WEBVTT

00:00:00.000 --> 00:00:01.897 Thank you we we're it's every week

00:00:01.897 --> 00:00:03.930 a little bit of work in progress.

00:00:03.930 --> 00:00:06.920 So thank you for your patience and I'm

00:00:06.920 --> 00:00:08.320 just going to say two things before

00:00:08.320 --> 00:00:11.324 passing it onto Julie children and

00:00:11.324 --> 00:00:13.268 the only the first thing that I'm

00:00:13.268 --> 00:00:16.230 going to say it's our reminder of

00:00:16.230 --> 00:00:19.444 next week's grand rounds next week,

00:00:19.444 --> 00:00:22.606 October 12th is Indigenous Peoples Day.

00:00:22.610 --> 00:00:25.480 Formerly known as Columbus Day.

00:00:25.480 --> 00:00:27.524 And we're going to have a presentation

00:00:27.524 --> 00:00:29.213 that I'm really looking forward

00:00:29.213 --> 00:00:30.725 to that's perfectly timed.

00:00:30.730 --> 00:00:33.004 By the title of Native American

NOTE Confidence: 0.858639822857143

00:00:33.004 --> 00:00:34.520 Mental health and introduction,

NOTE Confidence: 0.858639822857143

00:00:34.520 --> 00:00:36.854 and an invitation, and it's going

NOTE Confidence: 0.858639822857143

00:00:36.854 --> 00:00:39.609 to be presented by our colleagues.

NOTE Confidence: 0.858639822857143

00:00:39.610 --> 00:00:41.154 Now the CHILD Study Center,

NOTE Confidence: 0.858639822857143

00:00:41.154 --> 00:00:43.803 we have a big partnership led

NOTE Confidence: 0.858639822857143

00:00:43.803 --> 00:00:44.860 by Chris Carter,

NOTE Confidence: 0.858639822857143

00:00:44.860 --> 00:00:46.714 who is an assistant professor

NOTE Confidence: 0.858639822857143

00:00:46.714 --> 00:00:48.178 and marked by tell,

NOTE Confidence: 0.858639822857143

00:00:48.180 --> 00:00:49.704 an associate research scientist,

NOTE Confidence: 0.858639822857143

00:00:49.704 --> 00:00:51.609 and they have been doing

NOTE Confidence: 0.858639822857143

00:00:51.609 --> 00:00:52.950 really important work.

NOTE Confidence: 0.858639822857143

00:00:52.950 --> 00:00:55.350 So we look forward to that.

NOTE Confidence: 0.858639822857143

00:00:55.350 --> 00:00:56.645 And the second thing I'm going to

NOTE Confidence: 0.858639822857143

00:00:56.645 --> 00:00:58.259 say is introduce our introduce Sir,

NOTE Confidence: 0.858639822857143

00:00:58.260 --> 00:01:00.740 and that is Julie Charlton.

NOTE Confidence: 0.858639822857143

00:01:00.740 --> 00:01:03.218 Julie Chilton is one of the members

NOTE Confidence: 0.858639822857143

00:01:03.218 --> 00:01:06.485 of the new Grand Rounds Committee and

NOTE Confidence: 0.858639822857143

00:01:06.485 --> 00:01:09.460 Julie is an alum from our program,

NOTE Confidence: 0.858639822857143

00:01:09.460 --> 00:01:13.170 and she in fact has been leading

NOTE Confidence: 0.858639822857143

00:01:13.170 --> 00:01:15.378 our alumni group collaboration,

NOTE Confidence: 0.858639822857143

00:01:15.378 --> 00:01:18.279 Facebook page etc and she joins

NOTE Confidence: 0.858639822857143

00:01:18.279 --> 00:01:20.637 us today from North Carolina to

NOTE Confidence: 0.858639822857143

00:01:20.637 --> 00:01:22.700 introduce our speaker Julie,

NOTE Confidence: 0.858639822857143

00:01:22.700 --> 00:01:24.276 take it away a lot while I continue

NOTE Confidence: 0.858639822857143

00:01:24.276 --> 00:01:26.037 being dis jockey with a technical thing.

NOTE Confidence: 0.858639822857143

00:01:26.040 --> 00:01:26.811 So go ahead,

NOTE Confidence: 0.858639822857143

00:01:26.811 --> 00:01:27.068 Julie,

NOTE Confidence: 0.815527234

00:01:27.660 --> 00:01:31.010 thank you Andres, this is.

NOTE Confidence: 0.815527234

00:01:31.010 --> 00:01:34.718 So special for me to make

NOTE Confidence: 0.815527234

00:01:34.718 --> 00:01:36.572 this introduction today.

NOTE Confidence: 0.815527234

00:01:36.580 --> 00:01:40.378 From the from the first time I met him.

NOTE Confidence: 0.815527234

00:01:40.380 --> 00:01:45.610 He was wise beyond his years and uhm.

NOTE Confidence: 0.815527234

00:01:45.610 --> 00:01:48.760 Just a bundle of joy,

NOTE Confidence: 0.815527234

00:01:48.760 --> 00:01:52.320 and it had spark in his eye and.

NOTE Confidence: 0.815527234

00:01:52.320 --> 00:01:56.096 Just had the most beautiful Gray hair and

NOTE Confidence: 0.815527234

00:01:56.096 --> 00:02:00.655 in my mind he was the pick of the litter.

NOTE Confidence: 0.815527234

00:02:00.660 --> 00:02:05.102 He and this is this is Winston and I

NOTE Confidence: 0.815527234

00:02:05.102 --> 00:02:08.294 wanted Winston to say hi to everybody

NOTE Confidence: 0.815527234

00:02:08.294 --> 00:02:12.214 to introduce Eli today and Eli has

NOTE Confidence: 0.815527234

00:02:12.214 --> 00:02:15.973 been a long time mentor of mine.

NOTE Confidence: 0.815527234

00:02:15.980 --> 00:02:17.501 All kidding aside,

NOTE Confidence: 0.815527234

00:02:17.501 --> 00:02:20.543 beginning in 2012 when I graduated

NOTE Confidence: 0.815527234

00:02:20.543 --> 00:02:22.449 from fellowship and.

NOTE Confidence: 0.815527234

00:02:22.450 --> 00:02:24.850 He pretty much single handedly

NOTE Confidence: 0.815527234

00:02:24.850 --> 00:02:28.420 filled my waiting room of my first

NOTE Confidence: 0.815527234

00:02:28.420 --> 00:02:31.028 private practice with all kinds

NOTE Confidence: 0.815527234

00:02:31.028 --> 00:02:33.980 of wonderful patients with a meta

NOTE Confidence: 0.815527234

00:02:33.980 --> 00:02:36.970 phobia and school avoidance OCD.

NOTE Confidence: 0.815527234

00:02:36.970 --> 00:02:38.602 Phobias of other kinds.

NOTE Confidence: 0.815527234

00:02:38.602 --> 00:02:41.559 And not only did he deliver me

NOTE Confidence: 0.815527234

00:02:41.559 --> 00:02:44.097 patience as a brand new clinician,

NOTE Confidence: 0.815527234

00:02:44.100 --> 00:02:47.204 but he met me for coffee and he

NOTE Confidence: 0.815527234

00:02:47.204 --> 00:02:50.661 taught me how to do right by them and

NOTE Confidence: 0.815527234

00:02:50.661 --> 00:02:54.137 gave me all the tricks of the trade.

NOTE Confidence: 0.815527234

00:02:54.140 --> 00:02:58.172 And there is truly no clinician

NOTE Confidence: 0.815527234

00:02:58.172 --> 00:03:02.257 today that has shaped my personal

NOTE Confidence: 0.815527234

00:03:02.257 --> 00:03:06.406 practice as a anxiety disorder

NOTE Confidence: 0.815527234

00:03:06.406 --> 00:03:09.970 specialist more than Eli Lebowitz.

NOTE Confidence: 0.815527234

00:03:09.970 --> 00:03:13.010 And what was the most interesting

NOTE Confidence: 0.815527234

00:03:13.010 --> 00:03:16.193 is this past year when I became

NOTE Confidence: 0.815527234

00:03:16.193 --> 00:03:19.254 a new stepmom to be of a 3 year

NOTE Confidence: 0.815527234

00:03:19.254 --> 00:03:21.336 old and a 9 year old.

NOTE Confidence: 0.815527234

00:03:21.340 --> 00:03:23.160 And for the first time,

NOTE Confidence: 0.815527234

00:03:23.160 --> 00:03:25.795 instead of being a space

NOTE Confidence: 0.815527234

00:03:25.795 --> 00:03:27.376 clinician helping families,

NOTE Confidence: 0.815527234

00:03:27.380 --> 00:03:29.870 I got to experience what supportive

NOTE Confidence: 0.815527234

00:03:29.870 --> 00:03:31.530 parenting for anxious childhood

NOTE Confidence: 0.815527234

00:03:31.596 --> 00:03:33.885 emotions was like from the other end.

NOTE Confidence: 0.815527234

00:03:33.890 --> 00:03:38.060 And it was the most wonderful other

NOTE Confidence: 0.815527234

00:03:38.060 --> 00:03:41.161 side to see Ellie's work and how

NOTE Confidence: 0.815527234

00:03:41.161 --> 00:03:44.278 much it helped our nine year old

NOTE Confidence: 0.815527234

00:03:44.278 --> 00:03:46.960 with his RFID and his anxiety.

NOTE Confidence: 0.815527234

00:03:46.960 --> 00:03:50.468 And Yara really just.

NOTE Confidence: 0.815527234

00:03:50.468 --> 00:03:54.814 Did a brilliant job and it was such a

NOTE Confidence: 0.815527234

00:03:54.814 --> 00:03:58.495 pleasure for me to to see it in action.

NOTE Confidence: 0.815527234

00:03:58.500 --> 00:04:01.060 On the other side of things and I'm

NOTE Confidence: 0.815527234

00:04:01.060 --> 00:04:03.749 so grateful to Eli and Company for

NOTE Confidence: 0.815527234

00:04:03.749 --> 00:04:05.724 having developed the space program.

NOTE Confidence: 0.815527234

00:04:05.730 --> 00:04:07.338 Now that I even have benefited

NOTE Confidence: 0.815527234

00:04:07.338 --> 00:04:08.760 it on the other side.

NOTE Confidence: 0.815527234

00:04:08.760 --> 00:04:10.408 So without further ado,

NOTE Confidence: 0.815527234

00:04:10.408 --> 00:04:12.468 my dear dear friend and

NOTE Confidence: 0.815527234

00:04:12.468 --> 00:04:14.259 mentor Doctor Liebowitz?

NOTE Confidence: 0.92772075

00:04:32.930 --> 00:04:33.680 One second.

NOTE Confidence: 0.8498564

00:04:36.790 --> 00:04:37.080 Yeah.

NOTE Confidence: 0.773348265

00:04:39.160 --> 00:04:39.960 So difficult.

NOTE Confidence: 0.753516086

00:04:51.390 --> 00:04:52.610 Can y'all hear me Julie,

NOTE Confidence: 0.753516086

00:04:52.610 --> 00:04:56.306 can you hear me? OK, I give you.

NOTE Confidence: 0.753516086

00:04:56.306 --> 00:04:57.698 Can you turn off your camera.

NOTE Confidence: 0.753516086

00:04:57.700 --> 00:04:58.932 Julie, because we're getting

NOTE Confidence: 0.753516086

00:04:58.932 --> 00:05:00.164 a different view here.

NOTE Confidence: 0.907468555

00:05:03.190 --> 00:05:05.438 This is a work in progress my friends.

NOTE Confidence: 0.52911204

00:05:07.950 --> 00:05:10.136 Ellie, you definitely need person to read.

NOTE Confidence: 0.8390531

00:05:14.860 --> 00:05:17.948 OK, hold on. Hold on, there's hope

NOTE Confidence: 0.639922746666667

00:05:17.960 --> 00:05:22.620 there's hope, ah. Uh, Julie.

NOTE Confidence: 0.9341403325

00:05:24.630 --> 00:05:29.160 Just move it down OK? Here we go OK, ladies

NOTE Confidence: 0.738473433333333

00:05:29.170 --> 00:05:31.120 and gentlemen, I give you alleyways.

NOTE Confidence: 0.93529277

00:05:36.820 --> 00:05:38.860 It's it's recording OK.

NOTE Confidence: 0.65708053

00:05:41.670 --> 00:05:42.320 Wow.

NOTE Confidence: 0.933014899375

00:05:45.610 --> 00:05:47.656 I thought if I just waited

NOTE Confidence: 0.933014899375

00:05:47.656 --> 00:05:49.599 long enough I wouldn't have to

NOTE Confidence: 0.933014899375

00:05:49.599 --> 00:05:53.250 do this at all at this point.

NOTE Confidence: 0.933014899375

00:05:53.250 --> 00:05:55.166 Well, first of all,

NOTE Confidence: 0.933014899375

00:05:55.166 --> 00:05:58.040 thank you Julie for that eulogy,

NOTE Confidence: 0.933014899375

00:05:58.040 --> 00:06:00.834 that was. That was very nice.

NOTE Confidence: 0.933014899375

00:06:00.834 --> 00:06:02.460 I knew I could count on you.

