*Trauma Reflection Essays:*

Throughout the semester, write a two page, double-spaced response for the reflection questions based on your understanding and reactions to the readings. Most weeks the questions will be related to the content of the readings to ensure you adequately understand them. One week I ask your personal reflections and reactions to the readings. If your reflection is very well written (without grammar or spelling difficulties), and shows you read and successfully comprehended the readings, you will earn full credit (i.e., all 25 points). I grade these reflections with only three levels of points: 25, 10 or 0. I will not accept any late reflections (unless you have written documentation of an unavoidable emergency). You need only do 4 of the 7 offered reflections. I will not accept extra reflections. These will provide an excellent review for the exam and for class discussions.

The following reflections are based on reading:

Perry, B. & [Szalavitz](http://www.amazon.com/Maia-Szalavitz/e/B001ILFON8/ref%3Dsr_ntt_srch_lnk_1?_encoding=UTF8&qid=1296075739&sr=1-1), M. (2006). *The Boy Who Was Raised as a Dog*. New York: Wiley. ISBN 0465056539

1. Bruce Perry refers frequently to “use dependence” as one of the mechanisms that lead to neurophysiological changes related to trauma. Explain what he means.
2. Imagine that you are the director of a trauma clinic. You are asked to provide treatment to a girl who is 7 yet can’t talk or walk and who is terrified of people due to extreme neglect when she was a toddler. Describe the main aspects of the treatment you and your staff would provide to her and your rationale for using these methods.
3. Bruce Perry uses Raven’s case to introduce dissociation, a defense used to ward off the impact of trauma. Discuss what dissociation is and how it can help someone survive trauma. Offer your opinion about whether dissociation is more protective or harmful of individuals as a long-term coping strategy.
4. Summarize the biological impact of early trauma and neglect on a developing child.

The following reflections are based on reading:

Herman, J. (1997). *Trauma and recovery.* New York: Basic Books. ISBN-10: 0465087302

1. A young woman was verbally abused and molested by her dad as a child. She currently dates men who treat her just as poorly as did her father. Using Herman’s text, explain why this pattern is so common among people who were abused in childhood.
2. Based on what you’ve read in Herman’s book and class discussions, why can’t many trauma survivors “just get over it” and stop thinking and experiencing problems related to trauma?
3. What has been the most challenging information to learn or hear about this semester? What has been the most inspiring to learn about? How does what you have learned about trauma change you, the way you relate to others, and the way you view the world?