



EnchantedChanges.com
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The Edge – Clinical Brief for Therapists & Counselors

A Story-Based Emergency Protocol for Rage, Devouring Thoughts, and “I Scare Myself” Moments

Creator: Michelle Niederer

Universe: Enchanted Changes Academy – Shadow World / Dark King Arc

Format: Audio protocol (4 tracks) + printable tools (wallet card + phone lock screen)

Cost: Free for clients and practitioners, permanently

1. What Is *The Edge*?

The Edge is a story-based nervous-system protocol designed for moments when clients are frightened by their own thoughts—rage fantasies, Devouring ideation, or “I don’t trust myself right now.”

Instead of preaching at the client, the protocol drops them into an immersive scene with the **Dark King** (a fallen ruler from my fantasy universe who embodies the Devouring). In the story, he was supposed to consume them—

and instead, just once, he chooses to **shove them back toward life** and hand them tools.

Within that narrative frame, clients learn a **simple, repeatable sequence**:

Breath → Cadence → Stone → Wolf → Choice

The story is there to lower defenses so the body will accept and rehearse the drills.

2. What’s Included

Clients and practitioners can access all of the following for free:

1. **The Edge – Full Session (~42 minutes)**

- Deep, narrative-guided shadow encounter with the Dark King
- Teaches and rehearses:
 - *Battle Breath*: In 4, out 6
 - *Cadence Taps*: Right, right, left, left, hold
 - *Stone Impact*: Pushing anger into a solid surface (metaphor + practice)
 - *Wolf Familiar*: Recasting anger as a protector at heel, not an enemy

2. **The Edge – Mini Track (~9 minutes)**
 - Shortened story + full drill sequence
 - For clients who need more immersion than a micro but less time than a session
 3. **The Edge – Session Track (~17 minutes)**
 - Condensed version of the full story with all drills
 - Designed for regular use between sessions or after a hard day
 4. **The Edge – Micro Drill (~5 minutes)**
 - Minimal story, maximum protocol
 - Built for bathroom stalls, cars, or “on the brink” moments
 5. **Printable Wallet Card**
 - Front: one-line reminder of the protocol
 - Back: short grounding quote from the Dark King
 6. **Phone Lock Screen Image**
 - Simple, visually calm reminder of the sequence:
Hand on neck. Hand on chest. In 4 / Out 6. Stone. Cadence. Wolf.
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3. How It Works (Clinical Lens)

The Edge is **not** a replacement for therapy, medication, or crisis intervention. It is a **skills rehearsal tool** wrapped in story.

Core mechanisms:

- **Breath Regulation**
 - Slowed exhale (4–6 pattern) to cue parasympathetic activation and “stand down” signals.
 - **Cadence Taps**
 - Bilateral / patterned tapping to anchor attention and create a somatic code for “steady, stay.”
 - **Impact into Stone**
 - Directs urges for physical expression (punching walls/objects) into a safe container, reinforcing “stone, not skin / not bone.”
 - **Wolf as Familiar**
 - Externalizes anger as a loyal protector at heel, rather than a self/other-directed attacker.
 - Supports shame reduction and integration of “aggressive” impulses without glorifying violence.
 - **Third-Option Framing**
 - Repeatedly names a “third square” beyond implode or explode, increasing perceived options in crisis.
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4. Suggested Clinical Uses

You may find The Edge useful as:

- **Adjunct Homework**
 - Practice the protocol between sessions for clients with intense anger, intrusive violent imagery, or Devouring ideation.
- **Psychoeducation Tool**

- To normalize anger as a signal, not a moral failure, and to frame it as energy that can be directed safely.
 - **In-Session Somatic Practice**
 - Listen together (full, mini, session, or micro), then debrief:
 - What did they notice in their body?
 - Which tool felt most accessible (breath, taps, stone, wolf)?
 - **Safety-Plan Add-On**
 - As one item on a broader safety plan:
“Before acting on any dangerous thought, I run The Edge micro or mini drill once.”
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5. Safety & Contraindications

- **Not a crisis service.**
 - Clients in immediate danger or active plans to harm self/others should be directed to emergency services, crisis lines, or in-person care.
- **Use clinical judgment with:**
 - Active psychosis/delusions (fantasy frames may be confusing)
 - Severe dissociation (grounding modifications may be needed)
 - Clients who may over-identify with the Dark King in ways that glorify harm
- **Always frame it as:**
 - “One tool, in addition to your other supports,” not a cure or sole intervention.

Please continue to follow your professional code of ethics, licensing requirements, and local laws in how you integrate this material. Note: "Not suitable for active psychosis or acute mania. Screen before recommending."

6. Permissions, Copyright & Usage

- **Cost:** Free for clients and practitioners, permanently.
- **Use:**
 - You may share the links, play the audios in sessions, assign them as homework, print the wallet cards, and share the lock screen image.
 - You may *not* alter the scripts, re-record them, or sell modified versions, to avoid untested changes that could cause harm.

You are welcome to:

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For questions, permissions, or collaboration around trauma-informed adaptations, please contact:

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