NOTE Confidence: 0.933014899375

00:06:02.460 --> 00:06:03.360 I thought you were talking

NOTE Confidence: 0.933014899375

00:06:03.360 --> 00:06:04.080 about undress at first,

NOTE Confidence: 0.933014899375

00:06:04.080 --> 00:06:05.148 but then you mentioned the hair.

NOTE Confidence: 0.926570175714286

00:06:07.710 --> 00:06:10.748 And thank you to address and committee

NOTE Confidence: 0.926570175714286

00:06:10.748 --> 00:06:13.507 for the opportunity to talk with you

NOTE Confidence: 0.926570175714286

00:06:13.507 --> 00:06:16.513 about the work we're doing in the area

NOTE Confidence: 0.926570175714286

00:06:16.513 --> 00:06:19.093 of child anxiety problems and beyond.

NOTE Confidence: 0.926570175714286

00:06:19.100 --> 00:06:21.932 They don't have special disclosures for

NOTE Confidence: 0.926570175714286

00:06:21.932 --> 00:06:24.890 this talk or conflicts of interests.

NOTE Confidence: 0.926570175714286

00:06:24.890 --> 00:06:27.818 Some grant funding and some royalties.

NOTE Confidence: 0.926570175714286

00:06:27.820 --> 00:06:30.480 So in terms of what?

NOTE Confidence: 0.926570175714286

00:06:30.480 --> 00:06:33.765 Want to try to do with the time left?

NOTE Confidence: 0.926570175714286

00:06:33.770 --> 00:06:35.372 Now I'm trying to think what

NOTE Confidence: 0.926570175714286

00:06:35.372 --> 00:06:36.790 we should cut from this.

NOTE Confidence: 0.926570175714286

00:06:36.790 --> 00:06:40.502 I want to start by very briefly telling

NOTE Confidence: 0.926570175714286

00:06:40.502 --> 00:06:43.024 you what space is apparent based

NOTE Confidence: 0.926570175714286

00:06:43.024 --> 00:06:44.809 treatment developed for child anxiety

NOTE Confidence: 0.926570175714286

00:06:44.809 --> 00:06:46.350 and obsessive compulsive disorder,

NOTE Confidence: 0.926570175714286

00:06:46.350 --> 00:06:49.185 and to update you and some of our clinical

NOTE Confidence: 0.926570175714286

00:06:49.185 --> 00:06:51.563 trial research and some interesting

NOTE Confidence: 0.926570175714286

00:06:51.563 --> 00:06:54.048 findings emanating from that research,

NOTE Confidence: 0.926570175714286

00:06:54.050 --> 00:06:56.948 but with the bulk of the time.

NOTE Confidence: 0.926570175714286

00:06:56.950 --> 00:06:59.180 I actually want to talk

NOTE Confidence: 0.926570175714286

00:06:59.180 --> 00:07:01.410 about some of the newer.

NOTE Confidence: 0.926570175714286

00:07:01.410 --> 00:07:03.585 Expansions and adaptations

NOTE Confidence: 0.926570175714286

00:07:03.585 --> 00:07:07.210 of space beyond the child.

NOTE Confidence: 0.926570175714286

00:07:07.210 --> 00:07:09.961 Anxiety and OCD which were the original

NOTE Confidence: 0.926570175714286

00:07:09.961 --> 00:07:12.792 focus and those include work in the

NOTE Confidence: 0.926570175714286

00:07:12.792 --> 00:07:14.802 area of eating problems, specifically,

NOTE Confidence: 0.926570175714286

00:07:14.802 --> 00:07:16.530 avoidant restrictive food intake,

NOTE Confidence: 0.926570175714286

00:07:16.530 --> 00:07:18.840 disorder or fed.

NOTE Confidence: 0.926570175714286

00:07:18.840 --> 00:07:21.680 Work with physical complaints.

NOTE Confidence: 0.926570175714286

00:07:21.680 --> 00:07:23.100 Medically unexplained.

00:07:23.100 --> 00:07:29.260 Somatic symptoms. So what is space?

00:07:29.260 --> 00:07:31.900 Space is.

00:07:31.900 --> 00:07:34.405 A parent based treatment for

00:07:34.405 --> 00:07:37.459 child anxiety that's informed by a

00:07:37.459 --> 00:07:40.207 systemic view of anxiety in children.

00:07:42.600 --> 00:07:46.376 At the heart of the treatment are really

00:07:46.376 --> 00:07:50.454 a few key principles and insights.

00:07:50.454 --> 00:07:55.150 First. The understanding that.

00:07:55.150 --> 00:07:57.758 Children respond like other

00:07:57.758 --> 00:08:00.366 mammals respond to fear.

00:08:00.370 --> 00:08:01.842 In an interpersonal way,

00:08:01.842 --> 00:08:03.682 oriented toward their caregivers by

00:08:03.682 --> 00:08:05.878 looking to their caregivers, primarily,

00:08:05.878 --> 00:08:10.006 parents for protection and for regulation,

00:08:10.010 --> 00:08:12.350 and soothing and that parents are

00:08:12.350 --> 00:08:13.910 powerfully motivated to respond

NOTE Confidence: 0.803523666153846

00:08:13.970 --> 00:08:16.007 to cues of fear in their children.

NOTE Confidence: 0.803523666153846

00:08:16.010 --> 00:08:18.365 By stepping in to provide

NOTE Confidence: 0.803523666153846

00:08:18.365 --> 00:08:19.778 protection and regulation.

NOTE Confidence: 0.90911905

00:08:22.360 --> 00:08:25.834 And that seems rather obvious, I think.

NOTE Confidence: 0.90911905

00:08:25.834 --> 00:08:29.476 But that interpersonal aspect of child

NOTE Confidence: 0.90911905

00:08:29.476 --> 00:08:31.880 anxiety, the aspect that actually most

NOTE Confidence: 0.90911905

00:08:31.880 --> 00:08:34.120 differentiates it from anxiety and adults,

NOTE Confidence: 0.90911905

00:08:34.120 --> 00:08:36.502 has exerted relatively little influence over

NOTE Confidence: 0.90911905

00:08:36.502 --> 00:08:39.463 the way that we conceptualize and treat

NOTE Confidence: 0.90911905

00:08:39.463 --> 00:08:43.970 anxiety in children over the years. Ah.

NOTE Confidence: 0.90911905

00:08:43.970 --> 00:08:46.316 Most child anxiety treatment protocols take,

NOTE Confidence: 0.90911905

00:08:46.320 --> 00:08:47.808 for example, cognitive behavioral

NOTE Confidence: 0.90911905

00:08:47.808 --> 00:08:49.296 therapy protocols for anxiety,

NOTE Confidence: 0.90911905

00:08:49.300 --> 00:08:51.820 and children emphasize the

NOTE Confidence: 0.90911905

00:08:51.820 --> 00:08:53.710 individual level symptoms.

NOTE Confidence: 0.90911905

00:08:53.710 --> 00:08:55.514 They mirror very closely.

NOTE Confidence: 0.90911905

00:08:55.514 --> 00:08:57.944 Protocols for anxiety, treatment of adults,

NOTE Confidence: 0.90911905

00:08:57.944 --> 00:09:00.450 and they focus on those individual level

NOTE Confidence: 0.90911905

00:09:00.509 --> 00:09:02.987 symptoms like the dysregulated Physiology,

NOTE Confidence: 0.90911905

00:09:02.987 --> 00:09:06.572 the distorted cognition, the maladaptive

NOTE Confidence: 0.90911905

00:09:06.572 --> 00:09:08.723 behavioral avoidance altogether,

NOTE Confidence: 0.90911905

00:09:08.730 --> 00:09:11.200 usually termed the tripartite model

NOTE Confidence: 0.90911905

00:09:11.200 --> 00:09:14.286 of anxiety and so influential is.

NOTE Confidence: 0.90911905

00:09:14.286 --> 00:09:18.469 That model that even when parents have been.

NOTE Confidence: 0.90911905

00:09:18.470 --> 00:09:20.240 Involved in child anxiety treatment

NOTE Confidence: 0.90911905

00:09:20.240 --> 00:09:22.791 as has happened many times in multiple

NOTE Confidence: 0.90911905

00:09:22.791 --> 00:09:24.586 clinical studies over the years,

NOTE Confidence: 0.90911905

00:09:24.590 --> 00:09:26.034 they're generally involved as

NOTE Confidence: 0.90911905

00:09:26.034 --> 00:09:28.200 what is called lay CBT therapist,

NOTE Confidence: 0.90911905

00:09:28.200 --> 00:09:30.288 so they're there to amplify the

NOTE Confidence: 0.90911905

00:09:30.288 --> 00:09:32.617 messages that the child is receiving

NOTE Confidence: 0.90911905

00:09:32.617 --> 00:09:34.349 directly from the therapist,

NOTE Confidence: 0.90911905

00:09:34.350 --> 00:09:36.654 but with little emphasis on their

NOTE Confidence: 0.90911905

00:09:36.654 --> 00:09:39.170 unique role as parents in relation

NOTE Confidence: 0.90911905

00:09:39.170 --> 00:09:41.425 to their child's anxiety symptoms.

NOTE Confidence: 0.90911905

00:09:41.430 --> 00:09:42.472 In space,

NOTE Confidence: 0.90911905

00:09:42.472 --> 00:09:45.077 that interpersonal aspect is central

NOTE Confidence: 0.90911905

00:09:45.077 --> 00:09:48.468 to treatment and parents are involved,

NOTE Confidence: 0.90911905

00:09:48.470 --> 00:09:50.130 not as lazy BT therapists,

NOTE Confidence: 0.90911905

00:09:50.130 --> 00:09:52.284 but as active clients and agents

NOTE Confidence: 0.90911905

00:09:52.284 --> 00:09:54.210 of change for their child.

NOTE Confidence: 0.90911905

00:09:54.210 --> 00:09:55.855 A second important principle for

NOTE Confidence: 0.90911905

00:09:55.855 --> 00:09:58.347 space is a focus on self change

NOTE Confidence: 0.90911905

00:09:58.347 --> 00:09:59.907 rather than other change.

NOTE Confidence: 0.90911905

00:09:59.910 --> 00:10:01.914 What that means is that parents

NOTE Confidence: 0.90911905

00:10:01.914 --> 00:10:04.493 in space learn a lot of tools

NOTE Confidence: 0.90911905

00:10:04.493 --> 00:10:06.045 and strategies and skills,

NOTE Confidence: 0.90911905

00:10:06.050 --> 00:10:08.367 but all of those are focused on

NOTE Confidence: 0.90911905

00:10:08.367 --> 00:10:10.307 modifying the parents own behavior

NOTE Confidence: 0.90911905

00:10:10.307 --> 00:10:12.059 rather than instructing them.

NOTE Confidence: 0.90911905

00:10:12.060 --> 00:10:14.720 To go home and try to directly

NOTE Confidence: 0.90911905

00:10:14.720 --> 00:10:16.610 modify their child's behavior.

NOTE Confidence: 0.90911905

00:10:16.610 --> 00:10:18.710 We make a simple promise to

NOTE Confidence: 0.90911905

00:10:18.710 --> 00:10:19.600 parents in treatment.

NOTE Confidence: 0.90911905

00:10:19.600 --> 00:10:21.490 We say at no point in this

NOTE Confidence: 0.90911905

00:10:21.490 --> 00:10:23.468 therapy are we going to ask you to

NOTE Confidence: 0.90911905

00:10:23.468 --> 00:10:24.909 make your child do anything.

NOTE Confidence: 0.90911905

00:10:24.910 --> 00:10:27.199 Or to make them not do anything.

NOTE Confidence: 0.90911905

00:10:27.200 --> 00:10:29.000 And the reason that's important

NOTE Confidence: 0.90911905

00:10:29.000 --> 00:10:31.635 is that when you do ask parents

NOTE Confidence: 0.90911905

00:10:31.635 --> 00:10:33.446 to modify their child's behavior,

NOTE Confidence: 0.90911905

15

00:10:33.446 --> 00:10:34.778 you're taking a risk.

NOTE Confidence: 0.90911905

00:10:34.780 --> 00:10:37.380 It can go well when a child is open and

NOTE Confidence: 0.90911905

00:10:37.451 --> 00:10:40.385 amenable and agreeable to those suggestions,

NOTE Confidence: 0.90911905

00:10:40.390 --> 00:10:41.510 but when they're not,

NOTE Confidence: 0.90911905

00:10:41.510 --> 00:10:42.630 you run into problems,

NOTE Confidence: 0.90911905

00:10:42.630 --> 00:10:44.362 because then there's resistance

NOTE Confidence: 0.90911905

00:10:44.362 --> 00:10:47.240 and the potential for a process of.

NOTE Confidence: 0.90911905

00:10:47.240 --> 00:10:48.624 Conflict escalation,

NOTE Confidence: 0.90911905

00:10:48.624 --> 00:10:50.700 sometimes even aggression,

NOTE Confidence: 0.90911905

00:10:50.700 --> 00:10:53.406 and so we focus on modifying

NOTE Confidence: 0.90911905

00:10:53.406 --> 00:10:55.210 the parents own behavior.

NOTE Confidence: 0.90911905

00:10:55.210 --> 00:10:56.970 And it turns out that when parents are

NOTE Confidence: 0.90911905

00:10:56.970 --> 00:10:58.990 able to make some changes in how they

NOTE Confidence: 0.90911905

00:10:58.990 --> 00:11:00.730 are responding to their anxious child,

NOTE Confidence: 0.90911905

00:11:00.730 --> 00:11:02.698 we can lead to really significant

NOTE Confidence: 0.90911905

00:11:02.698 --> 00:11:04.740 changes in the child themselves,

NOTE Confidence: 0.90911905

00:11:04.740 --> 00:11:06.792 even without the need for direct

NOTE Confidence: 0.90911905

00:11:06.792 --> 00:11:07.476 child therapy.

