

1
00:00:00,709 --> 00:00:09,570
hi for those of you who don't know who

2
00:00:04,799 --> 00:00:12,679
John Mack was he was a internationally

3
00:00:09,570 --> 00:00:16,769
well known and respected psychiatrist

4
00:00:12,679 --> 00:00:19,948
Pulitzer prize-winning author who risked

5
00:00:16,769 --> 00:00:24,809
his entire career at 60 something years

6
00:00:19,949 --> 00:00:27,859
old in the early 90s when he met people

7
00:00:24,809 --> 00:00:30,989
who were reporting et encounters in

8
00:00:27,859 --> 00:00:33,960
abduction he met these people and could

9
00:00:30,989 --> 00:00:37,558
not dismiss them in his own conscience

10
00:00:33,960 --> 00:00:39,899
in his own awareness of health and

11
00:00:37,558 --> 00:00:43,468
pathology he knew something was going on

12
00:00:39,899 --> 00:00:47,189
that he could not put in a box and so he

13
00:00:43,469 --> 00:00:49,679
saw two to investigate he wrote two

14
00:00:47,189 --> 00:00:51,988
books on the subject abduction and

15
00:00:49,679 --> 00:00:54,469
passport to the cosmos so that's a

16
00:00:51,988 --> 00:00:57,238
little bit about John this presentation

17
00:00:54,469 --> 00:00:58,649
is not about whether or not people have

18
00:00:57,238 --> 00:01:05,338
been abducted by aliens

19
00:00:58,649 --> 00:01:08,760
it is about intelligent gifted and sane

20
00:01:05,338 --> 00:01:10,789
people who report experiences that defy

21
00:01:08,760 --> 00:01:10,790
explanation

22
00:01:11,959 --> 00:01:18,030
I'm going to refer to these people as

23
00:01:14,489 --> 00:01:19,640
experiencers and abductees more

24
00:01:18,030 --> 00:01:23,099
technically correct would be to say

25
00:01:19,640 --> 00:01:25,049
reported objectives and experiencers but

26
00:01:23,099 --> 00:01:30,390
I'm going to drop the reported or

27
00:01:25,049 --> 00:01:32,729
alleged adjectives so I'm going to

28
00:01:30,390 --> 00:01:35,489
present a list of gifts and challenges

29

00:01:32,728 --> 00:01:39,239
of people who report these encounters

30
00:01:35,489 --> 00:01:41,489
and the list itself was written for

31
00:01:39,239 --> 00:01:43,109
experiencers as a way of saying you're

32
00:01:41,489 --> 00:01:47,039
not alone there are a lot of other

33
00:01:43,109 --> 00:01:49,530
people who feel the way you do who have

34
00:01:47,040 --> 00:01:51,180
had these experiences it's also for

35
00:01:49,530 --> 00:01:53,280
therapists and other people who work

36
00:01:51,180 --> 00:01:55,020
with this population and people who are

37
00:01:53,280 --> 00:01:59,549
interested in the phenomena from the

38
00:01:55,019 --> 00:02:01,048
inside it's also the list is also

39
00:01:59,549 --> 00:02:05,210
relevant to people who've had other

40
00:02:01,049 --> 00:02:07,380
kinds of extraordinary experiences like

41
00:02:05,209 --> 00:02:10,739
near-death and out-of-body that's been

42
00:02:07,379 --> 00:02:12,389
mentioned previously drug-induced

43
00:02:10,739 --> 00:02:16,980

altered states and clean

44

00:02:12,389 --> 00:02:19,439
and other spiritual awakenings so so

45

00:02:16,979 --> 00:02:21,149
there are many items on the list that

46

00:02:19,439 --> 00:02:25,199
will apply to this group and I might

47

00:02:21,150 --> 00:02:28,830
also add that being human is also an

48

00:02:25,199 --> 00:02:30,780
extraordinary experience so whether or

49

00:02:28,830 --> 00:02:32,490
not you fit in the categories name

50

00:02:30,780 --> 00:02:35,370
you'll see things on the list that you

51

