

2024/25 CYSF Logbook									
	Date Started	Action	Type	Progress	Mentor Needed?	Other Notes	In-Test Citation (APA)	Citation (APA)	Citation
	9/13/2024	Project planning	Planning	Completed	No				
	9/13/2024	Presentation work	Presentation	Completed	No				
	9/14/2024	Presentation work	Presentation	Completed	No				<a href="https://www.canva.com/design/DAGrybhaHdE/kNumisLinn0JcWWIMgT3UO/edit?utm_content=DAGrybhaHdE&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGrybhaHdE/kNumisLinn0JcWWIMgT3UO/edit?utm_content=DAGrybhaHdE&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a>
	9/14/2024	Research	Research	Completed	No		(Robinson-Edwards et al., 2019)	Robinson-Edwards, S., Kewley, S., Riley, L., & Fisher, D. (2019). Complex PTSD (C-PTSD). Queens University. Retrieved September 14, 2024, from <a href="https://rehab.queensu.ca/research/our-research/correctional-evidence-based-intervention-repository/examining-prisoner">https://rehab.queensu.ca/research/our-research/correctional-evidence-based-intervention-repository/examining-prisoner</a>	<a href="https://rehab.queensu.ca/research/our-research/correctional-evidence-based-intervention-repository/examining-prisoner">https://rehab.queensu.ca/research/our-research/correctional-evidence-based-intervention-repository/examining-prisoner</a>
	9/15/2024	Research	Research	Completed	No		(Bachi, 2014)	Bachi, K. (2014). An equine-facilitated prison-based program: human-horse relations and effects on inmate emotions and behaviors. ProQuest. Retrieved from, <a href="https://www.proquest.com/openview/cf2cb6bd20e7aa2ceb647b74b0bfde5d117pq-origsite=gscholar&amp;cbl=18750">https://www.proquest.com/openview/cf2cb6bd20e7aa2ceb647b74b0bfde5d117pq-origsite=gscholar&amp;cbl=18750</a>	<a href="https://www.proquest.com/openview/cf2cb6bd20e7aa2ceb647b74b0bfde5d117pq-origsite=gscholar&amp;cbl=18750">https://www.proquest.com/openview/cf2cb6bd20e7aa2ceb647b74b0bfde5d117pq-origsite=gscholar&amp;cbl=18750</a>
	9/15/2024	Research	Research	Completed	No		(Response to the 50th Annual Report of the Correctional Investigator 2022 to 2023, 2023) Response to the 50th Annual Report, 2023	Response to the 50th Annual Report of the Correctional Investigator 2022 to 2023. (n.d.). Canada.ca. Retrieved from, <a href="https://www.canada.ca/en/correctional-service/corporate/library/reports/correctional-investigator/response-annual-report/2022-2023.html">https://www.canada.ca/en/correctional-service/corporate/library/reports/correctional-investigator/response-annual-report/2022-2023.html</a>	<a href="https://www.canada.ca/en/correctional-service/corporate/library/reports/correctional-investigator/response-annual-report/2022-2023.html">https://www.canada.ca/en/correctional-service/corporate/library/reports/correctional-investigator/response-annual-report/2022-2023.html</a>
	9/16/2024	Research	Research	Completed	No		(Recidivism in the Criminal Justice System, 2020)	Recidivism in the Criminal Justice System. (n.d.). Department of Justice. Retrieved November 13, 2024, from <a href="https://www.justice.gc.ca/eng/tp-pr/jr/jf-pf/2020/aug01.html#~:text=A%20title%20over%20two-thirds">https://www.justice.gc.ca/eng/tp-pr/jr/jf-pf/2020/aug01.html#~:text=A%20title%20over%20two-thirds</a>	<a href="https://www.justice.gc.ca/eng/tp-pr/jr/jf-pf/2020/aug01.html#~:text=A%20title%20over%20two-thirds">https://www.justice.gc.ca/eng/tp-pr/jr/jf-pf/2020/aug01.html#~:text=A%20title%20over%20two-thirds</a>