NOTE Confidence: 0.90911905

00:11:07.480 --> 00:11:09.928 And without that risk of conflict

NOTE Confidence: 0.90911905

00:11:09.928 --> 00:11:10.744 and escalation,

NOTE Confidence: 0.90911905

00:11:10.750 --> 00:11:12.829 and while maintaining a warm and loving

NOTE Confidence: 0.90911905

00:11:12.829 --> 00:11:14.569 and supportive attitude toward the child,

NOTE Confidence: 0.90911905

00:11:14.570 --> 00:11:18.490 so we don't have a lot of time, but.

NOTE Confidence: 0.90911905

00:11:18.490 --> 00:11:21.136 I guess I'm going to try to distill what

NOTE Confidence: 0.90911905

00:11:21.136 --> 00:11:23.649 happens in space into these two key points,

NOTE Confidence: 0.90911905

00:11:23.650 --> 00:11:25.603 each of which reflect one of the

NOTE Confidence: 0.90911905

00:11:25.603 --> 00:11:27.239 changes that parents learn to make.

NOTE Confidence: 0.90911905

00:11:27.240 --> 00:11:27.960 One is,

NOTE Confidence: 0.90911905

00:11:27.960 --> 00:11:30.120 parents learn to be more supportive

NOTE Confidence: 0.90911905

00:11:30.120 --> 00:11:32.420 in response to their anxious child,

NOTE Confidence: 0.90911905

00:11:32.420 --> 00:11:34.814 and the other is to reduce their

NOTE Confidence: 0.90911905

00:11:34.814 --> 00:11:35.840 accommodating behaviors and

NOTE Confidence: 0.90911905

00:11:35.899 --> 00:11:37.039 by support in space,

NOTE Confidence: 0.948891892

00:11:37.040 --> 00:11:40.166 what we mean is an integration

NOTE Confidence: 0.948891892

00:11:40.166 --> 00:11:42.250 of acceptance and confidence,

NOTE Confidence: 0.948891892

00:11:42.250 --> 00:11:45.309 and so parents learn to express acceptance,

NOTE Confidence: 0.948891892

00:11:45.310 --> 00:11:47.220 meaning to convey acknowledgement and

NOTE Confidence: 0.948891892

00:11:47.220 --> 00:11:49.670 validation of the child's genuine distress.

NOTE Confidence: 0.948891892

00:11:49.670 --> 00:11:51.884 And confidence in their child's ability

NOTE Confidence: 0.948891892

00:11:51.884 --> 00:11:53.879 to tolerate some distress to cope,

NOTE Confidence: 0.948891892

00:11:53.880 --> 00:11:57.408 get through it, and ultimately be OK.

NOTE Confidence: 0.948891892

00:11:57.410 --> 00:11:59.540 Neither one of those things is

NOTE Confidence: 0.948891892

00:11:59.540 --> 00:12:01.378 necessarily intuitive to parents or

NOTE Confidence: 0.948891892

00:12:01.378 --> 00:12:03.538 particularly common in how parents are

NOTE Confidence: 0.948891892

00:12:03.538 --> 00:12:05.640 actually responding to anxious children.

NOTE Confidence: 0.948891892

00:12:05.640 --> 00:12:08.000 Often we respond without validation,

NOTE Confidence: 0.948891892

00:12:08.000 --> 00:12:10.144 like an anxious child says I'm scared or

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NOTE Confidence: 0.948891892

00:12:10.144 --> 00:12:12.450 it's frightening, and we say no, it's not.

NOTE Confidence: 0.948891892

00:12:12.450 --> 00:12:14.118 We don't mean to invalidate them,

NOTE Confidence: 0.948891892

00:12:14.120 --> 00:12:15.855 but we are essentially communicating

NOTE Confidence: 0.948891892

00:12:15.855 --> 00:12:17.965 that they either don't or shouldn't

NOTE Confidence: 0.948891892

00:12:17.965 --> 00:12:19.837 be feeling what they do feel.

NOTE Confidence: 0.948891892

00:12:19.840 --> 00:12:22.036 And confidence is not always there.

NOTE Confidence: 0.948891892

00:12:22.040 --> 00:12:23.680 Many children will grow up

NOTE Confidence: 0.948891892

00:12:23.680 --> 00:12:24.336 hearing themselves,

NOTE Confidence: 0.948891892

00:12:24.340 --> 00:12:26.308 explicitly described as children

NOTE Confidence: 0.948891892

00:12:26.308 --> 00:12:28.768 who can't handle anxiety who

NOTE Confidence: 0.948891892

00:12:28.768 --> 00:12:31.428 fall apart in the face of stress.

NOTE Confidence: 0.948891892

00:12:31.430 --> 00:12:33.418 And so those are the two big

NOTE Confidence: 0.948891892

00:12:33.418 --> 00:12:34.928 changes becoming more supportive

NOTE Confidence: 0.948891892

00:12:34.928 --> 00:12:36.719 and systematically identifying,

NOTE Confidence: 0.948891892

00:12:36.720 --> 00:12:40.860 monitoring and reducing the accommodations.

NOTE Confidence: 0.948891892

00:12:40.860 --> 00:12:42.988 Now, I'm not going to go deeper

NOTE Confidence: 0.948891892

00:12:42.988 --> 00:12:43.900 into the treatment.

NOTE Confidence: 0.948891892

00:12:43.900 --> 00:12:46.980 I thought I would share a really brief

NOTE Confidence: 0.948891892

00:12:46.980 --> 00:12:50.036 video clip taken from a news article

NOTE Confidence: 0.948891892

00:12:50.036 --> 00:12:52.560 made about space that captures one

NOTE Confidence: 0.948891892

00:12:52.560 --> 00:12:54.840 family's experience in our program.

NOTE Confidence: 0.948891892

00:12:54.840 --> 00:12:57.336 So let's all keep our fingers

NOTE Confidence: 0.948891892

00:12:57.336 --> 00:12:58.584 crossed right now.

NOTE Confidence: 0.948891892

00:12:58.590 --> 00:13:00.410 We let's say.

NOTE Confidence: 0.977070721666667

00:13:05.230 --> 00:13:07.010 Bedtime for some families can

NOTE Confidence: 0.977070721666667

00:13:07.010 --> 00:13:09.062 become a struggle, but when the

NOTE Confidence: 0.977070721666667

00:13:09.062 --> 00:13:10.930 goodnight routine for Nicole Murphy,

NOTE Confidence: 0.977070721666667

00:13:10.930 --> 00:13:14.380 Sun began to stretch for up to three hours,

NOTE Confidence: 0.977070721666667

00:13:14.380 --> 00:13:16.120 she knew she needed help

NOTE Confidence: 0.977070721666667

00:13:16.120 --> 00:13:18.250 with his separation anxiety.

NOTE Confidence: 0.977070721666667

00:13:18.250 --> 00:13:21.064 His little mind was always racing non-stop,

NOTE Confidence: 0.977070721666667

00:13:21.070 --> 00:13:22.064 so it was kind of hard for

NOTE Confidence: 0.977070721666667

00:13:22.070 --> 00:13:23.030 him to shut that off.

NOTE Confidence: 0.977070721666667

00:13:23.030 --> 00:13:24.920 I think Eli Lebowitz and his

NOTE Confidence: 0.977070721666667

00:13:24.920 --> 00:13:27.027 colleagues at the Yale Child Study

NOTE Confidence: 0.977070721666667

00:13:27.027 --> 00:13:29.373 Center developed a method of training

NOTE Confidence: 0.977070721666667

00:13:29.373 --> 00:13:31.758 parents to support anxious children.

NOTE Confidence: 0.977070721666667

00:13:31.758 --> 00:13:33.600 It's called space

NOTE Confidence: 0.952526225

00:13:33.630 --> 00:13:35.710 or supportive parenting for

NOTE Confidence: 0.952526225

00:13:35.710 --> 00:13:37.750 anxious childhood emotions.

NOTE Confidence: 0.952526225

00:13:37.750 --> 00:13:39.736 Parents go through training to help

NOTE Confidence: 0.952526225

00:13:39.736 --> 00:13:42.380 their child face anxiety. Leibowitz

NOTE Confidence: 0.953607578571429

00:13:42.390 --> 00:13:44.399 says the first step is to show

NOTE Confidence: 0.9430795725

00:13:44.410 --> 00:13:46.770 support and not downplay

NOTE Confidence: 0.9430795725

00:13:46.770 --> 00:13:48.490 what their child is feeling.

NOTE Confidence: 0.9430795725

00:13:48.490 --> 00:13:51.297 I get it. This is really hard,

NOTE Confidence: 0.9430795725

00:13:51.300 --> 00:13:53.505 but I know you can handle it.

NOTE Confidence: 0.9430795725

00:13:53.510 --> 00:13:54.615 Leibowitz says.

NOTE Confidence: 0.9430795725

00:13:54.615 --> 00:13:56.685 Parents also learn to help their

NOTE Confidence: 0.9430795725

00:13:56.685 --> 00:13:59.160 child by not accommodating them. For

NOTE Confidence: 0.89753828

00:13:59.170 --> 00:14:01.558 example, a parent who would limit

NOTE Confidence: 0.89753828

00:14:01.558 --> 00:14:03.102 visitors for a child who gets.

NOTE Confidence: 0.89753828

00:14:03.102 --> 00:14:04.926 Anxious around strangers or speaks

NOTE Confidence: 0.89753828

00:14:04.926 --> 00:14:07.645 for a child who gets nervous speaking

NOTE Confidence: 0.89753828

00:14:07.645 --> 00:14:11.070 learns not to take those steps in a

NOTE Confidence: 0.89753828

00:14:11.070 --> 00:14:13.625 study of 124 kids and their parents.

NOTE Confidence: 0.89753828

00:14:13.625 --> 00:14:14.720 The Yale researchers

NOTE Confidence: 0.97095734

00:14:14.730 --> 00:14:16.910 examined whether the space intervention

NOTE Confidence: 0.952691594285714

00:14:16.920 --> 00:14:18.632 was effective in treating

NOTE Confidence: 0.952691594285714

00:14:18.632 --> 00:14:19.916 children's anxiety even

NOTE Confidence: 0.935359555555556

00:14:19.930 --> 00:14:21.928 though the children never met directly

NOTE Confidence: 0.935359555555556

00:14:21.928 --> 00:14:23.888 with the therapist and all the

NOTE Confidence: 0.935359555555556

00:14:23.888 --> 00:14:25.604 work was done through the parents,

NOTE Confidence: 0.935359555555556

00:14:25.610 --> 00:14:27.818 we found that space was just

NOTE Confidence: 0.935359555555556

00:14:27.818 --> 00:14:30.604 as effective as CBT in treating

NOTE Confidence: 0.935359555555556

00:14:30.604 --> 00:14:32.446 childhood anxiety disorders.

NOTE Confidence: 0.936916851666667

00:14:33.010 --> 00:14:34.755 The Murphys used the techniques

NOTE Confidence: 0.936916851666667

00:14:34.755 --> 00:14:36.500 learned through space to coach

NOTE Confidence: 0.936916851666667

00:14:36.563 --> 00:14:37.910 their son through bedtime.

NOTE Confidence: 0.936916851666667

00:14:37.910 --> 00:14:40.725 Within a few weeks he was

NOTE Confidence: 0.936916851666667

00:14:40.725 --> 00:14:43.120 falling asleep in 30 minutes.

NOTE Confidence: 0.936916851666667

00:14:43.120 --> 00:14:44.712 It was like life changing. Honestly.

NOTE Confidence: 0.936916851666667

00:14:44.712 --> 00:14:46.390 I'm Nancy Alvarez reporting.

NOTE Confidence: 0.886259062173913

00:14:50.200 --> 00:14:51.364 It's a nice example,

NOTE Confidence: 0.886259062173913

00:14:51.364 --> 00:14:53.848 though of how even a two or three

NOTE Confidence: 0.886259062173913

00:14:53.848 --> 00:14:55.528 minute video can introduce parents

NOTE Confidence: 0.886259062173913

00:14:55.528 --> 00:14:57.769 to a new kind of treatment.

NOTE Confidence: 0.886259062173913

00:14:57.770 --> 00:15:00.515 This has aired in every state in the country,

NOTE Confidence: 0.886259062173913

00:15:00.520 --> 00:15:02.664 and so a lot of people can discover

NOTE Confidence: 0.886259062173913

00:15:02.664 --> 00:15:04.269 another treatment option that they

NOTE Confidence: 0.886259062173913

00:15:04.269 --> 00:15:05.625 otherwise wouldn't know about.

NOTE Confidence: 0.886259062173913

00:15:05.630 --> 00:15:09.494 Now this is a data taken from the

NOTE Confidence: 0.886259062173913

00:15:09.494 --> 00:15:12.980 clinical trial mentioned in that video,

NOTE Confidence: 0.886259062173913

00:15:12.980 --> 00:15:14.312 and as you heard,

NOTE Confidence: 0.886259062173913

00:15:14.312 --> 00:15:16.310 what we found was essentially complete

NOTE Confidence: 0.886259062173913

00:15:16.369 --> 00:15:18.449 non inferiority for space relative.