00:02:32,490 --> 00:02:40,590
can identify with for sure the list is

52

00:02:35,370 --> 00:02:45,030
not exhaustive and it doesn't apply to

53

00:02:40,590 --> 00:02:46,439
all experiencers so let's begin with the

54

00:02:45,030 --> 00:02:50,280
gifts and I'm going to run through these

55

00:02:46,439 --> 00:02:53,280
really quickly heightened awareness and

56

00:02:50,280 --> 00:02:56,400
sensitivity multi-dimensional view of

57

00:02:53,280 --> 00:02:58,560
the universe a recognition of a

58
00:02:56,400 --> 00:03:02,010
spiritual dimension to life and through

59
00:02:58,560 --> 00:03:05,879
their experiences special ability is

60
00:03:02,009 --> 00:03:09,840
very common amongst experiences psychic

61
00:03:05,879 --> 00:03:12,439
artistic and healing abilities for some

62
00:03:09,840 --> 00:03:18,739
a sense of choosing the experience

63
00:03:12,439 --> 00:03:21,030
sometime in the past or the future many

64
00:03:18,739 --> 00:03:22,860
experience a resonance with our other

65
00:03:21,030 --> 00:03:27,110
experiences they can pick them out in a

66
00:03:22,860 --> 00:03:29,459
room and have a sense of connection

67
00:03:27,110 --> 00:03:33,269
except the personal cost for the greater

68
00:03:29,459 --> 00:03:35,069
good for some the sense that what

69
00:03:33,269 --> 00:03:37,829
they've experienced and what they

70
00:03:35,069 --> 00:03:41,370
struggle with is worth it for the cause

71
00:03:37,829 --> 00:03:44,909
of evolution knowledge and perceptions

72
00:03:41,370 --> 00:03:47,730
that defy explanation and a question

73
00:03:44,909 --> 00:03:50,759
what can they do with what they know and

74
00:03:47,729 --> 00:03:52,649
feel how can they save this planet the

75
00:03:50,759 --> 00:03:54,750
question comes through as an inquiry

76
00:03:52,650 --> 00:03:58,680
okay that question is going to come up

77
00:03:54,750 --> 00:04:00,840
later under the challenges as well so

78
00:03:58,680 --> 00:04:02,129
these are some of the gifts and if

79
00:04:00,840 --> 00:04:04,170
there's time for question people may

80
00:04:02,129 --> 00:04:08,039
have some more some questions about

81
00:04:04,169 --> 00:04:09,719
these challenges let me also say before

82
00:04:08,039 --> 00:04:14,419
I get into the details of the challenges

83
00:04:09,719 --> 00:04:18,120
in ontological shock that how people

84
00:04:14,419 --> 00:04:20,129
process these experiences is different

85
00:04:18,120 --> 00:04:23,250
from person to person there's no one way

86

00:04:20,129 --> 00:04:25,310
to do it but there tends to be patterns

87
00:04:23,250 --> 00:04:27,620
so what's coming is

88
00:04:25,310 --> 00:04:30,439
grouped according to sleep according to

89
00:04:27,620 --> 00:04:32,810
some of those patterns and also there

90
00:04:30,439 --> 00:04:35,689
are cultures as someone just mentioned

91
00:04:32,810 --> 00:04:37,310
about the like Peruvian cultures and

92
00:04:35,689 --> 00:04:40,399
others that are much more receptive to

93
00:04:37,310 --> 00:04:43,339
these types of experiences these

94
00:04:40,399 --> 00:04:45,699
expectations cultural expectations so

95
00:04:43,339 --> 00:04:48,079
it's less traumatic more easily

96
00:04:45,699 --> 00:04:50,979
integrated in life but here in the

97
00:04:48,079 --> 00:04:53,659
Western culture very much it's about

98
00:04:50,980 --> 00:04:56,060
ontological shock that was John Mack's

99
00:04:53,660 --> 00:05:01,090
words the state of being forced to

100
00:04:56,060 --> 00:05:01,089

