



How to Start

We recommend that you read Kayde and Sarah's Secret Adventure, the children's book, to your child before proceeding with the techniques outlined in this workbook.

- *Set aside time each day to complete the process with your child.*
- *Arrange to have a comfortable and quiet atmosphere where the child can complete the session with no interruptions. A good time would be just prior to bedtime as this is a time where children know to settle down and get ready for sleep.*
- *Allow enough time for the child to complete the session and not become too sleepy during it.*
- *A session should take anywhere from 5 minutes to 20 minutes depending on the age of the child and their concentration span.*

There is room in this Workbook to be able to write down the answers to the questions you will be asking your child. A separate notebook can be used if necessary.

The Healing Process

In the book Sarah and Kayde are taken on a journey where they practice using their imaginations to help stop a headache. Next they travel to the stomach where they help heal a sick tummy by making a germ disappear. Lastly they travel to the right leg and help a grazed knee heal more quickly.

Before your child begins the healing process, he/she must be able to visualise their sickness.

The next 4 pages explain each step and give some example questions to you to ask your child, however the step-by-step script is in **The Healing Session**, which is located on pages 12 through to 15.

NOTE: These Exercises are best suited for children aged 5 or over. For younger children you may need to set up the scene yourself, relying heavily on the storybook and provide more guidance in regard to the following exercises and set the scene for them.





Step 1: Identify the Problem

This is the first step in the healing process. To begin ask the child to close their eyes and relax. Sometimes taking a deep breath will relax a nervous or tense child. Take a couple of deep breaths with them so they feel you are working with them and they are not alone.

When working with the healing process you need to determine where the 'sickness' is in the body and what it feels like. Some children will describe their sickness as just a sickness with no pain and others feel pain with their sickness.

Example of simple questions to ask:

| Main Questions | Help Questions or Prompts |
|---|---|
| Where is the sickness sitting in your body? OR Where does the sickness live in your body? | |
| What does it feel like? | Is it heavy or light? |
| Do you feel pain? If the answer is YES ask: Where do you feel pain in your body? | If the answer is NO proceed to <i>Step 2</i> . |
| What does the pain feel like? | Is it a sharp or dull pain? Does it feel strong or weak? |
| Does the pain feel strong all of the time or just sometimes? | |

These are all feeling questions that will give you an indication of where the sickness/pain is in their body and it also gets your child focused on the area in need.

Once you have identified where the sickness/pain is in their body you can then ask the describing questions that will allow your child to visualise the sickness/pain as an *entity* and not just a feeling.





STEP 2: Relate to the Sickness/Pain as an Entity

Example of simple questions to ask:

| Main Questions | Help Questions or Prompts |
|---|--|
| What shape is the sickness? | If your sickness had a shape what shape would it be? Would it be round, or square, or a triangle or something else? |
| If your sickness had a personality how would it behave? | Would it be angry, sad, happy, or tired etc? |
| If your sickness had a colour, what colour would it be? | |
| How big is the sickness? | Is it as large as a tennis ball or more like the size of a nut etc? |

Once the child answers these questions you will have a good idea where the sickness is in the body, what it looks like and how big it is. This will help the child visualise it quickly when requested at each session.

Now we have the sickness/pain described as an entity and we know what it looks like and where it lives in their body. The next step is to ask the child what the sickness/pain would look and feel like if it was well and healthy again.





STEP 3: Changing Sickness into Health

To describe this step we will assume the sickness/pain was described as a **'blue angry ball shape'** in Step 2.

Example of simple questions to ask:

| Main Questions | Help Questions or Prompts |
|---|---|
| If this 'blue angry ball shape' was happy and healthy again.... How would it look? What would it look like? What colour would it be? What shape would it be? | Do you remember what it looked like before it got sick? Describe what it WAS like before the sickness. |
| If this 'blue angry ball shape' was well and had a healthy personality... How would it behave? | Would it be happy or sad? |

This has now given us a 'before' and 'after' look at the area. The 'before' is what your child answered in Steps 1 and 2 and the 'after' are your child's answers to Step 3.

The last step creates the scene for your child to visualise. It is in this scene that the sick area changes to health again.

