



1
00:00:09,560 --> 00:00:04,789
hi for those of you who don't know who

2
00:00:12,669 --> 00:00:09,570
John Mack was he was a internationally

3
00:00:16,760 --> 00:00:12,679
well known and respected psychiatrist

4
00:00:19,939 --> 00:00:16,770
Pulitzer prize-winning author who risked

5
00:00:24,800 --> 00:00:19,949
his entire career at 60 something years

6
00:00:27,849 --> 00:00:24,810
old in the early 90s when he met people

7
00:00:30,980 --> 00:00:27,859
who were reporting et encounters in

8
00:00:33,950 --> 00:00:30,990
abduction he met these people and could

9
00:00:37,549 --> 00:00:33,960
not dismiss them in his own conscience

10
00:00:39,889 --> 00:00:37,559
in his own awareness of health and

11
00:00:43,459 --> 00:00:39,899
pathology he knew something was going on

12
00:00:47,180 --> 00:00:43,469
that he could not put in a box and so he

13
00:00:49,670 --> 00:00:47,190

saw two to investigate he wrote two

14

00:00:51,979 --> 00:00:49,680

books on the subject abduction and

15

00:00:54,459 --> 00:00:51,989

passport to the cosmos so that's a

16

00:00:57,229 --> 00:00:54,469

little bit about John this presentation

17

00:00:58,639 --> 00:00:57,239

is not about whether or not people have

18

00:01:05,329 --> 00:00:58,649

been abducted by aliens

19

00:01:08,750 --> 00:01:05,339

it is about intelligent gifted and sane

20

00:01:11,950 --> 00:01:08,760

people who report experiences that defy

21

00:01:18,020 --> 00:01:14,480

I'm going to refer to these people as

22

00:01:19,630 --> 00:01:18,030

experiencers and abductees more

23

00:01:23,090 --> 00:01:19,640

technically correct would be to say

24

00:01:25,039 --> 00:01:23,100

reported objectives and experiencers but

25

00:01:30,380 --> 00:01:25,049

I'm going to drop the reported or

26
00:01:32,719 --> 00:01:30,390
alleged adjectives so I'm going to

27
00:01:35,480 --> 00:01:32,729
present a list of gifts and challenges

28
00:01:39,230 --> 00:01:35,490
of people who report these encounters

29
00:01:41,480 --> 00:01:39,240
and the list itself was written for

30
00:01:43,100 --> 00:01:41,490
experiencers as a way of saying you're

31
00:01:47,030 --> 00:01:43,110
not alone there are a lot of other

32
00:01:49,520 --> 00:01:47,040
people who feel the way you do who have

33
00:01:51,170 --> 00:01:49,530
had these experiences it's also for

34
00:01:53,270 --> 00:01:51,180
therapists and other people who work

35
00:01:55,010 --> 00:01:53,280
with this population and people who are

36
00:01:59,539 --> 00:01:55,020
interested in the phenomena from the

37
00:02:01,039 --> 00:01:59,549
inside it's also the list is also

38
00:02:05,200 --> 00:02:01,049

relevant to people who've had other

39

00:02:07,370 --> 00:02:05,210

kinds of extraordinary experiences like

40

00:02:10,729 --> 00:02:07,380

near-death and out-of-body that's been

41

00:02:12,380 --> 00:02:10,739

mentioned previously drug-induced

42

00:02:16,970 --> 00:02:12,390

altered states and clean

43

00:02:19,430 --> 00:02:16,980

and other spiritual awakenings so so

44

00:02:21,140 --> 00:02:19,440

there are many items on the list that

45

00:02:25,190 --> 00:02:21,150

will apply to this group and I might

46

00:02:28,820 --> 00:02:25,200

also add that being human is also an

47

00:02:30,770 --> 00:02:28,830

extraordinary experience so whether or

48

00:02:32,480 --> 00:02:30,780

not you fit in the categories name

49

00:02:35,360 --> 00:02:32,490

you'll see things on the list that you

50

00:02:40,580 --> 00:02:35,370

can identify with for sure the list is

51
00:02:45,020 --> 00:02:40,590
not exhaustive and it doesn't apply to

52
00:02:46,430 --> 00:02:45,030
all experiencers so let's begin with the

53
00:02:50,270 --> 00:02:46,440
gifts and I'm going to run through these

54
00:02:53,270 --> 00:02:50,280
really quickly heightened awareness and

55
00:02:56,390 --> 00:02:53,280
sensitivity multi-dimensional view of

56
00:02:58,550 --> 00:02:56,400
the universe a recognition of a

57
00:03:02,000 --> 00:02:58,560
spiritual dimension to life and through