	9/16/2024	Presentation work	Presentation	Completed	No				
	9/27/2024	Research	Research	Completed	No		(Mundt & Portales, 2018)	Mundt, A. P., & Portales, D. (2018, March 27). Prevalence of Posttraumatic Stress Disorder in Prisoners. Retrieved from <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5982805/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5982805/</a>	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5982805/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5982805/</a>
	9/30/2024	Presentation work	Presentation	Completed	No				
	10/1/2024	Edit with mentor	<del>Student Guidance Needed</del>	Completed	No				
	10/5/2024	Presentation work	Presentation	Completed	No				
	10/25/2024	Present to the science team	Presentation	Completed	No	Room 2303			
	10/26/2024	Organization	Organization	Completed	No				
	10/28/2024	Research	Research	Completed	No		(Chu et al., 2024)	Chu, B., Marwaha, K., Sanvictores, T., Awosika, A. O., & Ayers, D. (2024, May 7). Physiology, Stress Reaction. National Library of Medicine. Retrieved from, <a href="https://www.ncbi.nlm.nih.gov/books/NBK541120/#~:text=A%20stressful%20situation%2C%20whether%20environmental,flight-or-flight%20response">https://www.ncbi.nlm.nih.gov/books/NBK541120/#~:text=A%20stressful%20situation%2C%20whether%20environmental,flight-or-flight%20response</a>	<a href="https://www.ncbi.nlm.nih.gov/books/NBK541120/#~:text=A%20stressful%20situation%2C%20whether%20environmental,flight-or-flight%20response">https://www.ncbi.nlm.nih.gov/books/NBK541120/#~:text=A%20stressful%20situation%2C%20whether%20environmental,flight-or-flight%20response</a>
	10/31/2024	Research	Research	Completed	No		(Sabor, n.d.)		<a href="https://www.ptsduk.org/ts-so-much-more-than-just-flight-or-flight/">https://www.ptsduk.org/ts-so-much-more-than-just-flight-or-flight/</a>
	11/9/2024	Paraphrasing Research	Research	Completed	No				
	11/13/2024	Paraphrasing Research	Research	Completed	No	PTSD and stress response paragraphs finished			
	11/18/2024	Paraphrasing Research	Research	Completed	No	Flight or flight paragraphs finished			
	11/22/2024	Paraphrasing Research	Research	Completed	No	PTSD paragraph finished			
	11/27/2024	Paraphrasing Research	Research	Completed	No	Recidivism paragraph finished			
	11/22/2024	Bring back contract	Other	Completed	No				
	11/29/2024	Research	Research	Completed	No		(CPTSD (Complex PTSD) n.d.)	CPTSD (Complex PTSD) (n.d.). Cleveland Clinic. Retrieved from, <a href="https://my.clevelandclinic.org/health/diseases/24881-cptsd-complex-ptsd">https://my.clevelandclinic.org/health/diseases/24881-cptsd-complex-ptsd</a>	<a href="https://my.clevelandclinic.org/health/diseases/24881-cptsd-complex-ptsd">https://my.clevelandclinic.org/health/diseases/24881-cptsd-complex-ptsd</a>
	11/29/2024	Research	Research	Completed	No		(Complex PTSD – PTSD UK, n.d.)	Complex PTSD – PTSD UK. (n.d.). PTSD UK. Retrieved from, <a href="https://www.ptsduk.org/what-is-ptsd/complex-ptsd/">https://www.ptsduk.org/what-is-ptsd/complex-ptsd/</a>	<a href="https://www.ptsduk.org/what-is-ptsd/complex-ptsd/">https://www.ptsduk.org/what-is-ptsd/complex-ptsd/</a>
	12/6/2024	Paraphrasing Research	Research	Completed	No				
	12/11/2024	Zoom Meeting	Meeting	Completed	No				
