



12 February 2006

To Whom It May Concern:

I am writing to recommend Angel Lopez's presentations. Angel gave guest presentations in two of my University of Oregon classes. One presentation was in a graduate seminar, Trauma Intervention, during Winter term 2005 and the other was in an undergraduate major core course, Psychology of Trauma, during Fall term 2005.

Both of these presentations were highly educational for the students and extremely well received. Angel captivated and inspired the students with her passionate, intelligent and brave discussion of dissociation, trauma, and healing. In the undergraduate course the class watched Angel's powerful film prior to her visit. An electronic class discussion board included these comments posted by two different students before Angel's visit:

1) I can't wait until Wednesday's class. Angel came to talk in my Psych of Gender class with Pam Birrell last Spring and it was amazing. If you guys haven't heard her speak before, she's really cool. I'm very excited!

2) I have heard Angel speak as well and her story is one of the most moving I've ever heard. She is an extraordinary person who has a lot to offer to anyone who is smart enough to listen.

After Angel's presentation the discussion board included these comments by three different students:

3) After class today I felt as though I have gained an incredible amount of respect for people who have to go through such traumas. Dealing with DID is something that I cannot relate to, but hearing her stories has helped me gain an understanding of how peoples lives are affected. I find that she was very in touch with her surroundings and I thought that was amazing. What a strong speaking! I feel honored to have heard her speak.

4) I feel so blessed that I was able to hear Angel speak; it was very moving and informational. Hearing about it first hand and seeing all the things she has gone through really put things in perspective for me. The video was helpful but Angel come in made that much more of an impact. Not only was her visit informative but I saw it as motivational. She gave so much hope and insight and feel privileged to have heard her story first hand.

5) I have truly been touched by Angel's visit. She has such an empowering presence. What she went through as a child and what follows her throughout life is such a travesty. For her to share with us is an amazing experience. I feel so blessed to have had a chance to meet Angel. She gives me strength to go forth and help others like her, to lead a life of happiness. Nothing gives me more joy than to know that I can influence and reach out to those who went through traumatic experiences as children. Although I just met her on Wednesday, she inspires me to continue my education so that I can offer a road of happiness to at-risk youth. To know that someone like Angel can endure so many traumatic experiences and live through them, gives me hope that I can help others realize that they have a choice to do the same. Thank you Angel.

I agree with my students. I highly recommend Angel's presentations.

Sincerely,

A handwritten signature in blue ink that reads "Jennifer Freyd". The signature is written in a cursive style and is positioned to the left of a vertical red line.

Jennifer Freyd
Professor