58
00:03:05,870 --> 00:03:02,010
their experiences special ability is

59
00:03:09,830 --> 00:03:05,880
very common amongst experiences psychic

60
00:03:12,430 --> 00:03:09,840
artistic and healing abilities for some

61
00:03:18,729 --> 00:03:12,440
a sense of choosing the experience

62
00:03:21,020 --> 00:03:18,739
sometime in the past or the future many

63
00:03:22,850 --> 00:03:21,030

experience a resonance with our other

64

00:03:27,100 --> 00:03:22,860

experiences they can pick them out in a

65

00:03:29,449 --> 00:03:27,110

room and have a sense of connection

66

00:03:33,259 --> 00:03:29,459

except the personal cost for the greater

67

00:03:35,060 --> 00:03:33,269

good for some the sense that what

68

00:03:37,819 --> 00:03:35,070

they've experienced and what they

69

00:03:41,360 --> 00:03:37,829

struggle with is worth it for the cause

70

00:03:44,900 --> 00:03:41,370

of evolution knowledge and perceptions

71

00:03:47,720 --> 00:03:44,910

that defy explanation and a question

72

00:03:50,750 --> 00:03:47,730

what can they do with what they know and

73

00:03:52,640 --> 00:03:50,760

feel how can they save this planet the

74

00:03:54,740 --> 00:03:52,650

question comes through as an inquiry

75

00:03:58,670 --> 00:03:54,750

okay that question is going to come up

76

00:04:00,830 --> 00:03:58,680

later under the challenges as well so

77

00:04:02,120 --> 00:04:00,840

these are some of the gifts and if

78

00:04:04,160 --> 00:04:02,130

there's time for question people may

79

00:04:08,030 --> 00:04:04,170

have some more some questions about

80

00:04:09,710 --> 00:04:08,040

these challenges let me also say before

81

00:04:14,410 --> 00:04:09,720

I get into the details of the challenges

82

00:04:18,110 --> 00:04:14,420

in ontological shock that how people

83

00:04:20,120 --> 00:04:18,120

process these experiences is different

84

00:04:23,240 --> 00:04:20,130

from person to person there's no one way

85

00:04:25,300 --> 00:04:23,250

to do it but there tends to be patterns

86

00:04:27,610 --> 00:04:25,310

so what's coming is

87

00:04:30,430 --> 00:04:27,620

grouped according to sleep according to

88

00:04:32,800 --> 00:04:30,440

some of those patterns and also there

89

00:04:35,680 --> 00:04:32,810

are cultures as someone just mentioned

90

00:04:37,300 --> 00:04:35,690

about the like Peruvian cultures and

91

00:04:40,390 --> 00:04:37,310

others that are much more receptive to

92

00:04:43,330 --> 00:04:40,400

these types of experiences these

93

00:04:45,690 --> 00:04:43,340

expectations cultural expectations so

94

00:04:48,070 --> 00:04:45,700

it's less traumatic more easily

95

00:04:50,970 --> 00:04:48,080

integrated in life but here in the

96

00:04:53,650 --> 00:04:50,980

Western culture very much it's about

97

00:04:56,050 --> 00:04:53,660

ontological shock that was John Mack's

98

00:05:01,469 --> 00:04:56,060

words the state of being forced to

99

00:05:09,670 --> 00:05:05,050

questioning is cellular it's deep it's

100

00:05:11,080 --> 00:05:09,680

it's bet deeply emotional its vibratory

101

00:05:14,230 --> 00:05:11,090

it's palpable

102

00:05:19,810 --> 00:05:14,240

that that experience of questioning

103

00:05:22,780 --> 00:05:19,820

their worldview traumatic memories sense

104

00:05:27,100 --> 00:05:22,790

of being disempowered overwhelmed and

105

00:05:28,780 --> 00:05:27,110

annihilated a desperation to protect

106

00:05:32,250 --> 00:05:28,790

themselves and their families and they

107

00:05:35,969 --> 00:05:32,260

cannot memory loss confusion

108

00:05:40,920 --> 00:05:35,979

embarrassment denial or dissociation

109

00:05:44,969 --> 00:05:40,930

very often seen sense of missing time

110

00:05:46,980 --> 00:05:44,979

unusual physical symptoms such as

111

00:05:49,800 --> 00:05:46,990

nosebleeds excessive nosebleeds

112

00:05:55,719 --> 00:05:49,810

unexpected pregnancies and miscarriages

113

00:06:00,460 --> 00:05:55,729

a sense of being unable to fit in one's

114