	12/13/2024	Research	Research	Completed	No		(Karatzias et al., 2018)	Karatzias, T., Cloitre, M., Maercker, A., Kazlauskas, E., Shelvin, M., Hyland, P., & Bisson, J. I. (2018, January 15). PTSD and Complex PTSD. National Library of Medicine. Retrieved from, <a href="https://pmc.ncbi.nlm.nih.gov/articles/PMC5774423/#~:text=The%20upcoming%2011th%20revision%20to,of%20%27Disorders%20specifically%20associated%20with">https://pmc.ncbi.nlm.nih.gov/articles/PMC5774423/#~:text=The%20upcoming%2011th%20revision%20to,of%20%27Disorders%20specifically%20associated%20with</a>	<a href="https://pmc.ncbi.nlm.nih.gov/articles/PMC5774423/#~:text=The%20upcoming%2011th%20revision%20to,of%20%27Disorders%20specifically%20associated%20with">https://pmc.ncbi.nlm.nih.gov/articles/PMC5774423/#~:text=The%20upcoming%2011th%20revision%20to,of%20%27Disorders%20specifically%20associated%20with</a>

2024/25 CYSF Logbook									
	Date Started	Action	Type	Progress	Mentor Needed?	Other Notes	In-Test Citation (APA)	Citation (APA)	Citation
	12/17/2024	Organization	Organization	Completed	No				
	12/20/2024	Paraphrasing Research	Research	Completed	No				
	12/22/2024	Paraphrasing Research	Research	Completed	No				
	12/22/2024	Research	Research	Completed	No		(Monihan, 2024)	Monihan, C. (2024, March 31). Prison Journalism Project. Retrieved December 22, 2024, from <a href="https://prisonjournalismproject.org/2024/03/31/the-healing-power-of-horse-therapy-for-prisoners/#:~:text=These%20animals%20are%20specially%20trained.life%20slip%20away%20behind%20bars.">https://prisonjournalismproject.org/2024/03/31/the-healing-power-of-horse-therapy-for-prisoners/#:~:text=These%20animals%20are%20specially%20trained.life%20slip%20away%20behind%20bars.</a>	
	12/23/2024	Reaching out to professionals	Other	Completed	No	Look into the papers given	(Abbey, B (occupation) Personal Communication (Date))		
	12/23/2024	Reaching out to professionals	Other	Completed	No	Find interview video	(Knight, S (occupation) Personal Communication (Date))		
	12/23/2024	Research	Research	Completed	No		(Nagrath, 2020)	Nagrath, J. (2020). Investigating the Efficacy of Equine Assisted Therapy for Military Veterans With Posttraumatic Stress Symptomology. Journal of Veterans Studies, 6(2), 1-19. <a href="https://doi.org/10.21061/jvs.v6i2.187">https://doi.org/10.21061/jvs.v6i2.187</a>	<a href="https://journal-veterans-studies.org/articles/10.21061/jvs.v6i2.187">https://journal-veterans-studies.org/articles/10.21061/jvs.v6i2.187</a>
	12/27/2024	Presentation work	Presentation	Completed	No				
	12/27/2024	Reaching out to professionals	Other	Completed	No	Personal communications citation			<a href="https://www.stockhands.org/contact">https://www.stockhands.org/contact</a>
	12/31/2024	Research	Research	Completed	No		(Kakacek et al., 2008)	Kakacek, S. L., & Ottens, A. J. (2008). An Arena for Success: Exploring Equine-Assisted Psychotherapy, Michigan Journal of Counseling, 35(1), 14-23. doi:10.22237/mjoc/1217548920	<a href="https://digitalcommons.wayne.edu/cgi/viewcontent.cgi?article=1031&amp;context=mjoc">https://digitalcommons.wayne.edu/cgi/viewcontent.cgi?article=1031&amp;context=mjoc</a>
	1/8/2025	Research Paper Work	Research	Completed	No	Using other notes from my previous papers to try to connect childhood trauma, PTSD, etc			
	11/9/2025	Research Paper Work	Research	Completed	No	Using other notes from my previous papers to try to connect childhood trauma, PTSD, etc			