NOTE Confidence: 0.886259062173913

00:15:18.450 --> 00:15:21.146 CBT both in terms of response to the

NOTE Confidence: 0.886259062173913

00:15:21.146 --> 00:15:23.716 treatment and also in terms of remission,

NOTE Confidence: 0.886259062173913

00:15:23.720 --> 00:15:25.624 but alongside establishing the

NOTE Confidence: 0.886259062173913

00:15:25.624 --> 00:15:27.528 efficacy of the treatment,

NOTE Confidence: 0.886259062173913

00:15:27.530 --> 00:15:29.795 another goal of really major

NOTE Confidence: 0.886259062173913

00:15:29.795 --> 00:15:31.607 importance is identifying the

NOTE Confidence: 0.886259062173913

00:15:31.607 --> 00:15:33.569 moderators of treatment outcomes.

00:15:33.570 --> 00:15:34.416 In other words,

00:15:34.416 --> 00:15:36.589 if we can figure out who are the

00:15:36.589 --> 00:15:38.107 children who respond best to a

00:15:38.107 --> 00:15:39.554 parent based treatment like space

00:15:39.554 --> 00:15:41.652 and who are the children who respond

00:15:41.652 --> 00:15:43.668 best to a child based treatment

00:15:43.668 --> 00:15:45.166 like cognitive behavioral therapy,

00:15:45.166 --> 00:15:48.568 we might be able to supercharge the.

00:15:48.570 --> 00:15:49.088 Overall,

00:15:49.088 --> 00:15:52.196 efficacy of our treatments and that

00:15:52.196 --> 00:15:56.027 was the goal in another study with a.

00:15:56.030 --> 00:15:58.298 Really brilliant Israeli psychologist

00:15:58.298 --> 00:16:00.566 faults Eagleville Manoe where

00:16:00.566 --> 00:16:02.429 we analyze the data.

00:16:02.430 --> 00:16:05.580 I'm used a random forest method of

00:16:05.580 --> 00:16:08.888 machine learning to try to examine

00:16:08.888 --> 00:16:11.388 endless combinations of baseline

00:16:11.388 --> 00:16:14.429 characteristics to identify the pathways,

00:16:14.430 --> 00:16:16.190 the combinations that really

00:16:16.190 --> 00:16:17.950 predict best differential outcome

00:16:17.950 --> 00:16:19.840 for the two treatments.

00:16:19.840 --> 00:16:22.168 This is published in JCP and

00:16:22.168 --> 00:16:24.690 some of what we found was,

00:16:24.690 --> 00:16:27.450 I think, more intuitively.

00:16:27.450 --> 00:16:28.830 Guessable like.

00:16:28.830 --> 00:16:30.438 Parental negativity, the other

00:16:30.438 --> 00:16:32.850 variables a little bit less obvious,

00:16:32.850 --> 00:16:34.038 even biological variable.

00:16:34.038 --> 00:16:35.226 So for example,

00:16:35.230 --> 00:16:36.995 salivary levels of oxytocin in

00:16:36.995 --> 00:16:39.227 both the children and the mothers

NOTE Confidence: 0.886259062173913

00:16:39.227 --> 00:16:41.645 ended up interacting with the other

NOTE Confidence: 0.886259062173913

00:16:41.645 --> 00:16:43.355 variables to predict differential

NOTE Confidence: 0.886259062173913

00:16:43.355 --> 00:16:45.830 outcomes for space and CBT,

NOTE Confidence: 0.886259062173913

00:16:45.830 --> 00:16:47.882 and that did not take us

NOTE Confidence: 0.886259062173913

00:16:47.882 --> 00:16:48.908 completely by surprise.

NOTE Confidence: 0.886259062173913

00:16:48.910 --> 00:16:50.310 We've been interested in oxytocin

NOTE Confidence: 0.886259062173913

00:16:50.310 --> 00:16:51.970 for quite a few years now,

NOTE Confidence: 0.886259062173913

00:16:51.970 --> 00:16:54.424 and have been measuring it in

NOTE Confidence: 0.886259062173913

00:16:54.424 --> 00:16:56.691 kids and mothers because of the

NOTE Confidence: 0.886259062173913

00:16:56.691 --> 00:16:57.969 deep implication of oxytocin,

NOTE Confidence: 0.886259062173913

00:16:57.969 --> 00:16:58.968 the way it's.

NOTE Confidence: 0.886259062173913

00:16:58.970 --> 00:17:02.498 Implicated in both anxiety regulation and

NOTE Confidence: 0.886259062173913

00:17:02.498 --> 00:17:05.620 close interpersonal and affiliative behavior.

NOTE Confidence: 0.886259062173913

00:17:05.620 --> 00:17:08.012 And when you think about the way that

NOTE Confidence: 0.886259062173913

00:17:08.012 --> 00:17:09.460 we're really conceptualizing anxiety

NOTE Confidence: 0.886259062173913

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00:17:09.460 --> 00:17:11.824 in children as a phenomenon that

NOTE Confidence: 0.886259062173913

00:17:11.824 --> 00:17:14.461 exists at the intersection of fear

NOTE Confidence: 0.886259062173913

00:17:14.461 --> 00:17:16.686 and attachment and interpersonal behavior,

NOTE Confidence: 0.886259062173913

00:17:16.690 --> 00:17:17.990 it's maybe not that surprising,

NOTE Confidence: 0.886259062173913

00:17:17.990 --> 00:17:20.501 but it's kind of cool to see it being

NOTE Confidence: 0.886259062173913

00:17:20.501 --> 00:17:22.160 selected by this machine learning

NOTE Confidence: 0.886259062173913

00:17:22.160 --> 00:17:24.800 algorithm as one of those key variables.

NOTE Confidence: 0.886259062173913

00:17:24.800 --> 00:17:26.928 I think it takes us its preliminary needs,

NOTE Confidence: 0.886259062173913

00:17:26.930 --> 00:17:28.070 replication etc,

NOTE Confidence: 0.886259062173913

00:17:28.070 --> 00:17:33.230 but takes us one step closer to the.

NOTE Confidence: 0.886259062173913

00:17:33.230 --> 00:17:34.550 Holy Grail in a sense,

NOTE Confidence: 0.886259062173913

00:17:34.550 --> 00:17:37.644 the the long sought after but still

NOTE Confidence: 0.886259062173913

00:17:37.644 --> 00:17:40.597 quite distant goal of bringing a

NOTE Confidence: 0.886259062173913

00:17:40.597 --> 00:17:43.172 precision medicine model to anxiety

NOTE Confidence: 0.886259062173913

00:17:43.172 --> 00:17:46.007 treatment and to a day when we

NOTE Confidence: 0.886259062173913

00:17:46.007 --> 00:17:48.255 might be able to actually integrate

NOTE Confidence: 0.886259062173913

00:17:48.255 --> 00:17:50.355 behavioral biological variables to

NOTE Confidence: 0.886259062173913

00:17:50.355 --> 00:17:52.980 inform clinical decision making and

NOTE Confidence: 0.886259062173913

00:17:53.047 --> 00:17:57.550 prescription. Now in. Recent years.

NOTE Confidence: 0.824952738

00:18:00.170 --> 00:18:02.270 And this is really a.

NOTE Confidence: 0.824952738

00:18:02.270 --> 00:18:03.974 Favorite collaboration for me

NOTE Confidence: 0.824952738

00:18:03.974 --> 00:18:06.104 with Dillon Gee from psychology.

NOTE Confidence: 0.824952738

00:18:06.110 --> 00:18:08.616 We've also been working to try to

NOTE Confidence: 0.824952738

00:18:08.616 --> 00:18:11.019 understand and learn more about the

NOTE Confidence: 0.824952738

00:18:11.019 --> 00:18:13.109 mechanisms through which space is

NOTE Confidence: 0.824952738

00:18:13.109 --> 00:18:15.678 bringing about the clinical improvement.

NOTE Confidence: 0.824952738

00:18:15.680 --> 00:18:18.312 And this aligns well with NIH's

NOTE Confidence: 0.824952738

00:18:18.312 --> 00:18:20.772 priorities of establishing not only

NOTE Confidence: 0.824952738

00:18:20.772 --> 00:18:22.740 efficacy for novel therapeutics,

NOTE Confidence: 0.824952738

00:18:22.740 --> 00:18:25.170 but also establishing the targets and

NOTE Confidence: 0.824952738

00:18:25.170 --> 00:18:27.160 mechanisms through which they work.

NOTE Confidence: 0.824952738

00:18:27.160 --> 00:18:28.560 And so we've been conducting

NOTE Confidence: 0.824952738

00:18:28.560 --> 00:18:29.680 clinical trials of space,

NOTE Confidence: 0.824952738

00:18:29.680 --> 00:18:31.192 but integrating brain imaging

NOTE Confidence: 0.824952738

00:18:31.192 --> 00:18:33.460 using F MRI before and after

NOTE Confidence: 0.824952738

00:18:33.532 --> 00:18:35.956 treatment to learn about what is

NOTE Confidence: 0.824952738

00:18:35.956 --> 00:18:38.047 changing in children's brains as

NOTE Confidence: 0.824952738

00:18:38.047 --> 00:18:40.057 parents go through this treatment.

NOTE Confidence: 0.824952738

00:18:40.060 --> 00:18:42.751 And we use a novel twist on a well

NOTE Confidence: 0.824952738

00:18:42.751 --> 00:18:44.619 established brain imaging paradigm.

NOTE Confidence: 0.824952738

00:18:44.620 --> 00:18:45.620 So instead of having.

NOTE Confidence: 0.824952738

00:18:45.620 --> 00:18:47.650 Just a child in the scanner and you

NOTE Confidence: 0.824952738

00:18:47.650 --> 00:18:49.295 show them some images and some of

NOTE Confidence: 0.824952738

00:18:49.295 --> 00:18:51.242 them are more fear inducing and you

NOTE Confidence: 0.824952738

00:18:51.242 --> 00:18:52.672 look at their amygdala, reactivity,

NOTE Confidence: 0.824952738

00:18:52.672 --> 00:18:54.604 and the connectivity of the amygdala,

NOTE Confidence: 0.824952738

00:18:54.610 --> 00:18:56.750 with regions like the medial

NOTE Confidence: 0.824952738

00:18:56.750 --> 00:18:57.606 prefrontal cortex.

NOTE Confidence: 0.824952738

00:18:57.610 --> 00:18:59.370 Instead of doing just that,

NOTE Confidence: 0.824952738

00:18:59.370 --> 00:19:01.057 we do it but with A twist,

NOTE Confidence: 0.824952738

00:19:01.060 --> 00:19:02.845 which is we scan each child twice,

NOTE Confidence: 0.824952738

00:19:02.850 --> 00:19:04.524 once when they're alone and once

NOTE Confidence: 0.824952738

00:19:04.524 --> 00:19:06.257 when their mother is standing right

NOTE Confidence: 0.824952738

00:19:06.257 --> 00:19:08.210 next to them and holding their hand

NOTE Confidence: 0.824952738

00:19:08.210 --> 00:19:10.130 so that we can get some indicator

NOTE Confidence: 0.824952738

00:19:10.130 --> 00:19:13.290 of how much this child is reliant on

NOTE Confidence: 0.824952738

00:19:13.376 --> 00:19:15.821 parental proximity and contact for

NOTE Confidence: 0.824952738

00:19:15.821 --> 00:19:18.810 fear regulation at the brain level.

NOTE Confidence: 0.824952738

00:19:18.810 --> 00:19:20.994 And by doing that both before

NOTE Confidence: 0.824952738

00:19:20.994 --> 00:19:22.086 and after treatment,

NOTE Confidence: 0.824952738

00:19:22.090 --> 00:19:24.964 we can learn about how these

NOTE Confidence: 0.824952738

00:19:24.964 --> 00:19:27.540 treatments are working now one phase.

NOTE Confidence: 0.824952738

00:19:27.540 --> 00:19:29.520 Of this study is actually complete,

NOTE Confidence: 0.824952738

00:19:29.520 --> 00:19:33.424 and there we compared space to a parent

NOTE Confidence: 0.824952738

00:19:33.424 --> 00:19:35.880 based psychoeducational control condition,

NOTE Confidence: 0.824952738

00:19:35.880 --> 00:19:38.898 which we nicknamed.

NOTE Confidence: 0.824952738

00:19:38.898 --> 00:19:40.910 PS and.

NOTE Confidence: 0.824952738

00:19:40.910 --> 00:19:42.370 We're learning a lot,

NOTE Confidence: 0.824952738

00:19:42.370 --> 00:19:45.054 but we did run into some interference

NOTE Confidence: 0.824952738

00:19:45.054 --> 00:19:48.366 in doing this study in the form of

NOTE Confidence: 0.824952738

00:19:48.370 --> 00:19:50.239 everybody's favorite coronavirus.

NOTE Confidence: 0.928031672666667

00:19:52.330 --> 00:19:54.874 I think one of our worst days was

NOTE Confidence: 0.928031672666667

00:19:54.874 --> 00:19:57.606 when we all went into lockdown and

NOTE Confidence: 0.928031672666667

00:19:57.610 --> 00:20:00.172 realized that we have 20 plus children

NOTE Confidence: 0.928031672666667

00:20:00.172 --> 00:20:02.755 actively in treatment who all had their

NOTE Confidence: 0.928031672666667

00:20:02.755 --> 00:20:04.879 pretreatment brain scans and we're going

NOTE Confidence: 0.928031672666667

00:20:04.945 --> 00:20:07.069 through treatment and wouldn't be able

NOTE Confidence: 0.928031672666667

00:20:07.069 --> 00:20:09.074 to complete all the study procedures.