00:06:03,279 --> 00:06:00,470

body being too big to actually get back

115

00:06:09,490 --> 00:06:03,289

in and the struggle to experience one's

116

00:06:13,440 --> 00:06:09,500

body is too small markings may be

117

00:06:20,290 --> 00:06:16,990

nightmares fear of being alone in the

118

00:06:24,279 --> 00:06:20,300

dark and fear of sleep sleep is no

119

00:06:27,010 --> 00:06:24,289

longer a sacred space it's been from

120

00:06:29,950 --> 00:06:27,020

their experience invaded there's no

121

00:06:33,250 --> 00:06:29,960

protection in that form a fear of being

122

00:06:34,990 --> 00:06:33,260

crazy and for some actually wishing that

123

00:06:37,270 --> 00:06:35,000

they were crazy people have come in to

124

00:06:38,420 --> 00:06:37,280

my office and said I would rather know

125

00:06:45,290 --> 00:06:38,430

that I

126

00:06:47,200 --> 00:06:45,300

experience the experiences are

127

00:06:49,610 --> 00:06:47,210

impossible to integrate into daily life

128

00:06:52,820 --> 00:06:49,620

we live in a world that it just doesn't

129

00:06:56,900 --> 00:06:52,830

it just can't exist fearful of this

130

00:07:00,200 --> 00:06:56,910

other world that is associated with loss

131

00:07:02,660 --> 00:07:00,210

of control and trauma and then in

132

00:07:07,370 --> 00:07:02,670

contrast they may also feel a sense of

133

00:07:09,560 --> 00:07:07,380

grief loss and anger being here they

134

00:07:12,770 --> 00:07:09,570

want to go home to a world that feels

135

00:07:15,620 --> 00:07:12,780

more alive more vibrant more connected

136

00:07:17,540 --> 00:07:15,630

more loving than what they know and for

137

00:07:22,160 --> 00:07:17,550

many the sense of they don't really

138

00:07:24,830 --> 00:07:22,170

belong in either world there's no

139

00:07:26,450 --> 00:07:24,840

satisfying explanation available and so

140

00:07:28,070 --> 00:07:26,460

there's a lot of frustration and other

141

00:07:30,110 --> 00:07:28,080

intense emotions that go along with that

142

00:07:33,890 --> 00:07:30,120

we want to know answers and there aren't

143

00:07:36,380 --> 00:07:33,900

any I need good ones anyway

144

00:07:39,560 --> 00:07:36,390

perception of space-time is altered and

145

00:07:42,080 --> 00:07:39,570

a question why me and a lot of people

146

00:07:44,440 --> 00:07:42,090

will say to them why you people who know

147

00:07:50,240 --> 00:07:44,450

why you what's so special about you a

148

00:07:52,630 --> 00:07:50,250

dual identity a sense of a part of

149

00:07:56,390 --> 00:07:52,640

themselves that they keep hidden from

150

00:07:58,730 --> 00:07:56,400

others and even from themselves not to

151
00:08:02,300 --> 00:07:58,740
be brought forward and I think you know

152
00:08:04,160 --> 00:08:02,310
many people have this sense just being

153
00:08:06,620 --> 00:08:04,170
human of a dual identity parts of

154
00:08:08,840 --> 00:08:06,630
ourselves that we keep hidden and don't

155
00:08:11,210 --> 00:08:08,850
really bring out this is another level

156
00:08:14,180 --> 00:08:11,220
of that much deeper much more profound

157
00:08:16,640 --> 00:08:14,190
in some ways a non human identity

158
00:08:19,820 --> 00:08:16,650
existing in the past present or future

159
00:08:21,560 --> 00:08:19,830
real kind of feel of a part of

160
00:08:23,350 --> 00:08:21,570
themselves that really isn't human and

161
00:08:27,020 --> 00:08:23,360
actually for some the ability to access

162
00:08:29,300 --> 00:08:27,030
that part in themselves but limited

163
00:08:34,520 --> 00:08:29,310

opportunities to become familiar with it

164

00:08:38,420 --> 00:08:34,530

or to express this identity they try to

165

00:08:41,090 --> 00:08:38,430

appear non-threatening and normal afraid

166

00:08:44,510 --> 00:08:41,100

of what others may see and what they

167

00:08:48,410 --> 00:08:44,520

cannot explain or afraid of being seen

168

00:08:52,830 --> 00:08:51,060

related to that is being pathologized by

169

00:08:56,700 --> 00:08:52,840