	1/12/2025	Research	Research	Completed	No		(Cumming, 2024)	Cumming E. (2024, March 12). CYSF Presentation 2024 - Emori [Video]. Youtube. Retrieved from, <a href="https://www.youtube.com/watch?v=O6U_GkkRiY">https://www.youtube.com/watch?v=O6U_GkkRiY</a>	<a href="https://www.youtube.com/watch?v=O6U_GkkRiY">https://www.youtube.com/watch?v=O6U_GkkRiY</a>
	1/18/2025	Research	Research	Completed	No				
	1/24/2025	Research Paper Work	Research	Completed	No				
	1/27/2025	Meeting with Mentor	Mentor Guidance Needed	Completed	No	Use the citation meathod for psychology (APA) not numerical  Before the problem, write an introductory paragraph  When reaching out to people they are more likely to respond to 3-5 questions than an open ended question or a general response			
	1/31/2025	Contacted Stockhand Homes Equine Therapy Email	Other	Completed	No				
	2/4/2025	Research Paper Work	Research	Completed	No		(Serving Those That Served Us PADS PTSD Program, n.d.)	Serving Those That Served Us PADS PTSD Program. (n.d.). PADS. Retrieved from, <a href="https://pads.ca/ptsd/">https://pads.ca/ptsd/</a>	<a href="https://pads.ca/ptsd/">https://pads.ca/ptsd/</a>
	2/4/2025	Introduction Work	Mentor Guidance Needed	Completed	No				
	2/4/2025	Reaching out to professionals	Research	Completed	No		(Shore, R (occupation) Personal Communication (Date))		
	2/4/2025	Revising Paper	Mentor Guidance Needed	Completed	No				
	2/7/2025	Meeting with Mentor	Mentor Guidance Needed	Completed	No		(Ruegg, E., 2023)	Ruegg, E. (2023). Comparing Equine-Assisted and Canine-Assisted Psychotherapy Halter or harness? Psychology Today. Retrieved from, <a href="https://www.psychologytoday.com/us/blog/therapeutic-paws/202308/comparing-equine-assisted-and-canine-assisted-psychotherapy?msoclid=2a138a3485d768c203c79f4d4846f6904">https://www.psychologytoday.com/us/blog/therapeutic-paws/202308/comparing-equine-assisted-and-canine-assisted-psychotherapy?msoclid=2a138a3485d768c203c79f4d4846f6904</a>	<a href="https://www.psychologytoday.com/us/blog/therapeutic-paws/202308/comparing-equine-assisted-and-canine-assisted-psychotherapy?msoclid=2a138a3485d768c203c79f4d4846f6904">https://www.psychologytoday.com/us/blog/therapeutic-paws/202308/comparing-equine-assisted-and-canine-assisted-psychotherapy?msoclid=2a138a3485d768c203c79f4d4846f6904</a>
	2/7/2025	Reaching out to professionals	Other	Completed	No	Sarah Knight Brenda Abbey Steve Chritchley Leanne Shannon Ronald Shore			
	1/8/2025	Research	Research	Completed	No		(Baranyi et, al., 2018)	Baranyi, G., Cassidy, M., Fazel, S., Priebe, S., & Mundi, A. P. (2018). Prevalence of Posttraumatic Stress Disorder in Prisoners. Epidemiologic reviews, 40(1), 134-145. Retrieved from, <a href="https://doi.org/10.1093/epirev/mxx015">https://doi.org/10.1093/epirev/mxx015</a>	<a href="https://doi.org/10.1093/epirev/mxx015">https://doi.org/10.1093/epirev/mxx015</a>

2024/25 CYSF Logbook									
	Date Started	Action	Type	Progress	Mentor Needed?	Other Notes	In-Test Citation (APA)	Citation (APA)	Citation
	1/8/2025	Research	Research	Completed	No		(It's so much more than just 'fight or flight' (n.d.)	It's so much more than just 'fight or flight'. (n.d.). PTSD UK. Retrieved from, <a href="https://www.ptsduk.org/its-so-much-more-than-just-fight-or-flight/">https://www.ptsduk.org/its-so-much-more-than-just-fight-or-flight/</a>	<a href="https://www.ptsduk.org/its-so-much-more-than-just-fight-or-flight/">https://www.ptsduk.org/its-so-much-more-than-just-fight-or-flight/</a>