question one's worldview and that

101

00:05:01,478 --> 00:05:09,680

questioning is cellular it's deep it's

102

00:05:05,060 --> 00:05:11,089

it's bet deeply emotional its vibratory

103

00:05:09,680 --> 00:05:14,240

it's palpable

104

00:05:11,089 --> 00:05:19,819

that that experience of questioning

105

00:05:14,240 --> 00:05:22,790

their worldview traumatic memories sense

106

00:05:19,819 --> 00:05:27,110

of being disempowered overwhelmed and

107

00:05:22,790 --> 00:05:28,790

annihilated a desperation to protect

108

00:05:27,110 --> 00:05:32,259

themselves and their families and they

109

00:05:28,790 --> 00:05:35,979

cannot memory loss confusion

110

00:05:32,259 --> 00:05:40,930

embarrassment denial or dissociation

111

00:05:35,978 --> 00:05:44,978

very often seen sense of missing time

112

00:05:40,930 --> 00:05:46,990

unusual physical symptoms such as

113

00:05:44,978 --> 00:05:49,810

nosebleeds excessive nosebleeds

114

00:05:46,990 --> 00:05:55,728

unexpected pregnancies and miscarriages

115
00:05:49,810 --> 00:06:00,470
a sense of being unable to fit in one's

116
00:05:55,728 --> 00:06:03,288
body being too big to actually get back

117
00:06:00,470 --> 00:06:09,500
in and the struggle to experience one's

118
00:06:03,288 --> 00:06:13,120
body is too small markings may be

119
00:06:09,500 --> 00:06:13,120
familiar with the term scoop marks

120
00:06:13,449 --> 00:06:20,300
nightmares fear of being alone in the

121
00:06:17,000 --> 00:06:24,288
dark and fear of sleep sleep is no

122
00:06:20,300 --> 00:06:27,020
longer a sacred space it's been from

123
00:06:24,288 --> 00:06:29,959
their experience invaded there's no

124
00:06:27,019 --> 00:06:33,259
protection in that form a fear of being

125
00:06:29,959 --> 00:06:35,000
crazy and for some actually wishing that

126
00:06:33,259 --> 00:06:37,279
they were crazy people have come in to

127
00:06:35,000 --> 00:06:38,430
my office and said I would rather know

128
00:06:37,279 --> 00:06:40,199
that I

129
00:06:38,430 --> 00:06:45,300
crazy than to know that I've had this

130
00:06:40,199 --> 00:06:47,209
experience the experiences are

131
00:06:45,300 --> 00:06:49,620
impossible to integrate into daily life

132
00:06:47,209 --> 00:06:52,829
we live in a world that it just doesn't

133
00:06:49,620 --> 00:06:56,910
it just can't exist fearful of this

134
00:06:52,829 --> 00:07:00,209
other world that is associated with loss

135
00:06:56,910 --> 00:07:02,670
of control and trauma and then in

136
00:07:00,209 --> 00:07:07,379
contrast they may also feel a sense of

137
00:07:02,670 --> 00:07:09,569
grief loss and anger being here they

138
00:07:07,379 --> 00:07:12,779
want to go home to a world that feels

139
00:07:09,569 --> 00:07:15,629
more alive more vibrant more connected

140
00:07:12,779 --> 00:07:17,549
more loving than what they know and for

141
00:07:15,629 --> 00:07:22,170
many the sense of they don't really

142
00:07:17,550 --> 00:07:24,840
belong in either world there's no

143

00:07:22,170 --> 00:07:26,460
satisfying explanation available and so

144
00:07:24,839 --> 00:07:28,079
there's a lot of frustration and other

145
00:07:26,459 --> 00:07:30,120
intense emotions that go along with that

146
00:07:28,079 --> 00:07:33,899
we want to know answers and there aren't

147
00:07:30,120 --> 00:07:36,389
any I need good ones anyway

148
00:07:33,899 --> 00:07:39,569
perception of space-time is altered and

149
00:07:36,389 --> 00:07:42,089
a question why me and a lot of people