professionals especially people in my

170

00:08:58,410 --> 00:08:56,710

profession there aren't too many

171

00:09:02,970 --> 00:08:58,420

professionals that really accept that

172

00:09:05,820 --> 00:09:02,980

this is this is the same way of having

173

00:09:08,190 --> 00:09:05,830

life experience and so there's very few

174

00:09:11,880 --> 00:09:08,200

resources to help them process or cope

175

00:09:13,590 --> 00:09:11,890

with what they've experienced they are

176

00:09:16,320 --> 00:09:13,600

frequently disappointed in telling

177

00:09:18,060 --> 00:09:16,330

others even close friends difficulty

178

00:09:21,660 --> 00:09:18,070

sharing themselves fully with close

179

00:09:24,480 --> 00:09:21,670

friends or partners marriages often

180

00:09:27,060 --> 00:09:24,490

suffer from people who report these

181

00:09:30,600 --> 00:09:27,070

experiences because the partner really

182

00:09:31,700 --> 00:09:30,610

doesn't quite understand and there's a

183

00:09:33,260 --> 00:09:31,710

gap not just an understanding

184

00:09:36,480 --> 00:09:33,270

intellectually but an understanding

185

00:09:38,370 --> 00:09:36,490

energetically and in frequency social

186

00:09:42,270 --> 00:09:38,380

situations are often uncomfortable or

187

00:09:44,490 --> 00:09:42,280

unsatisfying there is a compelling

188

00:09:45,660 --> 00:09:44,500

connection between experiences earlier I

189

00:09:49,710 --> 00:09:45,670

said on the gifts that there's a

190

00:09:52,350 --> 00:09:49,720

resonance between experiences or among

191

00:09:54,120 --> 00:09:52,360

experiences in this particular forum

192

00:09:56,180 --> 00:09:54,130

there's this compelling connection and

193

00:10:00,180 --> 00:09:56,190

often wanting to avoid it because it's

194

00:10:02,040 --> 00:10:00,190

it feels on it's just a sadness to be

195

00:10:04,050 --> 00:10:02,050

connected so much and then have to leave

196

00:10:07,410 --> 00:10:04,060

and return to a life in which they can't

197

00:10:09,329 --> 00:10:07,420

really bring that part of themselves out

198

00:10:12,740 --> 00:10:09,339

and sometimes those connections will

199

00:10:15,120 --> 00:10:12,750

also threaten their primary relationship

200

00:10:17,730 --> 00:10:15,130

there is a gap between old and new

201
00:10:20,040 --> 00:10:17,740
reality fear of what bridging may mean

202
00:10:22,920 --> 00:10:20,050
for their lives and I see this in

203
00:10:26,010 --> 00:10:22,930
experiences that have already done a

204
00:10:28,530 --> 00:10:26,020
great deal of processing and and even

205
00:10:32,579 --> 00:10:28,540
speak on the subject and still it's

206
00:10:35,579 --> 00:10:32,589
still hard to fully bring forward their

207
00:10:38,270 --> 00:10:35,589
full reality as they they know it or or

208
00:10:40,470 --> 00:10:38,280
sense it burden of their knowledge

209
00:10:42,450 --> 00:10:40,480
sensitivity or special abilities not

210
00:10:46,290 --> 00:10:42,460
easy to live in an insensitive world

211
00:10:48,540 --> 00:10:46,300
that has no place for you responsibility

212
00:10:50,940 --> 00:10:48,550
to help change the world but how again

213
00:10:52,829 --> 00:10:50,950

frustration real sense of I've had seen

214

00:10:54,300 --> 00:10:52,839

these things I sense these things

215

00:10:56,880 --> 00:10:54,310

what what do I do with this knowledge

216

00:11:00,610 --> 00:10:56,890

and what comes after surviving the

217

00:11:03,010 --> 00:11:00,620

experiences so

218

00:11:04,690 --> 00:11:03,020

that is the list of gifts and challenges

219

00:11:09,000 --> 00:11:04,700

and just in closing these this piece

220

00:11:13,090 --> 00:11:09,010

what I want to say is that for us

221

00:11:17,200 --> 00:11:13,100

listening or for them to listen with to

222

00:11:20,880 --> 00:11:17,210

be listened to with their let me start

223

00:11:23,770 --> 00:11:20,890

that one again to be listened to with

224

00:11:27,190 --> 00:11:23,780

heart and mind and open heart and open

225