NOTE Confidence: 0.928031672666667

00:20:09.074 --> 00:20:12.251 And I do realize that that is a small thing

NOTE Confidence: 0.928031672666667

00:20:12.251 --> 00:20:14.579 relative to global impacts of pandemics,

NOTE Confidence: 0.928031672666667

00:20:14.580 --> 00:20:17.804 but it was kind of heartbreaking for us.

NOTE Confidence: 0.928031672666667

00:20:17.810 --> 00:20:18.662 We quickly adapted.

NOTE Confidence: 0.928031672666667

00:20:18.662 --> 00:20:20.650 We went to doing treatment over zoom,

NOTE Confidence: 0.928031672666667

00:20:20.650 --> 00:20:22.198 which had been an option even

NOTE Confidence: 0.928031672666667

00:20:22.198 --> 00:20:23.936 previously so no child didn't complete

NOTE Confidence: 0.928031672666667

00:20:23.936 --> 00:20:25.566 their treatment because of it,

NOTE Confidence: 0.928031672666667

00:20:25.570 --> 00:20:27.694 and we even got clinical measures

NOTE Confidence: 0.928031672666667

00:20:27.694 --> 00:20:29.430 over zoom and Qualtrics etc.

NOTE Confidence: 0.928031672666667

00:20:29.430 --> 00:20:32.166 But all of our efforts to do brain

NOTE Confidence: 0.928031672666667

00:20:32.166 --> 00:20:34.748 imaging over zoom resulted in failure,

NOTE Confidence: 0.928031672666667

00:20:34.750 --> 00:20:37.640 and so we did end up with a smaller data

NOTE Confidence: 0.928031672666667

00:20:37.713 --> 00:20:40.591 set in terms of the neurology then or

NOTE Confidence: 0.928031672666667

00:20:40.591 --> 00:20:43.117 neurobiology than we would have liked.

NOTE Confidence: 0.928031672666667

00:20:43.120 --> 00:20:44.825 Still, we're using that data

NOTE Confidence: 0.928031672666667

00:20:44.825 --> 00:20:47.417 and learning what we can and so

NOTE Confidence: 0.928031672666667

00:20:47.417 --> 00:20:49.049 for example looking clinically.

NOTE Confidence: 0.928031672666667

00:20:49.050 --> 00:20:51.035 We see significantly greater reduction

NOTE Confidence: 0.928031672666667

00:20:51.035 --> 00:20:53.020 in child anxiety severity following

NOTE Confidence: 0.928031672666667

00:20:53.081 --> 00:20:54.931 space relative to the educational

NOTE Confidence: 0.928031672666667

00:20:54.931 --> 00:20:57.093 support condition you're looking at the

NOTE Confidence: 0.928031672666667

00:20:57.093 --> 00:20:59.093 same data on both sides of that slide,

NOTE Confidence: 0.928031672666667

00:20:59.100 --> 00:21:01.460 so you can choose if you like lines or bars,

NOTE Confidence: 0.928031672666667

00:21:01.460 --> 00:21:03.624 and likewise significantly more

NOTE Confidence: 0.928031672666667

00:21:03.624 --> 00:21:05.788 reduction in family accommodation.

NOTE Confidence: 0.928031672666667

00:21:05.790 --> 00:21:07.840 Following space, as I mentioned,

NOTE Confidence: 0.928031672666667

00:21:07.840 --> 00:21:09.611 we ended up with less brain data

NOTE Confidence: 0.928031672666667

00:21:09.611 --> 00:21:11.039 than we would have liked,

NOTE Confidence: 0.928031672666667

00:21:11.040 --> 00:21:14.040 but we were able to show

NOTE Confidence: 0.928031672666667

00:21:14.040 --> 00:21:15.540 that following space,

NOTE Confidence: 0.928031672666667

00:21:15.540 --> 00:21:17.544 the difference between the

NOTE Confidence: 0.928031672666667

00:21:17.544 --> 00:21:19.047 child's response when.

NOTE Confidence: 0.928031672666667

00:21:19.050 --> 00:21:21.899 They are alone and when the mother

NOTE Confidence: 0.928031672666667

00:21:21.899 --> 00:21:24.286 is there really went away so

NOTE Confidence: 0.928031672666667

00:21:24.286 --> 00:21:26.452 that we no longer see more.

NOTE Confidence: 0.928031672666667

00:21:26.460 --> 00:21:29.493 I guess you could say we no longer see

NOTE Confidence: 0.928031672666667

00:21:29.493 --> 00:21:32.210 their reliance on the parents proximity

NOTE Confidence: 0.928031672666667

00:21:32.210 --> 00:21:35.767 for fear regulation at the brain level and

NOTE Confidence: 0.928031672666667

00:21:35.767 --> 00:21:38.731 that was after space and not so after PS.

NOTE Confidence: 0.928031672666667

00:21:38.731 --> 00:21:40.570 So I think that is really

NOTE Confidence: 0.928031672666667

00:21:40.570 --> 00:21:42.690 interesting in terms of.

NOTE Confidence: 0.928031672666667

00:21:42.690 --> 00:21:44.642 Hey just having some.

NOTE Confidence: 0.928031672666667

00:21:44.642 --> 00:21:47.570 Pre and post treatment imaging data,

NOTE Confidence: 0.928031672666667

00:21:47.570 --> 00:21:49.412 which is kind of unique in

NOTE Confidence: 0.928031672666667

00:21:49.412 --> 00:21:50.640 the child anxiety world,

NOTE Confidence: 0.928031672666667

00:21:50.640 --> 00:21:53.646 but more specifically about how space

NOTE Confidence: 0.928031672666667

00:21:53.646 --> 00:21:56.720 is bringing about those changes now.

NOTE Confidence: 0.928031672666667

00:21:56.720 --> 00:21:58.935 In one attempt,

NOTE Confidence: 0.928031672666667

00:21:58.935 --> 00:22:01.510 I think to make some.

NOTE Confidence: 0.928031672666667

00:22:01.510 --> 00:22:03.820 Lemonade out of some very sour lemons

NOTE Confidence: 0.928031672666667

00:22:03.820 --> 00:22:05.959 that Kovid had served up for us.

NOTE Confidence: 0.928031672666667

00:22:05.960 --> 00:22:07.967 We did realize that we had a kind of

NOTE Confidence: 0.928031672666667

00:22:07.967 --> 00:22:10.025 unique data set because we had scanned

NOTE Confidence: 0.928031672666667

00:22:10.025 --> 00:22:11.941 all these children before the pandemic

NOTE Confidence: 0.928031672666667

00:22:11.941 --> 00:22:13.969 and had been following them clinically,

NOTE Confidence: 0.928031672666667

00:22:13.970 --> 00:22:14.866 and so we thought.

NOTE Confidence: 0.928031672666667

00:22:14.866 --> 00:22:16.210 What could we learn from that?

NOTE Confidence: 0.928031672666667

00:22:16.210 --> 00:22:18.898 And here I want to highlight the

NOTE Confidence: 0.928031672666667

00:22:18.898 --> 00:22:21.488 work of Elizabeth Kit in Dillons Lab

NOTE Confidence: 0.928031672666667

00:22:21.488 --> 00:22:23.972 who took the lead on this and what

NOTE Confidence: 0.928031672666667

00:22:23.972 --> 00:22:26.251 we're showing here is that children

NOTE Confidence: 0.928031672666667

00:22:26.251 --> 00:22:28.406 whose mothers buffered their anxiety

NOTE Confidence: 0.928031672666667

00:22:28.406 --> 00:22:30.149 response before COVID disrupted

NOTE Confidence: 0.928031672666667

00:22:30.149 --> 00:22:32.585 their lives were also more buffered.

NOTE Confidence: 0.928031672666667

00:22:32.590 --> 00:22:33.010 Next,

NOTE Confidence: 0.928031672666667

00:22:33.010 --> 00:22:35.530 we impacts of exposure to COVID

NOTE Confidence: 0.928031672666667

00:22:35.530 --> 00:22:38.356 related stress on their anxiety levels

NOTE Confidence: 0.928031672666667

00:22:38.356 --> 00:22:40.836 as they're living through this,

NOTE Confidence: 0.928031672666667

00:22:40.840 --> 00:22:43.933 you know the lockdowns and pandemic etc.

NOTE Confidence: 0.928031672666667

00:22:43.933 --> 00:22:46.840 And finally, before I move on.

NOTE Confidence: 0.928865322142857

00:22:49.480 --> 00:22:51.671 In another example of ways in which

NOTE Confidence: 0.928865322142857

00:22:51.671 --> 00:22:53.598 we're harnessing this kind of data too.

NOTE Confidence: 0.928865322142857

00:22:53.600 --> 00:22:55.715 Learn more about the intergenerational

NOTE Confidence: 0.928865322142857

00:22:55.715 --> 00:22:56.984 cross generational effects

NOTE Confidence: 0.928865322142857

00:22:56.984 --> 00:22:58.780 in anxiety and here really,

NOTE Confidence: 0.928865322142857

00:22:58.780 --> 00:23:00.355 with the generous support of

NOTE Confidence: 0.928865322142857

00:23:00.355 --> 00:23:02.490 one of the child study centers,

NOTE Confidence: 0.928865322142857

00:23:02.490 --> 00:23:06.498 devoted associates were also.

NOTE Confidence: 0.928865322142857

00:23:06.500 --> 00:23:08.392 Collecting brain imaging from

NOTE Confidence: 0.928865322142857

00:23:08.392 --> 00:23:10.757 mothers of the anxious children.

NOTE Confidence: 0.928865322142857

00:23:10.760 --> 00:23:13.140 This is also very disrupted by COVID,

NOTE Confidence: 0.928865322142857

00:23:13.140 --> 00:23:14.514 but in an example of the

NOTE Confidence: 0.928865322142857

00:23:14.514 --> 00:23:15.840 kind of things we're seeing,

NOTE Confidence: 0.928865322142857

00:23:15.840 --> 00:23:18.297 we see that mothers of more anxious

NOTE Confidence: 0.928865322142857

00:23:18.297 --> 00:23:20.402 children are also showing themselves

NOTE Confidence: 0.928865322142857

00:23:20.402 --> 00:23:23.336 greater amygdala reactivity to a similar

NOTE Confidence: 0.928865322142857

00:23:23.340 --> 00:23:25.657 to a similar task in the scanner.

NOTE Confidence: 0.928865322142857

00:23:25.660 --> 00:23:26.413 Alright, with that,

NOTE Confidence: 0.928865322142857

00:23:26.413 --> 00:23:28.515 I'm really going to move into the newer

NOTE Confidence: 0.928865322142857

00:23:28.515 --> 00:23:29.960 expansions and adaptations that were

NOTE Confidence: 0.928865322142857

00:23:29.960 --> 00:23:31.964 supposed to be the bulk of the time

NOTE Confidence: 0.928865322142857

00:23:31.964 --> 00:23:36.128 for this talk, but I do want to say that.

NOTE Confidence: 0.928865322142857

00:23:36.130 --> 00:23:37.330 The work in those areas,

NOTE Confidence: 0.928865322142857

00:23:37.330 --> 00:23:39.778 the RFID etc is much newer.

NOTE Confidence: 0.928865322142857

00:23:39.780 --> 00:23:40.800 It's less.

NOTE Confidence: 0.928865322142857

00:23:40.800 --> 00:23:43.350 Fully baked, it's less mature.

NOTE Confidence: 0.928865322142857

00:23:43.350 --> 00:23:44.946 The evidence base is last mature.

NOTE Confidence: 0.928865322142857

00:23:44.950 --> 00:23:46.574 I wanted to talk about it 'cause

NOTE Confidence: 0.928865322142857

00:23:46.574 --> 00:23:48.351 I find it really exciting and

NOTE Confidence: 0.928865322142857

00:23:48.351 --> 00:23:50.061 invigorating and also reflects the

NOTE Confidence: 0.928865322142857

00:23:50.061 --> 00:23:52.240 work of some amazing team members.

NOTE Confidence: 0.928865322142857

00:23:52.240 --> 00:23:54.599 But bear in mind that while the

NOTE Confidence: 0.928865322142857

00:23:54.599 --> 00:23:57.189 anxiety work is fairly well advanced,

NOTE Confidence: 0.928865322142857

00:23:57.190 --> 00:23:58.430 we have a solid evidence

NOTE Confidence: 0.928865322142857

00:23:58.430 --> 00:23:59.422 base that's rapidly growing.

NOTE Confidence: 0.928865322142857

00:23:59.430 --> 00:24:01.606 Here we are in earlier stages and some

NOTE Confidence: 0.928865322142857

00:24:01.606 --> 00:24:04.032 of it we're still figuring out and so

NOTE Confidence: 0.928865322142857

00:24:04.032 --> 00:24:06.360 have that in mind as we go through.

NOTE Confidence: 0.928865322142857

00:24:06.360 --> 00:24:08.816 But the first area that I wanted to

NOTE Confidence: 0.928865322142857

00:24:08.816 --> 00:24:11.669 touch on is the eating and specifically.