150
00:07:39,569 --> 00:07:44,449
will say to them why you people who know

151
00:07:42,089 --> 00:07:50,250
why you what's so special about you a

152
00:07:44,449 --> 00:07:52,639
dual identity a sense of a part of

153
00:07:50,250 --> 00:07:56,399
themselves that they keep hidden from

154
00:07:52,639 --> 00:07:58,740
others and even from themselves not to

155
00:07:56,399 --> 00:08:02,310
be brought forward and I think you know

156
00:07:58,740 --> 00:08:04,170
many people have this sense just being

157
00:08:02,310 --> 00:08:06,629

human of a dual identity parts of

158

00:08:04,170 --> 00:08:08,850

ourselves that we keep hidden and don't

159

00:08:06,629 --> 00:08:11,219

really bring out this is another level

160

00:08:08,850 --> 00:08:14,189

of that much deeper much more profound

161

00:08:11,220 --> 00:08:16,650

in some ways a non human identity

162

00:08:14,189 --> 00:08:19,829

existing in the past present or future

163

00:08:16,649 --> 00:08:21,569

real kind of feel of a part of

164

00:08:19,829 --> 00:08:23,359

themselves that really isn't human and

165

00:08:21,569 --> 00:08:27,029

actually for some the ability to access

166

00:08:23,360 --> 00:08:29,310

that part in themselves but limited

167

00:08:27,029 --> 00:08:34,529

opportunities to become familiar with it

168

00:08:29,310 --> 00:08:38,429

or to express this identity they try to

169

00:08:34,529 --> 00:08:41,100

appear non-threatening and normal afraid

170

00:08:38,429 --> 00:08:44,519

of what others may see and what they

171

00:08:41,100 --> 00:08:47,330

cannot explain or afraid of being seen

172
00:08:44,519 --> 00:08:47,329
as crazy

173
00:08:48,419 --> 00:08:52,839
related to that is being pathologized by

174
00:08:51,070 --> 00:08:56,710
professionals especially people in my

175
00:08:52,840 --> 00:08:58,420
profession there aren't too many

176
00:08:56,710 --> 00:09:02,980
professionals that really accept that

177
00:08:58,419 --> 00:09:05,829
this is this is the same way of having

178
00:09:02,980 --> 00:09:08,200
life experience and so there's very few

179
00:09:05,830 --> 00:09:11,889
resources to help them process or cope

180
00:09:08,200 --> 00:09:13,600
with what they've experienced they are

181
00:09:11,889 --> 00:09:16,330
frequently disappointed in telling

182
00:09:13,600 --> 00:09:18,070
others even close friends difficulty

183
00:09:16,330 --> 00:09:21,670
sharing themselves fully with close

184
00:09:18,070 --> 00:09:24,490
friends or partners marriages often

185
00:09:21,669 --> 00:09:27,069
suffer from people who report these

186
00:09:24,490 --> 00:09:30,610
experiences because the partner really

187
00:09:27,070 --> 00:09:31,710
doesn't quite understand and there's a

188
00:09:30,610 --> 00:09:33,269
gap not just an understanding

189
00:09:31,710 --> 00:09:36,490
intellectually but an understanding

190
00:09:33,269 --> 00:09:38,379
energetically and in frequency social

191
00:09:36,490 --> 00:09:42,279
situations are often uncomfortable or

192
00:09:38,379 --> 00:09:44,500
unsatisfying there is a compelling

193
00:09:42,279 --> 00:09:45,669
connection between experiences earlier I

194
00:09:44,500 --> 00:09:49,720
said on the gifts that there's a

195
00:09:45,669 --> 00:09:52,360
resonance between experiences or among

196
00:09:49,720 --> 00:09:54,129
experiences in this particular forum

197
00:09:52,360 --> 00:09:56,190
there's this compelling connection and

198
00:09:54,129 --> 00:10:00,189
