Unit 5 Reflection

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**Question #1**:  What is the most significant thing I learned this week?

This weeks lectures and topics touched on something that I feel we need more attention to when involving veterans. I really liked learning more about what a crisis is and how to assist others through it. Reading through all the information one main aspect of treating someone in crisis is to address it as soon as you can and be there for the person whenever they need someone to lean on.

**Question #2**:  How does this week’s learning touch on my past, or how will I use (or have I used) this knowledge in my ministry or life?

I have had a few times in my life now that I am looking back that I went through crisis, but at the time I have never gotten the help needed to fully heal from those. Now that I know what a crisis is and how to identify it this is will allow me to not only heal myself, but to assist others through their times of crisis.

**Question #3**:  What questions do I still have about this week's learning?  (These can be course or curiosity-related.)

Would PTSD be considered a crisis or would a crisis be the match to trigger PTSD?