	1/8/2025	Research	Research	Completed	No		(Post-traumatic stress disorder (PTSD) - Symptoms and causes, 2024)	Post-traumatic stress disorder (PTSD) - Symptoms and causes. (2024). Mayo Clinic. Retrieved from, <a href="https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967">https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967</a>	<a href="https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967">https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967</a>
	1/8/2025	Research	Research	Completed	No		(Kauffman, 2024)	Kauffman, G. (2024). Golden Retrievers as Therapy Dogs (And How To Train Yours). My Golden Retriever Puppies. <a href="https://www.mygoldenretrieverpuppies.com/blog/golden-retriever-therapy-dog#:~:text=Golden%20Retrievers%20have%20a%20gentle,and%20they%20instinctively%20provide%20comfort">https://www.mygoldenretrieverpuppies.com/blog/golden-retriever-therapy-dog#:~:text=Golden%20Retrievers%20have%20a%20gentle,and%20they%20instinctively%20provide%20comfort</a>	<a href="https://www.mygoldenretrieverpuppies.com/blog/golden-retriever-therapy-dog#:~:text=Golden%20Retrievers%20have%20a%20gentle,and%20they%20instinctively%20provide%20comfort">https://www.mygoldenretrieverpuppies.com/blog/golden-retriever-therapy-dog#:~:text=Golden%20Retrievers%20have%20a%20gentle,and%20they%20instinctively%20provide%20comfort</a>
	2/11/2025	Reaching out to professionals	Other	Completed	No	Sarah Knight Brenda Abbey Steve Chritchley Leanne Shannon Ronald Shore			
	2/12/2025	Reaching out to professionals	Other	Completed	No	Ronald Shore			
	2/12/2025	Reaching out to professionals	Other	Completed	No	Ms. Maddison			
	2/13/2025	Research Paper Work	Research	Completed	No		(Himidian, 2025)	Himidian, E. (2025, January 12). ACT, CBT, DBT, EMDR, ERP: A Guide to Evidence-based Therapies. Wildflower Centre for Emotional Health. <a href="https://www.wildflowerlc.com/act-cbt-dbt-emdr-erp-a-guide-to-evidence-based-therapies/">https://www.wildflowerlc.com/act-cbt-dbt-emdr-erp-a-guide-to-evidence-based-therapies/</a>	<a href="https://www.wildflowerlc.com/act-cbt-dbt-emdr-erp-a-guide-to-evidence-based-therapies/">https://www.wildflowerlc.com/act-cbt-dbt-emdr-erp-a-guide-to-evidence-based-therapies/</a>
	2/13/2025	Reaching out to professionals	Meeting	Completed	No	Sarah Knight CanPraxis paragraph, Table, formal logic, heartmath institute, couple program			
	2/14/2025	Research Paper Work	Research	Completed	No				
	2/17/2025	Research Paper Work	Research	Completed	No	Made the Clinical therapy resource into a table			
	2/17/2025	Presentation work	Presentation	Completed	No				
	2/18/2025	Reaching out to professionals	Other	Completed	No	Ronald Shore			
	2/20/2025	Interviwing professionals	Meeting	Completed	No	Ronald Shore			
	2/20/2025	Reaching out to professionals	Other	Completed	No	Cindy Maddeaux			
	2/21/2025	Research Paper Work	Research	Completed	No		(Recognizing Post-Traumatic Stress Disorder, 2004)	Sher, I. (2004 January, 1). Recognizing post-traumatic stress disorder. QJM: An International Journal of Medicine, 97(1), 1–5. <a href="https://doi.org/10.1093/qjmed/hch003">https://doi.org/10.1093/qjmed/hch003</a>	<a href="https://doi.org/10.1093/qjmed/hch003">https://doi.org/10.1093/qjmed/hch003</a>