often wanting to avoid it because it's

199
00:09:56,190 --> 00:10:02,050
it feels on it's just a sadness to be

200

00:10:00,190 --> 00:10:04,060
connected so much and then have to leave

201
00:10:02,049 --> 00:10:07,419
and return to a life in which they can't

202
00:10:04,059 --> 00:10:09,338
really bring that part of themselves out

203
00:10:07,419 --> 00:10:12,750
and sometimes those connections will

204
00:10:09,339 --> 00:10:15,130
also threaten their primary relationship

205
00:10:12,750 --> 00:10:17,740
there is a gap between old and new

206
00:10:15,129 --> 00:10:20,049
reality fear of what bridging may mean

207
00:10:17,740 --> 00:10:22,930
for their lives and I see this in

208
00:10:20,049 --> 00:10:26,019
experiences that have already done a

209
00:10:22,929 --> 00:10:28,539
great deal of processing and and even

210
00:10:26,019 --> 00:10:32,588
speak on the subject and still it's

211
00:10:28,539 --> 00:10:35,588
still hard to fully bring forward their

212
00:10:32,589 --> 00:10:38,280
full reality as they they know it or or

213
00:10:35,589 --> 00:10:40,480
sense it burden of their knowledge

214
00:10:38,279 --> 00:10:42,459

sensitivity or special abilities not

215

00:10:40,480 --> 00:10:46,300

easy to live in an insensitive world

216

00:10:42,460 --> 00:10:48,550

that has no place for you responsibility

217

00:10:46,299 --> 00:10:50,949

to help change the world but how again

218

00:10:48,549 --> 00:10:52,838

frustration real sense of I've had seen

219

00:10:50,950 --> 00:10:54,310

these things I sense these things

220

00:10:52,839 --> 00:10:56,890

what what do I do with this knowledge

221

00:10:54,309 --> 00:11:00,619

and what comes after surviving the

222

00:10:56,889 --> 00:11:03,019

experiences so

223

00:11:00,620 --> 00:11:04,700

that is the list of gifts and challenges

224

00:11:03,019 --> 00:11:09,009

and just in closing these this piece

225

00:11:04,700 --> 00:11:13,100

what I want to say is that for us

226

00:11:09,009 --> 00:11:17,210

listening or for them to listen with to

227

00:11:13,100 --> 00:11:20,889

be listened to with their let me start

228

00:11:17,210 --> 00:11:23,780

that one again to be listened to with

229
00:11:20,889 --> 00:11:27,199
heart and mind and open heart and open

230
00:11:23,779 --> 00:11:28,069
mind makes a profound difference for

231
00:11:27,200 --> 00:11:30,140
people who've had extraordinary

232
00:11:28,070 --> 00:11:32,570
experiences and it also makes a profound

233
00:11:30,139 --> 00:11:35,840
difference for those who are doing the

234
00:11:32,570 --> 00:11:38,090
listening both on a healing level in it

235
00:11:35,840 --> 00:11:40,250
on an evolutionary level for both

236
00:11:38,090 --> 00:11:42,019
parties it has been a huge honor for me

237
00:11:40,250 --> 00:11:55,820
to work with this group of people thank

238
00:11:42,019 --> 00:11:57,850
you my daughter recently was diagnosed

239
00:11:55,820 --> 00:12:02,420
with lupus and as you went through those

240
00:11:57,850 --> 00:12:05,210
lists there I recognized great many of

241
00:12:02,419 --> 00:12:08,120
those our symptoms of lupus have you

242
00:12:05,210 --> 00:12:12,470
considered that maybe there might be

243
00:12:08,120 --> 00:12:15,799
some kind of association there either

244
00:12:12,470 --> 00:12:17,840
people who have lupus maybe maybe have

245
00:12:15,799 --> 00:12:21,349
had an experience like you're talking

246
00:12:17,840 --> 00:12:23,360
about or that it might be as these