NOTE Confidence: 0.928865322142857

00:24:11.670 --> 00:24:14.127 Are fit in here really a project

NOTE Confidence: 0.928865322142857

00:24:14.127 --> 00:24:15.810 spearheaded by the Amazing,

NOTE Confidence: 0.928865322142857

00:24:15.810 --> 00:24:17.610 Wonderful Jarisch in Shawnee that

NOTE Confidence: 0.928865322142857

00:24:17.610 --> 00:24:20.110 you heard even in about from Julie

NOTE Confidence: 0.928865322142857

00:24:20.110 --> 00:24:24.268 at the beginning? Really an amazing.

NOTE Confidence: 0.928865322142857

00:24:24.270 --> 00:24:26.058 Clinician and researcher who was here

NOTE Confidence: 0.928865322142857

00:24:26.058 --> 00:24:28.490 for several years at the Child Study Center,

NOTE Confidence: 0.928865322142857

00:24:28.490 --> 00:24:30.450 both as a postdoc in house faculty and

NOTE Confidence: 0.928865322142857

00:24:30.450 --> 00:24:32.567 now he's back on her kibbutz in Israel,

NOTE Confidence: 0.928865322142857

00:24:32.570 --> 00:24:36.096 but he's going to be here next

NOTE Confidence: 0.928865322142857

00:24:36.096 --> 00:24:38.072 week and remains on our faculty

NOTE Confidence: 0.928865322142857

00:24:38.072 --> 00:24:39.927 and a close collaborator and.

NOTE Confidence: 0.928865322142857

00:24:39.930 --> 00:24:40.192 Yeah,

NOTE Confidence: 0.928865322142857

00:24:40.192 --> 00:24:41.764 it was a really savvy clinician

NOTE Confidence: 0.928865322142857

00:24:41.764 --> 00:24:43.515 and what she capitalized on what

NOTE Confidence: 0.928865322142857

00:24:43.515 --> 00:24:45.035 she realized is something that

NOTE Confidence: 0.928865322142857

00:24:45.035 --> 00:24:46.867 we have been noticing and talking

NOTE Confidence: 0.928865322142857

00:24:46.867 --> 00:24:48.625 about in our program for years

NOTE Confidence: 0.928865322142857

00:24:48.630 --> 00:24:51.048 but hadn't really taken action on.

NOTE Confidence: 0.928865322142857

00:24:51.050 --> 00:24:53.966 And that was children that we

NOTE Confidence: 0.928865322142857

00:24:53.966 --> 00:24:56.730 diagnosed as having food phobias.

NOTE Confidence: 0.928865322142857

00:24:56.730 --> 00:24:58.774 But we realized that part of their

NOTE Confidence: 0.928865322142857

00:24:58.774 --> 00:25:00.669 problem was an anxiety problem,

NOTE Confidence: 0.928865322142857

00:25:00.670 --> 00:25:03.967 but also it was an eating disorder

NOTE Confidence: 0.928865322142857

00:25:03.970 --> 00:25:06.560 and this fit with the emergence of

NOTE Confidence: 0.928865322142857

00:25:06.560 --> 00:25:10.038 RFID as a new diagnosis in the DSM 5.

NOTE Confidence: 0.851587998

00:25:12.730 --> 00:25:14.410 And So what is RFID?

NOTE Confidence: 0.851587998

00:25:14.410 --> 00:25:16.918 Essentially we're talking about

NOTE Confidence: 0.851587998

00:25:16.918 --> 00:25:20.053 really extreme pickiness in eating

NOTE Confidence: 0.851587998

00:25:20.053 --> 00:25:23.429 with really significant impairment.

NOTE Confidence: 0.851587998

00:25:23.430 --> 00:25:25.975 We have nutritional problems because

NOTE Confidence: 0.851587998

00:25:25.975 --> 00:25:29.014 we're not eating healthy and you

NOTE Confidence: 0.851587998

00:25:29.014 --> 00:25:31.504 know energy intake but also a

NOTE Confidence: 0.851587998

00:25:31.504 --> 00:25:33.690 lot of psychosocial impairment.

NOTE Confidence: 0.851587998

00:25:33.690 --> 00:25:35.670 Now, in a lot of cases,

NOTE Confidence: 0.851587998

00:25:35.670 --> 00:25:37.370 the selective selectiveness and

NOTE Confidence: 0.851587998

00:25:37.370 --> 00:25:39.920 pickiness are driven by the sensory

NOTE Confidence: 0.851587998

00:25:39.991 --> 00:25:41.767 characteristics of the food,

NOTE Confidence: 0.851587998

00:25:41.770 --> 00:25:43.840 like the color, the texture,

NOTE Confidence: 0.851587998

00:25:43.840 --> 00:25:44.924 the shape, the smell,

NOTE Confidence: 0.851587998

00:25:44.924 --> 00:25:47.894 and in other cases a big part of it is

NOTE Confidence: 0.851587998

00:25:47.894 --> 00:25:49.808 fear of negative consequences of eating.

NOTE Confidence: 0.851587998

00:25:49.810 --> 00:25:51.560 Like if I eat hard foods, I might choke,

NOTE Confidence: 0.851587998

00:25:51.560 --> 00:25:53.060 and sometimes it really seems to

NOTE Confidence: 0.851587998

00:25:53.060 --> 00:25:54.717 be a lot about a low appetite,

NOTE Confidence: 0.851587998

00:25:54.720 --> 00:25:56.694 low interest in food about that

NOTE Confidence: 0.851587998

00:25:56.694 --> 00:25:58.920 is a little bit less common.

NOTE Confidence: 0.851587998

00:25:58.920 --> 00:26:01.722 Now, a certain amount of picky

NOTE Confidence: 0.851587998

00:26:01.722 --> 00:26:03.590 eating is fairly normative.

NOTE Confidence: 0.851587998

00:26:03.590 --> 00:26:05.174 In early childhood,

NOTE Confidence: 0.851587998

00:26:05.174 --> 00:26:07.390 we see it really picked,

NOTE Confidence: 0.851587998

00:26:07.390 --> 00:26:09.595 taking off at around age 2 years.

NOTE Confidence: 0.851587998

00:26:09.600 --> 00:26:10.275 At age 3,

NOTE Confidence: 0.851587998

00:26:10.275 --> 00:26:12.156 it kind of peaks and by school age

NOTE Confidence: 0.851587998

00:26:12.156 --> 00:26:14.162 it has started to subside with most

NOTE Confidence: 0.851587998

00:26:14.162 --> 00:26:16.144 cases kind of trailing off and not

NOTE Confidence: 0.851587998

00:26:16.144 --> 00:26:17.662 continuing to be a big problem.

NOTE Confidence: 0.851587998

00:26:17.670 --> 00:26:20.939 But in some cases the pickiness persists.

NOTE Confidence: 0.851587998

00:26:20.940 --> 00:26:23.730 Or we might have later onset

NOTE Confidence: 0.851587998

00:26:23.730 --> 00:26:25.590 or return of pickiness.

NOTE Confidence: 0.851587998

00:26:25.590 --> 00:26:27.846 And then it can really wreak

NOTE Confidence: 0.851587998

00:26:27.846 --> 00:26:30.150 havoc on an entire families.

NOTE Confidence: 0.851587998

00:26:30.150 --> 00:26:31.407 Life with mealtimes,

NOTE Confidence: 0.851587998

00:26:31.407 --> 00:26:33.502 becoming these battlefields fraught with

NOTE Confidence: 0.851587998

00:26:33.502 --> 00:26:36.598 a lot of stress and conflict and tension,

NOTE Confidence: 0.851587998

00:26:36.600 --> 00:26:38.904 and a lot of other impacts on just

NOTE Confidence: 0.851587998

00:26:38.904 --> 00:26:41.410 daily life for the child and the family,

NOTE Confidence: 0.851587998

00:26:41.410 --> 00:26:43.258 there's not a ton of research

NOTE Confidence: 0.851587998

00:26:43.258 --> 00:26:44.182 on picky eating.

NOTE Confidence: 0.851587998

00:26:44.190 --> 00:26:46.591 I was going to highlight one study

NOTE Confidence: 0.851587998

00:26:46.591 --> 00:26:48.928 by Emmett at all who looked at

NOTE Confidence: 0.851587998

00:26:48.928 --> 00:26:51.441 babies really like just over a year

NOTE Confidence: 0.851587998

00:26:51.441 --> 00:26:54.253 old who are picky eaters and then

NOTE Confidence: 0.851587998

00:26:54.253 --> 00:26:56.350 followed again two years later.

NOTE Confidence: 0.851587998

00:26:56.350 --> 00:26:58.030 And what they what they report

NOTE Confidence: 0.851587998

00:26:58.030 --> 00:26:59.150 is kind of interesting,

NOTE Confidence: 0.851587998

00:26:59.150 --> 00:27:00.770 which is that the likelihood?

NOTE Confidence: 0.851587998

00:27:00.770 --> 00:27:01.370 Still,

NOTE Confidence: 0.851587998

00:27:01.370 --> 00:27:03.088 being a picky eater two years

NOTE Confidence: 0.851587998

00:27:03.088 --> 00:27:05.224 later was greater when the mothers

NOTE Confidence: 0.851587998

00:27:05.224 --> 00:27:07.240 were more concerned about the

NOTE Confidence: 0.851587998

00:27:07.240 --> 00:27:08.828 picky eating earlier on.

NOTE Confidence: 0.851587998

00:27:08.830 --> 00:27:11.286 Now that maybe in a lot of cases,

NOTE Confidence: 0.851587998

00:27:11.290 --> 00:27:12.946 because those mothers were savvy and

NOTE Confidence: 0.851587998

00:27:12.946 --> 00:27:14.879 they realized that their child had a

NOTE Confidence: 0.851587998

00:27:14.879 --> 00:27:16.445 more serious problem that might persist,

NOTE Confidence: 0.851587998

00:27:16.450 --> 00:27:19.726 but it may also reflect to some

NOTE Confidence: 0.851587998

00:27:19.726 --> 00:27:21.899 extent the impact of the.

NOTE Confidence: 0.851587998

00:27:21.900 --> 00:27:24.420 Ways you know the dynamics that parents

NOTE Confidence: 0.851587998

00:27:24.420 --> 00:27:26.686 get sucked into when their child

NOTE Confidence: 0.851587998

00:27:26.686 --> 00:27:28.924 isn't eating and they do everything

NOTE Confidence: 0.851587998

00:27:28.924 --> 00:27:31.453 they can think of to get them to eat.

NOTE Confidence: 0.851587998

00:27:31.460 --> 00:27:33.315 And I mentioned before it's it's not

NOTE Confidence: 0.851587998

00:27:33.315 --> 00:27:35.187 only the physical effects in our field,

NOTE Confidence: 0.851587998

00:27:35.190 --> 00:27:37.020 there's a lot of psychosocial

NOTE Confidence: 0.851587998

00:27:37.020 --> 00:27:39.100 impairment that goes along with it.

NOTE Confidence: 0.851587998

00:27:39.100 --> 00:27:40.885 Like if you can't go to a

NOTE Confidence: 0.851587998

00:27:40.885 --> 00:27:42.923 restaurant if you can't go to the

NOTE Confidence: 0.851587998

00:27:42.923 --> 00:27:44.438 school party or the sleepover,

NOTE Confidence: 0.851587998

00:27:44.440 --> 00:27:45.480 then those things really

NOTE Confidence: 0.851587998

00:27:45.480 --> 00:27:46.520 take a tremendous toll.

NOTE Confidence: 0.851587998

00:27:46.520 --> 00:27:49.120 And I was going to show one more video clip.

NOTE Confidence: 0.851587998

00:27:49.120 --> 00:27:52.072 This is from a child who is just talk

NOTE Confidence: 0.851587998

00:27:52.072 --> 00:27:54.569 really briefly about his perception of

NOTE Confidence: 0.851587998

00:27:54.569 --> 00:27:57.779 the impact of his outfit on his family.

NOTE Confidence: 0.851587998

00:27:57.780 --> 00:28:00.258 This was a kid who worked with

NOTE Confidence: 0.851587998

00:28:00.258 --> 00:28:02.640 us with Yara in the program.

NOTE Confidence: 0.851587998

00:28:02.640 --> 00:28:02.850 The

NOTE Confidence: 0.8431425225

00:28:02.860 --> 00:28:04.168 stuff that I would want to

NOTE Confidence: 0.8431425225

00:28:04.168 --> 00:28:05.751 be able to eat is stuff that

NOTE Confidence: 0.8431425225

00:28:05.751 --> 00:28:07.277 we eat a lot in the family.

NOTE Confidence: 0.8431425225

00:28:07.280 --> 00:28:09.492 So that I would be like mashed

NOTE Confidence: 0.8431425225

00:28:09.492 --> 00:28:10.880 potatoes and chopped liver.

NOTE Confidence: 0.8431425225

00:28:10.880 --> 00:28:11.872 I don't like them.

