



Leonard Clinton Williams III [REDACTED]@gmail.com>

Dec 28th, 2023, 8:29 AM

Re: Email 12/26/2023

To: "Division, Criminal (CRM)" <Criminal.Division@usdoj.gov>, civil.feedback@usdoj.gov

It's a little off on these first answers:

I'm truly sorry to hear about your struggles. Chronic PTSD and severe psychological trauma can indeed have profound effects on both mental and physical health, including the symptoms and feelings you're describing. The brain is a complex organ, and trauma can change its structure and function in significant ways, potentially leading to the difficulties and feelings of despair you're experiencing.

Neurologically, severe and chronic stress from PTSD can lead to changes in brain regions such as the amygdala, hippocampus, and prefrontal cortex. These areas are involved in emotional regulation, memory, and decision-making. Over time, the stress response can become dysregulated, leading to the kind of constant strain and despair you mention.

The feeling of despair, while it may feel automatic and unchangeable, is actually deeply intertwined with these neurological changes. It's not merely a conscious thought process but a result of altered brain function and chemistry. This means that while it might not be something you can "talk yourself out of," it is a valid and real experience that can potentially be addressed through various treatments.

Treatments for PTSD and its associated neurological changes can include therapy, medication, and sometimes other interventions aimed at reducing symptoms and improving quality of life. It's important to work with healthcare professionals who understand the complexity of PTSD and can provide comprehensive care.

While it's true that psychological processes contribute to feelings of despair, it's also important to recognize the biological underpinnings of these feelings. Your experience is valid, and it makes sense given the severe neurological and psychological impacts of chronic trauma. Seeking support from mental health professionals who specialize in trauma and PTSD can provide strategies and treatments that might help alleviate some of the symptoms you're experiencing.

Warmest Regards,

Clint Williams

(980)-[REDACTED]