247
00:12:21,350 --> 00:12:28,159
experiences might be a symptom of that

248
00:12:23,360 --> 00:12:30,950
disease well okay the first part of it I

249
00:12:28,159 --> 00:12:33,500
wouldn't know if people with lupus have

250
00:12:30,950 --> 00:12:35,570
or have not had extraordinary

251
00:12:33,500 --> 00:12:38,240
experiences okay so I I can't really

252
00:12:35,570 --> 00:12:40,640
answer you know that piece of it as far

253
00:12:38,240 --> 00:12:42,590
as do experiencers maybe have lupus I

254
00:12:40,639 --> 00:12:46,250
know experiences who've been experiences

255
00:12:42,590 --> 00:12:47,870
for you know ages and have no physical

256
00:12:46,250 --> 00:12:51,080
symptoms perfectly healthy people

257

00:12:47,870 --> 00:12:53,570
there's also you know families there's a

258
00:12:51,080 --> 00:12:57,020
history of families reporting this you

259
00:12:53,570 --> 00:12:58,970
know kids and generations so I wouldn't

260
00:12:57,019 --> 00:13:03,769
associate it specifically with a

261
00:12:58,970 --> 00:13:06,019
physical ailment I'm a little concerned

262
00:13:03,769 --> 00:13:07,970
that you're not dealing with whether

263
00:13:06,019 --> 00:13:09,389
these people were really sucked up into

264
00:13:07,970 --> 00:13:12,480
a spacecraft

265
00:13:09,389 --> 00:13:14,580
as a therapist for example if somebody

266
00:13:12,480 --> 00:13:18,810
came to you and was having dreams of

267
00:13:14,580 --> 00:13:20,460
being a Holocaust survivor I say I'm

268
00:13:18,809 --> 00:13:22,649
just speaking as a physicist who doesn't

269
00:13:20,460 --> 00:13:24,150
know anything about your field but I

270
00:13:22,649 --> 00:13:26,490
would think that you would be concerned

271
00:13:24,149 --> 00:13:29,279

to know whether the person really was a

272

00:13:26,490 --> 00:13:32,789

Holocaust survivor or was just having an

273

00:13:29,279 --> 00:13:35,789

anxiety dream so I just want wonder if

274

00:13:32,789 --> 00:13:44,089

you have any opinions on the reality of

275

00:13:35,789 --> 00:13:48,360

this seeming hallucination you know

276

00:13:44,090 --> 00:13:50,040

again I am NOT here to prove I can't say

277

00:13:48,360 --> 00:13:52,320

has this person to sucked up into a

278

00:13:50,039 --> 00:13:56,059

spacecraft I can't prove that I don't

279

00:13:52,320 --> 00:13:58,590

know it what I do know is that they are

280

00:13:56,059 --> 00:14:01,649

intelligent and sane human beings who

281

00:13:58,590 --> 00:14:04,580

have no reason in fact they have every

282

00:14:01,649 --> 00:14:09,090

reason not to report these experiences

283

00:14:04,580 --> 00:14:11,660

okay and and sitting in the room working

284

00:14:09,090 --> 00:14:11,660

with these people

285

00:14:13,139 --> 00:14:17,699

it's it's a different kind of experience

286

00:14:15,929 --> 00:14:20,339

than simply working with somebody who

287

00:14:17,700 --> 00:14:26,430

comes in with a delusion or even you

288

00:14:20,340 --> 00:14:28,379

know a strange dream thank you very much

289

00:14:26,429 --> 00:14:29,699

for an interesting presentation I think

290

00:14:28,379 --> 00:14:32,309

the bullet that got the most attention

291

00:14:29,700 --> 00:14:35,040

and my attention was the problem people

292

00:14:32,309 --> 00:14:36,899

have and reintegrating their experience

293

00:14:35,039 --> 00:14:38,969

in their daily lives

294

00:14:36,899 --> 00:14:41,669

and certainly you're speaking of the

295

00:14:38,970 --> 00:14:45,300