00:11:28,060 --> 00:11:27,200

mind makes a profound difference for

226

00:11:30,130 --> 00:11:28,070

people who've had extraordinary

227

00:11:32,560 --> 00:11:30,140

experiences and it also makes a profound

228

00:11:35,830 --> 00:11:32,570

difference for those who are doing the

229

00:11:38,080 --> 00:11:35,840

listening both on a healing level in it

230

00:11:40,240 --> 00:11:38,090

on an evolutionary level for both

231

00:11:42,010 --> 00:11:40,250

parties it has been a huge honor for me

232

00:11:55,810 --> 00:11:42,020

to work with this group of people thank

233

00:11:57,840 --> 00:11:55,820

you my daughter recently was diagnosed

234

00:12:02,410 --> 00:11:57,850

with lupus and as you went through those

235

00:12:05,200 --> 00:12:02,420

lists there I recognized great many of

236

00:12:08,110 --> 00:12:05,210

those our symptoms of lupus have you

237

00:12:12,460 --> 00:12:08,120

considered that maybe there might be

238

00:12:15,790 --> 00:12:12,470

some kind of association there either

239

00:12:17,830 --> 00:12:15,800

people who have lupus maybe maybe have

240

00:12:21,340 --> 00:12:17,840

had an experience like you're talking

241

00:12:23,350 --> 00:12:21,350

about or that it might be as these

242

00:12:28,150 --> 00:12:23,360

experiences might be a symptom of that

243

00:12:30,940 --> 00:12:28,160

disease well okay the first part of it I

244

00:12:33,490 --> 00:12:30,950

wouldn't know if people with lupus have

245

00:12:35,560 --> 00:12:33,500

or have not had extraordinary

246

00:12:38,230 --> 00:12:35,570

experiences okay so I I can't really

247

00:12:40,630 --> 00:12:38,240

answer you know that piece of it as far

248

00:12:42,580 --> 00:12:40,640

as do experiencers maybe have lupus I

249

00:12:46,240 --> 00:12:42,590

know experiences who've been experiences

250

00:12:47,860 --> 00:12:46,250

for you know ages and have no physical

251
00:12:51,070 --> 00:12:47,870
symptoms perfectly healthy people

252
00:12:53,560 --> 00:12:51,080
there's also you know families there's a

253
00:12:57,010 --> 00:12:53,570
history of families reporting this you

254
00:12:58,960 --> 00:12:57,020
know kids and generations so I wouldn't

255
00:13:03,760 --> 00:12:58,970
associate it specifically with a

256
00:13:06,010 --> 00:13:03,770
physical ailment I'm a little concerned

257
00:13:07,960 --> 00:13:06,020
that you're not dealing with whether

258
00:13:09,380 --> 00:13:07,970
these people were really sucked up into

259
00:13:12,470 --> 00:13:09,390
a spacecraft

260
00:13:14,570 --> 00:13:12,480
as a therapist for example if somebody

261
00:13:18,800 --> 00:13:14,580
came to you and was having dreams of

262
00:13:20,450 --> 00:13:18,810
being a Holocaust survivor I say I'm

263
00:13:22,640 --> 00:13:20,460

just speaking as a physicist who doesn't

264

00:13:24,140 --> 00:13:22,650

know anything about your field but I

265

00:13:26,480 --> 00:13:24,150

would think that you would be concerned

266

00:13:29,270 --> 00:13:26,490

to know whether the person really was a

267

00:13:32,780 --> 00:13:29,280

Holocaust survivor or was just having an

268

00:13:35,780 --> 00:13:32,790

anxiety dream so I just want wonder if

269

00:13:44,080 --> 00:13:35,790

you have any opinions on the reality of

270

00:13:48,350 --> 00:13:44,090

this seeming hallucination you know

271

00:13:50,030 --> 00:13:48,360

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

272

00:13:52,310 --> 00:13:50,040

has this person to sucked up into a

273

00:13:56,050 --> 00:13:52,320

spacecraft I can't prove that I don't

274

00:13:58,580 --> 00:13:56,060

know it what I do know is that they are

275

00:14:01,640 --> 00:13:58,590

intelligent and sane human beings who

276

00:14:04,570 --> 00:14:01,650

have no reason in fact they have every

277

00:14:09,080 --> 00:14:04,580

reason not to report these experiences

278

00:14:13,130 --> 00:14:09,090

okay and and sitting in the room working

279

00:14:17,690 --> 00:14:15,920

it's it's a different kind of experience

280