NOTE Confidence: 0.8431425225

00:28:11.872 --> 00:28:14.346 But we have them a lot and all

NOTE Confidence: 0.8431425225

00:28:14.346 --> 00:28:15.786 kinds of stuff mostly sauces

NOTE Confidence: 0.8431425225

00:28:15.786 --> 00:28:17.801 because we have a lot of sauces

NOTE Confidence: 0.8431425225

00:28:17.801 --> 00:28:19.433 and just makes her mom frustrated

NOTE Confidence: 0.8431425225

00:28:19.489 --> 00:28:21.240 when she has to make part of

NOTE Confidence: 0.8431425225

00:28:21.240 --> 00:28:23.608 it without sauce and like split

NOTE Confidence: 0.666917171428571

00:28:23.620 --> 00:28:26.520 it and the old thing and snowing so

NOTE Confidence: 0.666917171428571

00:28:26.520 --> 00:28:28.248 it makes me feel bad about it because

NOTE Confidence: 0.666917171428571

00:28:28.248 --> 00:28:30.140 she asked to work so hard and it's

NOTE Confidence: 0.666917171428571

00:28:30.140 --> 00:28:32.540 only for me to not have the sauce.

NOTE Confidence: 0.89899978125

00:28:33.570 --> 00:28:35.145 And I just feel like I should

NOTE Confidence: 0.89899978125

00:28:35.145 --> 00:28:37.020 be making my own meals and she

NOTE Confidence: 0.89899978125

00:28:37.020 --> 00:28:38.629 doesn't shouldn't be doing anything

NOTE Confidence: 0.89899978125

00:28:38.630 --> 00:28:39.700 'cause it's not her problem.

NOTE Confidence: 0.902479732

00:28:42.160 --> 00:28:44.170 That's a really sweet kid.

NOTE Confidence: 0.902479732

00:28:44.170 --> 00:28:46.235 Obviously feels bad and a little guilty

NOTE Confidence: 0.902479732

00:28:46.235 --> 00:28:48.488 and a little ashamed and frustrated,

NOTE Confidence: 0.902479732

00:28:48.490 --> 00:28:49.995 and not all the children we saw

NOTE Confidence: 0.902479732

00:28:49.995 --> 00:28:51.649 were quite as sweet and sensitive,

NOTE Confidence: 0.902479732

00:28:51.650 --> 00:28:53.912 but I think those feelings of

NOTE Confidence: 0.902479732

00:28:53.912 --> 00:28:56.272 frustration and the impact on the

NOTE Confidence: 0.902479732

00:28:56.272 --> 00:28:58.600 family are certainly a recurring theme.

NOTE Confidence: 0.902479732

00:28:58.600 --> 00:29:01.015 Really, that is to adapt the space

NOTE Confidence: 0.902479732

00:29:01.015 --> 00:29:03.398 protocol to working with these families,

NOTE Confidence: 0.902479732

00:29:03.400 --> 00:29:06.172 keeping those two key emphasis of increasing

NOTE Confidence: 0.902479732

00:29:06.172 --> 00:29:08.280 support and reducing accommodation,

NOTE Confidence: 0.902479732

00:29:08.280 --> 00:29:10.704 but also introducing another component which

NOTE Confidence: 0.902479732

00:29:10.704 --> 00:29:13.519 was reducing the stress surrounding eating,

NOTE Confidence: 0.902479732

00:29:13.520 --> 00:29:16.136 which is so often really big.

NOTE Confidence: 0.902479732

00:29:16.140 --> 00:29:17.478 And as Yara likes to say,

NOTE Confidence: 0.902479732

00:29:17.480 --> 00:29:20.216 the goal in our fit is not this right?

NOTE Confidence: 0.902479732

00:29:20.220 --> 00:29:22.722 We're not trying to make children

NOTE Confidence: 0.902479732

00:29:22.722 --> 00:29:24.390 the most adventurous adventurous

NOTE Confidence: 0.902479732

00:29:24.460 --> 00:29:26.448 eaters in the world who will go

NOTE Confidence: 0.902479732

00:29:26.448 --> 00:29:28.654 right for the seafood paella, it's.

NOTE Confidence: 0.902479732

00:29:28.654 --> 00:29:30.658 We could define the goal more

NOTE Confidence: 0.902479732

00:29:30.658 --> 00:29:32.689 like this little bit more humbly

NOTE Confidence: 0.902479732

00:29:32.690 --> 00:29:34.041 to instill in the child the sense

NOTE Confidence: 0.902479732

00:29:34.041 --> 00:29:35.629 that I can find something to eat,

NOTE Confidence: 0.902479732

00:29:35.630 --> 00:29:37.058 and I'll be OK.

NOTE Confidence: 0.9783236

00:29:40.050 --> 00:29:41.766 And so parents work to reduce the stress,

NOTE Confidence: 0.9783236

00:29:41.770 --> 00:29:43.185 to increase support and to

NOTE Confidence: 0.9783236

00:29:43.185 --> 00:29:44.034 reduce the accommodations.

NOTE Confidence: 0.9783236

00:29:44.040 --> 00:29:46.030 That can be really intense,

NOTE Confidence: 0.9783236

00:29:46.030 --> 00:29:48.155 like not serving leftovers when

NOTE Confidence: 0.9783236

00:29:48.155 --> 00:29:51.072 there are or pureeing all a child's

NOTE Confidence: 0.9783236

00:29:51.072 --> 00:29:53.564 food or spoon feeding it to them,

NOTE Confidence: 0.9783236

00:29:53.570 --> 00:29:55.546 or not eating in front of the child,

NOTE Confidence: 0.9783236

00:29:55.550 --> 00:29:56.660 not going to the restaurant,

NOTE Confidence: 0.9783236

00:29:56.660 --> 00:29:59.004 not taking trips, or like in one case,

NOTE Confidence: 0.9783236

00:29:59.010 --> 00:30:00.300 literally driving to the child

NOTE Confidence: 0.9783236

00:30:00.300 --> 00:30:01.859 school every single day at lunch

NOTE Confidence: 0.9783236

00:30:01.859 --> 00:30:03.364 time to bring them a fresh roll,

NOTE Confidence: 0.9783236

00:30:03.370 --> 00:30:05.050 because that is the one

NOTE Confidence: 0.9783236

00:30:05.050 --> 00:30:06.730 thing that they will eat.

NOTE Confidence: 0.9783236

00:30:06.730 --> 00:30:10.138 So we conducted one clinical trial.

NOTE Confidence: 0.9783236

00:30:10.140 --> 00:30:12.344 Of space for RFID.

NOTE Confidence: 0.9783236

00:30:12.344 --> 00:30:15.099 It's an open trial without

NOTE Confidence: 0.9783236

00:30:15.099 --> 00:30:16.847 randomization in 15 families.

NOTE Confidence: 0.9783236

00:30:16.847 --> 00:30:19.640 All the children had primary RFID diagnosis,

NOTE Confidence: 0.9783236

00:30:19.640 --> 00:30:21.865 most of them around those

NOTE Confidence: 0.9783236

00:30:21.865 --> 00:30:22.755 sensory characteristics,

NOTE Confidence: 0.9783236

00:30:22.760 --> 00:30:25.064 and one goal was to really examine the

NOTE Confidence: 0.9783236

00:30:25.064 --> 00:30:26.618 acceptability and feasibility of it.

NOTE Confidence: 0.9783236

00:30:26.620 --> 00:30:28.384 We had low dropout.

NOTE Confidence: 0.9783236

00:30:28.384 --> 00:30:31.030 We had high satisfaction rates from

NOTE Confidence: 0.9783236

00:30:31.119 --> 00:30:33.609 both the child and the parents,

NOTE Confidence: 0.9783236

00:30:33.610 --> 00:30:35.155 even though the children were

NOTE Confidence: 0.9783236

00:30:35.155 --> 00:30:36.700 not directly in the sessions.

NOTE Confidence: 0.9783236

00:30:36.700 --> 00:30:38.520 And when we look from before to

NOTE Confidence: 0.9783236

00:30:38.520 --> 00:30:41.000 after treatment, you can see that.

NOTE Confidence: 0.9783236

00:30:41.000 --> 00:30:41.980 Following treatment,

NOTE Confidence: 0.9783236

00:30:41.980 --> 00:30:43.842 most of the children no longer met

NOTE Confidence: 0.9783236

00:30:43.842 --> 00:30:45.917 criteria for RFID and among those who did,

NOTE Confidence: 0.9783236

00:30:45.920 --> 00:30:48.554 almost all were rated as only

NOTE Confidence: 0.9783236

00:30:48.554 --> 00:30:50.310 mildly impaired relative to,

NOTE Confidence: 0.9783236

00:30:50.310 --> 00:30:52.557 I think, about 90 would say yeah,

NOTE Confidence: 0.9783236

00:30:52.560 --> 00:30:56.728 almost 90% of children at baseline who were

NOTE Confidence: 0.9783236

00:30:56.728 --> 00:30:59.644 severely impaired by their by their RFID.

NOTE Confidence: 0.9783236

00:30:59.644 --> 00:31:02.220 And we see this also statistically in,

NOTE Confidence: 0.9783236

00:31:02.220 --> 00:31:03.348 you know,

NOTE Confidence: 0.9783236

00:31:03.348 --> 00:31:06.168 comparing before and after around

NOTE Confidence: 0.9783236

00:31:06.168 --> 00:31:08.300 domains of impairment and.

NOTE Confidence: 0.9783236

00:31:08.300 --> 00:31:12.500 Symptom severity and family accommodation.

NOTE Confidence: 0.9783236

00:31:12.500 --> 00:31:13.720 So I'm excited about this.

NOTE Confidence: 0.9783236

00:31:13.720 --> 00:31:15.090 Again, it's early, I'm excited.

NOTE Confidence: 0.9783236

00:31:15.090 --> 00:31:16.150 I'm excited about it,

NOTE Confidence: 0.9783236

00:31:16.150 --> 00:31:17.740 partly because there are so many

NOTE Confidence: 0.9783236

00:31:17.797 --> 00:31:19.467 children who struggle with eating,

NOTE Confidence: 0.9783236

00:31:19.470 --> 00:31:21.638 and I think that this kind of work

NOTE Confidence: 0.9783236

00:31:21.638 --> 00:31:24.106 could be helpful not only for those

NOTE Confidence: 0.9783236

00:31:24.106 --> 00:31:26.409 who meet diagnostic criteria per DSM 5,

NOTE Confidence: 0.9783236

00:31:26.410 --> 00:31:28.531 but also for lots of other children

NOTE Confidence: 0.9783236

00:31:28.531 --> 00:31:29.828 and families that struggle

NOTE Confidence: 0.9783236

00:31:29.828 --> 00:31:31.790 with the issue of picky eating,

NOTE Confidence: 0.9783236

00:31:31.790 --> 00:31:33.480 even if they're not meeting

NOTE Confidence: 0.9783236

00:31:33.480 --> 00:31:34.494 those diagnostic criteria.

NOTE Confidence: 0.9783236

00:31:34.500 --> 00:31:34.817 OK,

NOTE Confidence: 0.9783236

00:31:34.817 --> 00:31:37.036 I'm going to move on to the

NOTE Confidence: 0.9783236

00:31:37.036 --> 00:31:38.710 next domain of expansion.

NOTE Confidence: 0.9783236

00:31:38.710 --> 00:31:40.978 Of space that I wanted to

NOTE Confidence: 0.9783236

00:31:40.978 --> 00:31:43.050 touch on is one that.

NOTE Confidence: 0.9783236

00:31:43.050 --> 00:31:45.362 It causes tremendous frustration

NOTE Confidence: 0.9783236

00:31:45.362 --> 00:31:47.674 and difficulty and quite.

NOTE Confidence: 0.9783236

00:31:47.680 --> 00:31:50.266 Is quite literally painful for a

NOTE Confidence: 0.9783236

00:31:50.266 --> 00:31:53.000 great many children and adolescents,

NOTE Confidence: 0.9783236

00:31:53.000 --> 00:31:56.464 and that is the area of somatic complaints,

NOTE Confidence: 0.9783236

00:31:56.470 --> 00:31:58.935 and specifically here we're focusing

NOTE Confidence: 0.9783236

00:31:58.935 --> 00:32:00.907 on unexplained physical symptoms.

NOTE Confidence: 0.9783236

00:32:00.910 --> 00:32:04.000 And this is also a project that I like a lot,

NOTE Confidence: 0.9783236

00:32:04.000 --> 00:32:07.985 because in part it's an opportunity to

NOTE Confidence: 0.9783236

00:32:07.985 --> 00:32:09.660 collaborate with friends in Pediatrics,

NOTE Confidence: 0.9783236

00:32:09.660 --> 00:32:13.388 like Gene Shapiro and.

NOTE Confidence: 0.9783236

00:32:13.390 --> 00:32:15.750 I'm.

NOTE Confidence: 0.9783236

00:32:15.750 --> 00:32:17.276 I think of all of the three

NOTE Confidence: 0.9783236

00:32:17.276 --> 00:32:18.280 that I'm talking about.

NOTE Confidence: 0.9783236

00:32:18.280 --> 00:32:19.547 This is sort of the the one,

NOTE Confidence: 0.9783236

00:32:19.550 --> 00:32:21.140 the project that's most in its

NOTE Confidence: 0.9783236

00:32:21.140 --> 00:32:23.110 infancy in terms of its development,

NOTE Confidence: 0.9783236

00:32:23.110 --> 00:32:24.916 and so we're really still in

NOTE Confidence: 0.9783236

00:32:24.916 --> 00:32:26.558 the figuring out stage and

NOTE Confidence: 0.9783236

00:32:26.558 --> 00:32:28.070 and collecting the evidence.