	2/21/2025	Research Paper Work	Research	Completed	No		(Himidian, 2025)	Himidian, E. (2025). ACT, CBT, DBT, EMDR, ERP: A Guide to Evidence-based Therapies. Wildflower Center for Emotional Health. Retrieved from, <a href="https://www.wildflowerlc.com/act-cbt-dbt-emdr-erp-a-guide-to-evidence-based-therapies/">https://www.wildflowerlc.com/act-cbt-dbt-emdr-erp-a-guide-to-evidence-based-therapies/</a>	<a href="https://www.wildflowerlc.com/act-cbt-dbt-emdr-erp-a-guide-to-evidence-based-therapies/">https://www.wildflowerlc.com/act-cbt-dbt-emdr-erp-a-guide-to-evidence-based-therapies/</a>
	2/21/2025	Reaching out to professionals	Other	Completed	No	Sarah Knight			
	2/22/2025	Meeting with Ms. Maddison	Meeting	Completed	No				
	2/22/2025	Research Paper Work	Research	Completed	No		(Morland & Woolley, 2025).	Morland, L., & Woolley, J. (2025, January 15). PTSD: National Center for PTSD. US Department of Veterans Affairs. Retrieved from, <a href="https://www.ptsd.va.gov/professional/treat/txessentials/psychedelics_assisted_therapy.asp#:~:text=Mechanisms%20of%20action%20for%20PTSD&amp;text=Facilitate%20the%20release%20of%20oxytocin,traumatic%20experience%20(18%2C19)%3B">https://www.ptsd.va.gov/professional/treat/txessentials/psychedelics_assisted_therapy.asp#:~:text=Mechanisms%20of%20action%20for%20PTSD&amp;text=Facilitate%20the%20release%20of%20oxytocin,traumatic%20experience%20(18%2C19)%3B</a>	<a href="https://www.ptsd.va.gov/professional/treat/txessentials/psychedelics_assisted_therapy.asp#:~:text=Mechanisms%20of%20action%20for%20PTSD&amp;text=Facilitate%20the%20release%20of%20oxytocin,traumatic%20experience%20(18%2C19)%3B">https://www.ptsd.va.gov/professional/treat/txessentials/psychedelics_assisted_therapy.asp#:~:text=Mechanisms%20of%20action%20for%20PTSD&amp;text=Facilitate%20the%20release%20of%20oxytocin,traumatic%20experience%20(18%2C19)%3B</a>
	2/23/2025	Conclusion Work	Mentor Guidance Needed	Completed	No				
	2/23/2025	Citation Work	Research	Completed	No				
	2/23/2025	Research Paper Work	Research	Completed	No		(Psychedelics Are Cheap. Psychedelic Treatment Is Not., n.d.)	Psychedelics are cheap. Psychedelic treatment is not. (n.d.). The Petrie-Flom Centre. Retrieved from, <a href="https://petrieflom.law.harvard.edu/2023/10/06/psychedelics-are-cheap-psychedelic-treatment-is-not/#:~:text=For%20drugs%20like%20MDMA%2C%20legal,drive%20those%20prices%20even%20higher.">https://petrieflom.law.harvard.edu/2023/10/06/psychedelics-are-cheap-psychedelic-treatment-is-not/#:~:text=For%20drugs%20like%20MDMA%2C%20legal,drive%20those%20prices%20even%20higher.</a>	<a href="https://petrieflom.law.harvard.edu/2023/10/06/psychedelics-are-cheap-psychedelic-treatment-is-not/#:~:text=For%20drugs%20like%20MDMA%2C%20legal,drive%20those%20prices%20even%20higher.">https://petrieflom.law.harvard.edu/2023/10/06/psychedelics-are-cheap-psychedelic-treatment-is-not/#:~:text=For%20drugs%20like%20MDMA%2C%20legal,drive%20those%20prices%20even%20higher.</a>
	2/24/2025	Research Paper Work	Research	Completed	No				

2024/25 CYSF Logbook										
	Date Started	Action	Type	Progress	Mentor Needed?	Other Notes	In-Test Citation (APA)	Citation (APA)	Citation	
	2/28/2025	Research Paper Work	Mentor Guidance Needed	Completed	No					
	3/5/2025	Meeting	Meeting	Completed	No					
	3/7/2025	Revising Paper	Research	Completed	No					
	3/14/2025	Revising Paper	Research	Completed	No					
	3/15/2025	Presentation work	Presentation	Completed	No					
	3/17/2025	Video	Presentation	Completed	No					
	3/17/2025	Submitting to the website	Other	Completed	No					
	4/2/2025	In-House Science Fair	Presentation	Completed	No					