Western world obviously because in other

296

00:14:41,669 --> 00:14:47,069

cultures that's not such a problem it

297

00:14:45,299 --> 00:14:49,529

seems like in the Western culture you

298

00:14:47,070 --> 00:14:52,350

have a choice of either trying to put

299

00:14:49,529 --> 00:14:56,490

the proverbial square peg in the round

300
00:14:52,350 --> 00:14:58,259
hole of religion or going into

301
00:14:56,490 --> 00:15:00,659
depression and Orrin seeing

302
00:14:58,259 --> 00:15:03,269
psychiatrists fortunately you have

303
00:15:00,659 --> 00:15:07,110
organizations like this one which allow

304
00:15:03,269 --> 00:15:09,509
an ongoing search and exploration of

305
00:15:07,110 --> 00:15:13,289
this kind of phenomena which i think is

306
00:15:09,509 --> 00:15:18,129
very healing and very helpful thank you

307
00:15:13,289 --> 00:15:21,939
any other questions what yeah we have

308
00:15:18,129 --> 00:15:23,409
time for one more one of the variables

309
00:15:21,940 --> 00:15:26,260
that you didn't mention is how often

310
00:15:23,409 --> 00:15:27,730
abductions happen and having dealt with

311
00:15:26,259 --> 00:15:30,189
the person who was a frequent flyer or

312
00:15:27,730 --> 00:15:33,009
abductee for many years

313
00:15:30,190 --> 00:15:33,820
the issue of frequency I think is a very

314

00:15:33,009 --> 00:15:35,919
important one

315
00:15:33,820 --> 00:15:36,879
I remember reading a book on memory that

316
00:15:35,919 --> 00:15:39,459
there are different psychological

317
00:15:36,879 --> 00:15:43,860
mechanisms when trauma happens once

318
00:15:39,460 --> 00:15:47,320
versus repeatedly would you comment I

319
00:15:43,860 --> 00:15:51,070
think that from from my own experience

320
00:15:47,320 --> 00:15:55,450
people report different kinds of you

321
00:15:51,070 --> 00:15:58,180
know frequency once is kind of unusual

322
00:15:55,450 --> 00:16:01,330
you know people do report one but as

323
00:15:58,179 --> 00:16:03,189
they get into it and and you know for in

324
00:16:01,330 --> 00:16:06,520
some four sessions recognize there have

325
00:16:03,190 --> 00:16:08,440
been other encounters and in terms of

326
00:16:06,519 --> 00:16:11,799
how much trauma I think there's a lot

327
00:16:08,440 --> 00:16:13,570
that that is involved in that so for

328
00:16:11,799 --> 00:16:16,809

some depending on their support system

329

00:16:13,570 --> 00:16:19,150

the ability to process their experiences

330

00:16:16,809 --> 00:16:22,029

it could they could have had a lot of

331

00:16:19,149 --> 00:16:23,620

experience and do quite well around it

332

00:16:22,029 --> 00:16:25,990

and for some have very little bit and

333

00:16:23,620 --> 00:16:27,970

and it just kind of takes the world

334

00:16:25,990 --> 00:16:29,980

apart should I have one last question

335

00:16:27,970 --> 00:16:31,660

that is you presented a lot of

336

00:16:29,980 --> 00:16:33,519

conclusions you came to did you use a

337

00:16:31,659 --> 00:16:36,759

questionnaire or was this all based on

338

00:16:33,519 --> 00:16:39,759

interviews with experience all of this

339

00:16:36,759 --> 00:16:42,460

was based on my particular work with

340

00:16:39,759 --> 00:16:43,899

various experiences and you know

341

00:16:42,460 --> 00:16:46,839

speaking with experiences both in my

342

00:16:43,899 --> 00:16:50,909

office and in life you know so okay

343

00:16:46,839 --> 00:16:50,910

thank you all right thank you very much