Unit 7 Reflection

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

One of the most significant things I learned this week was about PTSD. While going through the lesson I have found there are many symptoms and experiences that I still face today.

**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?

Being in the military and being deployed to Iraq in 2006 I have faced first hand a lot of traumatic experiences experienced by myself and others in my unit. I feel learning about PTSD and trauma can better equip me to help those that are seeking it when dealing with wartime struggles.

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

In your experience how often do people wait for years before going to seek help for traumatic experiences?