Reflection

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The event through which the patient went through is not easy to face or get handled by someone. Usually, rape victims are not as courageous and brave as this lady, Ruth, was and she faced is so diligently after the therapies. The approach used by the Professor is remarkable as he took the treatment in a very progressive manner and matching it with the pace of the patient was the most concerned step. After the therapy went successful with Ruth and her husband, Ruth sought help again because she got to believe in the capabilities of her therapist or else why would she have to consult the professor over such a sensitive event of her life.

The compassion and focus from the doctor made her speak her heart. The patient seemed a bit anxious and impulsive and in this matter, the professor took her in a very calculative way without pressing her too hard and making her do less harmful things, i.e., when she decided to go to the traumatic place again. In making Ruth recall the details of the event, the professor made substantial progress by making her recall at a comfortable pace and by not pressurizing her for too much information. By the way, she expressed her gratitude to the professor seems she did very well in the treatment. She went back to the place of the event and faced her dreadful memory like a pro just because of the courage and support given by the professor.

Towards the end of his story, the professor explained the trauma and its existence or relation with Post-Traumatic Stress Disorder (PTSD). He explained the events which are associated with PTSD and how to combat them with the willpower. He exemplified the soldiers and their connection with trauma and PTSD. He very well explained that trauma shatters the senses from the benevolence of this world and puts a person in a constant state of fear and terror associated with a significant scary event.