slaying the Monster

1. After obtaining a thorough history, using age-appropriate language, let the client know that you believe there is a monster in her/his life that is bothering her/him and causing the maladaptive behaviors that get her/him in trouble. You may need to give examples, i.e. someone in life who has hurt her/him, a monster in dreams, etc.). Explore how much the monster bothers the client.
2. Tell the client about how you are going to help her/him get rid of the monster IF that's what s/he would like to do. If yes, go to #3 If no...
 - a. You may need to do more relationship building with the client
 - b. You may need to describe in what will be happening in simple terms, e.g., someone has hurt you, a person, a nightmare, and ask if the client would be willing to try it and see if it will help.
 - c. Reassure the client that you have seen it help others, but that if it doesn't, it isn't the client's fault. You never know when it will work or not work.
3. Ask the client to use crayons to draw a vertical line (top to bottom) on a blank piece of paper, drawing the monster on one side and the client's self on the other.
4. Have the client cut the paper along the line.
5. Ask the client to take a black crayon and start to "erase" the monster picture by scribbling back and forth over the monster with the crayon (BLS).
6. When the monster is all blacked out, ask the client to cut or tear the paper into little pieces while continuing to repeat the positive affirmations after you. When the client has a pile of little pieces, assist in throwing them away or burning them.
7. Help the client create an empowering story about self and the monster. Ask what the client who s/he would like to help in getting rid of the monster. Ask what magic tools s/he would like the helpers to have. (If the client is unable to come up with any tools, you could suggest a magic wand or sword.)
8. Once the cast of helpers and the tools have been identified, help the client create a story in which s/he and the helpers use the magic tools to defeat the monster. (**Keep It Simple, Sweetheart!**) Use what you have learned from the client's words and/or pictures to create a personalized story. Repeat the story to make sure you are both "on the same page." (If you are using a Neuro-Tek, you can start BLS at the beginning of this step.)
9. When the story is complete, teach the client the butterfly hug, or some other form of self-delivered BLS.
10. Once the client is able to provide personal BLS, ask the client to help you tell the story with BLS.

- a. The first time the story is told, the clinician may need to do most of the telling because the client may be too involved in trying to do the BLS.
 - b. Tell the story two more times and try to get the client to help with it by saying things like "...and then you took out your magic (sword) and the monster (ran away)," letting the client fill in the blanks. The more the client can be in charge of the story, the better.
11. Go back and repeat steps #3 - #6. Note how the pictures have changed. This is diagnostic. This part is usually faster each time.
 12. Check in with the client to see how much the "monster" bothers now (SUD). Ask the client how s/he "feels" now, e.g., if s/he was angry in the beginning, is that anger still the same?
 13. While the client is using BLS to "erase" the monster, ask the client to repeat appropriate statements such as "I am good." "It was not my fault." "I am lovable." "I am taking my power back."

Possible Positive Affirmations for Slaying the Monster

These are samples of typical affirmations. There will be others.

I am a good girl/boy.*
 I am lovable.*
 I am capable.
 It was not my fault.*
 I am strong.
 I am good enough.
 I am better than good enough.
 I try my best and that is good enough.
 It's okay to make mistakes: that's how we learn.
 It's okay not to be perfect. No one is perfect.
 I am wanted.
 I am smart.
 I am beautiful.
 I am good the way I am.
 I am safer didn't do anything wrong.
 I am visible. It's okay to be visible/seen. It's safe to be visible/seen.
 I do many things right.
 I can ask for help. It's safe to ask for help.
 I can do it.
 I deserve to be taken care of.
 I am okay just the way I am.
 I am taking my power back.*
 I am in my power.
 I am powerful!

*Include these statements as baseline and add others that seem appropriate.