00:14:20,330 --> 00:14:17,700

than simply working with somebody who

281

00:14:26,420 --> 00:14:20,340

comes in with a delusion or even you

282

00:14:28,370 --> 00:14:26,430

know a strange dream thank you very much

283

00:14:29,690 --> 00:14:28,380

for an interesting presentation I think

284

00:14:32,300 --> 00:14:29,700

the bullet that got the most attention

285

00:14:35,030 --> 00:14:32,310

and my attention was the problem people

286

00:14:36,890 --> 00:14:35,040

have and reintegrating their experience

287

00:14:38,960 --> 00:14:36,900

in their daily lives

288

00:14:41,660 --> 00:14:38,970

and certainly you're speaking of the

289

00:14:45,290 --> 00:14:41,670

Western world obviously because in other

290

00:14:47,060 --> 00:14:45,300

cultures that's not such a problem it

291

00:14:49,520 --> 00:14:47,070

seems like in the Western culture you

292

00:14:52,340 --> 00:14:49,530

have a choice of either trying to put

293

00:14:56,480 --> 00:14:52,350

the proverbial square peg in the round

294

00:14:58,250 --> 00:14:56,490

hole of religion or going into

295

00:15:00,650 --> 00:14:58,260

depression and Orrin seeing

296

00:15:03,260 --> 00:15:00,660

psychiatrists fortunately you have

297

00:15:07,100 --> 00:15:03,270

organizations like this one which allow

298

00:15:09,500 --> 00:15:07,110

an ongoing search and exploration of

299

00:15:13,280 --> 00:15:09,510

this kind of phenomena which i think is

300

00:15:18,120 --> 00:15:13,290

very healing and very helpful thank you

301
00:15:21,930 --> 00:15:18,130
any other questions what yeah we have

302
00:15:23,400 --> 00:15:21,940
time for one more one of the variables

303
00:15:26,250 --> 00:15:23,410
that you didn't mention is how often

304
00:15:27,720 --> 00:15:26,260
abductions happen and having dealt with

305
00:15:30,180 --> 00:15:27,730
the person who was a frequent flyer or

306
00:15:33,000 --> 00:15:30,190
abductee for many years

307
00:15:33,810 --> 00:15:33,010
the issue of frequency I think is a very

308
00:15:35,910 --> 00:15:33,820
important one

309
00:15:36,870 --> 00:15:35,920
I remember reading a book on memory that

310
00:15:39,450 --> 00:15:36,880
there are different psychological

311
00:15:43,850 --> 00:15:39,460
mechanisms when trauma happens once

312
00:15:47,310 --> 00:15:43,860
versus repeatedly would you comment I

313
00:15:51,060 --> 00:15:47,320

think that from from my own experience

314

00:15:55,440 --> 00:15:51,070

people report different kinds of you

315

00:15:58,170 --> 00:15:55,450

know frequency once is kind of unusual

316

00:16:01,320 --> 00:15:58,180

you know people do report one but as

317

00:16:03,180 --> 00:16:01,330

they get into it and and you know for in

318

00:16:06,510 --> 00:16:03,190

some four sessions recognize there have

319

00:16:08,430 --> 00:16:06,520

been other encounters and in terms of

320

00:16:11,790 --> 00:16:08,440

how much trauma I think there's a lot

321

00:16:13,560 --> 00:16:11,800

that that is involved in that so for

322

00:16:16,800 --> 00:16:13,570

some depending on their support system

323

00:16:19,140 --> 00:16:16,810

the ability to process their experiences

324

00:16:22,020 --> 00:16:19,150

it could they could have had a lot of

325

00:16:23,610 --> 00:16:22,030

experience and do quite well around it

326

00:16:25,980 --> 00:16:23,620

and for some have very little bit and

327

00:16:27,960 --> 00:16:25,990

and it just kind of takes the world

328

00:16:29,970 --> 00:16:27,970

apart should I have one last question

329

00:16:31,650 --> 00:16:29,980

that is you presented a lot of

330

00:16:33,510 --> 00:16:31,660

conclusions you came to did you use a

331

00:16:36,750 --> 00:16:33,520

questionnaire or was this all based on

332

00:16:39,750 --> 00:16:36,760

interviews with experience all of this

333

00:16:42,450 --> 00:16:39,760

was based on my particular work with

334

00:16:43,890 --> 00:16:42,460

various experiences and you know

335

00:16:46,829 --> 00:16:43,900

speaking with experiences both in my