NOTE Confidence: 0.9783236

00:32:28.070 --> 00:32:29.246 I'm going to tell you about it,

NOTE Confidence: 0.9783236

00:32:29.250 --> 00:32:31.810 but have that have that in mind as

NOTE Confidence: 0.9783236

00:32:31.810 --> 00:32:35.320 we go through and hear the person

NOTE Confidence: 0.9783236

00:32:35.320 --> 00:32:39.140 to really highlight is Becca Atkin,

NOTE Confidence: 0.9783236

00:32:39.140 --> 00:32:43.140 who it really epitomizes the.

NOTE Confidence: 0.9783236

00:32:43.140 --> 00:32:44.186 Combination of.

NOTE Confidence: 0.9783236

00:32:44.186 --> 00:32:46.801 A skilled clinician and brilliant

NOTE Confidence: 0.9783236

00:32:46.801 --> 00:32:49.420 researcher in a way that is,

NOTE Confidence: 0.9783236

00:32:49.420 --> 00:32:52.186 it's just so fantastic to work

NOTE Confidence: 0.9783236

00:32:52.186 --> 00:32:54.030 with and Becca together

NOTE Confidence: 0.878270455555556

00:32:54.124 --> 00:32:58.072 with Amanda Calhoun from our soul it

NOTE Confidence: 0.878270455555556

00:32:58.072 --> 00:33:00.806 integrated Psychiatry program have been

NOTE Confidence: 0.878270455555556

00:33:00.806 --> 00:33:03.496 working on refining the space approach

NOTE Confidence: 0.878270455555556

00:33:03.496 --> 00:33:05.638 for working with these parents of kids

NOTE Confidence: 0.878270455555556

00:33:05.638 --> 00:33:07.838 with these unexplained somatic symptoms,

NOTE Confidence: 0.878270455555556

00:33:07.840 --> 00:33:09.808 which can include things like headache,

NOTE Confidence: 0.878270455555556

00:33:09.810 --> 00:33:11.418 fatigue, muscle pains,

NOTE Confidence: 0.878270455555556

00:33:11.418 --> 00:33:13.110 GI distress, et cetera.

NOTE Confidence: 0.878270455555556

00:33:13.110 --> 00:33:15.840 And here are also associated with a lot of.

NOTE Confidence: 0.878270455555556

00:33:15.840 --> 00:33:17.990 Sort of ancillary problems like

NOTE Confidence: 0.878270455555556

00:33:17.990 --> 00:33:20.140 other mental health conditions and

NOTE Confidence: 0.878270455555556

00:33:20.209 --> 00:33:22.229 a lot of functional impairment.

NOTE Confidence: 0.878270455555556

00:33:22.230 --> 00:33:24.394 Use utilization of services,

NOTE Confidence: 0.878270455555556

00:33:24.394 --> 00:33:26.083 medical services, etc.

NOTE Confidence: 0.878270455555556

00:33:26.083 --> 00:33:28.495 And there are treatments

NOTE Confidence: 0.878270455555556

00:33:28.495 --> 00:33:30.908 for physical complaints.

NOTE Confidence: 0.878270455555556

00:33:30.908 --> 00:33:33.620 Like CBT, biofeedback,

NOTE Confidence: 0.878270455555556

00:33:33.620 --> 00:33:35.618 we've even done with Wendy here.

NOTE Confidence: 0.878270455555556

00:33:35.620 --> 00:33:37.112 Work around mindfulness interventions,

NOTE Confidence: 0.878270455555556

00:33:37.112 --> 00:33:39.350 but one thing that has remained

NOTE Confidence: 0.878270455555556

00:33:39.409 --> 00:33:41.041 really vague is how to best

NOTE Confidence: 0.878270455555556

00:33:41.041 --> 00:33:42.450 involve parents in that work.

NOTE Confidence: 0.878270455555556

00:33:42.450 --> 00:33:43.413 And in fact,

NOTE Confidence: 0.878270455555556

00:33:43.413 --> 00:33:44.697 other researchers have commented

NOTE Confidence: 0.878270455555556

00:33:44.697 --> 00:33:46.761 on the difficulty that parents have

NOTE Confidence: 0.878270455555556

00:33:46.761 --> 00:33:48.496 not accommodating when their child

NOTE Confidence: 0.878270455555556

00:33:48.496 --> 00:33:50.027 is experiencing these physical

NOTE Confidence: 0.878270455555556

00:33:50.027 --> 00:33:52.130 problems and so back on Amanda

NOTE Confidence: 0.878270455555556

00:33:52.130 --> 00:33:54.392 really taken the lead on adapting

NOTE Confidence: 0.878270455555556

00:33:54.392 --> 00:33:57.248 space and here also we're retaining

NOTE Confidence: 0.878270455555556

00:33:57.248 --> 00:33:59.419 the core principles of space,

NOTE Confidence: 0.878270455555556

00:33:59.420 --> 00:34:01.650 but sometimes adding necessary components.

NOTE Confidence: 0.878270455555556

00:34:01.650 --> 00:34:03.834 Like teaching parents to be savvy

NOTE Confidence: 0.878270455555556

00:34:03.834 --> 00:34:05.290 consumers of medical resources,

NOTE Confidence: 0.878270455555556

00:34:05.290 --> 00:34:07.544 or how to advocate for their child's

NOTE Confidence: 0.878270455555556

00:34:07.544 --> 00:34:09.972 needs or to do risk assessments

NOTE Confidence: 0.878270455555556

00:34:09.972 --> 00:34:11.824 when you're confronted with

NOTE Confidence: 0.878270455555556

00:34:11.824 --> 00:34:13.370 these physical issues.

NOTE Confidence: 0.889036114666667

00:34:16.280 --> 00:34:19.952 And so far we have completed one group

NOTE Confidence: 0.889036114666667

00:34:19.952 --> 00:34:24.037 out of a multi group treatment study.

NOTE Confidence: 0.889036114666667

00:34:24.040 --> 00:34:27.466 So this is definitely still on.

NOTE Confidence: 0.889036114666667

00:34:27.470 --> 00:34:31.630 Ongoing and the group met seven times for

NOTE Confidence: 0.889036114666667

00:34:31.630 --> 00:34:35.776 90 minutes over zoom for obvious reasons.

NOTE Confidence: 0.889036114666667

00:34:35.780 --> 00:34:39.749 And one tenet of this group is.

NOTE Confidence: 0.889036114666667

00:34:39.750 --> 00:34:42.318 That we assume and acknowledge that

NOTE Confidence: 0.889036114666667

00:34:42.318 --> 00:34:44.440 this child's complaints are real,

NOTE Confidence: 0.889036114666667

00:34:44.440 --> 00:34:46.265 but they are genuinely suffering

NOTE Confidence: 0.889036114666667

00:34:46.265 --> 00:34:48.801 and at the same time that some

NOTE Confidence: 0.889036114666667

00:34:48.801 --> 00:34:51.020 level of function needs to be can

NOTE Confidence: 0.889036114666667

00:34:51.020 --> 00:34:53.547 be and must be maintained as well,

NOTE Confidence: 0.889036114666667

00:34:53.550 --> 00:34:56.280 and that aligns well with our definition

NOTE Confidence: 0.889036114666667

00:34:56.280 --> 00:34:59.608 of support in space as that integration

NOTE Confidence: 0.889036114666667

00:34:59.608 --> 00:35:02.213 of acceptance together with confidence.

NOTE Confidence: 0.889036114666667

00:35:02.220 --> 00:35:05.244 And so the the group focuses on increasing

NOTE Confidence: 0.889036114666667

00:35:05.244 --> 00:35:07.960 the support on reducing accommodations,

NOTE Confidence: 0.889036114666667

00:35:07.960 --> 00:35:09.800 of which there are many,

NOTE Confidence: 0.889036114666667

00:35:09.800 --> 00:35:11.606 like constantly picking up the phone when

NOTE Confidence: 0.889036114666667

00:35:11.606 --> 00:35:13.498 you're at trying to do your work at work,

NOTE Confidence: 0.889036114666667

00:35:13.500 --> 00:35:15.250 but your child isn't feeling well or

NOTE Confidence: 0.889036114666667

00:35:15.250 --> 00:35:17.034 picking them up early from school or

NOTE Confidence: 0.889036114666667

00:35:17.034 --> 00:35:19.031 taking them to the doctor even when the

NOTE Confidence: 0.889036114666667

00:35:19.031 --> 00:35:20.919 doctor is saying don't bring them in and

NOTE Confidence: 0.889036114666667

00:35:20.920 --> 00:35:22.470 letting them sleep with you, etc etc.

NOTE Confidence: 0.889036114666667

00:35:22.470 --> 00:35:23.180 Here again,

NOTE Confidence: 0.889036114666667

00:35:23.180 --> 00:35:26.296 we wanted to get first some sense of

NOTE Confidence: 0.889036114666667

00:35:26.296 --> 00:35:29.014 the feasibility and acceptability of it.

NOTE Confidence: 0.889036114666667

00:35:29.020 --> 00:35:30.475 Satisfaction was rated very high

NOTE Confidence: 0.889036114666667

00:35:30.475 --> 00:35:32.449 in this group with score of about.

NOTE Confidence: 0.889036114666667

00:35:32.450 --> 00:35:33.934 30 out of 32.

NOTE Confidence: 0.889036114666667

00:35:33.934 --> 00:35:35.961 So it's very satisfied parents and

NOTE Confidence: 0.889036114666667

00:35:35.961 --> 00:35:37.329 I think we had only one drop out

NOTE Confidence: 0.889036114666667

00:35:37.329 --> 00:35:38.889 and that was a person who said

NOTE Confidence: 0.889036114666667

00:35:38.889 --> 00:35:40.181 their child wasn't really struggling

NOTE Confidence: 0.889036114666667

00:35:40.181 --> 00:35:41.589 with somatic symptoms anymore.

NOTE Confidence: 0.889036114666667

00:35:41.590 --> 00:35:43.681 By the time the group had started.

NOTE Confidence: 0.889036114666667

00:35:43.681 --> 00:35:46.488 Now I I'm showing here some pre

NOTE Confidence: 0.889036114666667

00:35:46.488 --> 00:35:48.879 to post comparisons from this

00:35:48.879 --> 00:35:51.885 group and they look amazing but.

00:35:51.890 --> 00:35:54.440 These are a handful of people,

00:35:54.440 --> 00:35:57.112 and so the truth is that statistical testing

00:35:57.112 --> 00:35:59.827 here from predisposed it's it's very iffy.

00:35:59.830 --> 00:36:01.774 I'm showing it because I think we can

00:36:01.774 --> 00:36:04.249 get a sense of like this is encouraging,

00:36:04.250 --> 00:36:04.600 right?

00:36:04.600 --> 00:36:06.350 It's promising that we're seeing

00:36:06.350 --> 00:36:07.050 these improvements,

00:36:07.050 --> 00:36:08.898 but I wouldn't take it as a real

00:36:08.898 --> 00:36:10.397 efficacy test when we're talking about

00:36:10.397 --> 00:36:12.530 one group of you know of individuals,

00:36:12.530 --> 00:36:15.527 but it is nice to see parents and kids

00:36:15.527 --> 00:36:17.395 reporting improvement across these

00:36:17.395 --> 00:36:20.990 domains of quality of life or impairment,

00:36:20.990 --> 00:36:22.838 or anxiety and depression.

NOTE Confidence: 0.889036114666667

00:36:22.838 --> 00:36:24.686 And accommodation parenting stress.

NOTE Confidence: 0.889036114666667

00:36:24.690 --> 00:36:25.956 It's nice to see that improvement.

NOTE Confidence: 0.889036114666667

00:36:25.960 --> 00:36:27.616 It's nice to see not only the parents

NOTE Confidence: 0.889036114666667

00:36:27.616 --> 00:36:29.251 but also the children reporting that

NOTE Confidence: 0.889036114666667

00:36:29.251 --> 00:36:31.009 they are feeling better following it.

NOTE Confidence: 0.889036114666667

00:36:31.010 --> 00:36:33.698 And I think one parent really summed

NOTE Confidence: 0.889036114666667

00:36:33.698 --> 00:36:36.325 up best the message and the change that

NOTE Confidence: 0.889036114666667

00:36:36.325 --> 00:36:38.114 we're trying to bring about through

NOTE Confidence: 0.889036114666667

00:36:38.114 --> 00:36:40.170 a group like this when she said it's

NOTE Confidence: 0.889036114666667

00:36:40.170 --> 00:36:42.419 not about waiting for the storm to pass,

NOTE Confidence: 0.889036114666667

00:36:42.420 --> 00:36:44.366 but learning to dance in the rain,

NOTE Confidence: 0.889036114666667

00:36:44.370 --> 00:36:47.616 which I think is really nice.

NOTE Confidence: 0.889036114666667

00:36:47.620 --> 00:36:49.830 OK.

NOTE Confidence: 0.889036114666667

00:36:49.830 --> 00:36:54.825 Two down and one to go bear with me.

NOTE Confidence: 0.889036114666667

00:36:54.830 --> 00:37:00.494 Our next our next space expansion takes

00:37:00.494 --> 00:37:05.030 us out of the domain of childhood

00:37:05.150 --> 00:37:09.504 and into the world of adult children.

00:37:09.510 --> 00:37:14.060 The space for failure to launch is.

00:37:14.060 --> 00:37:16.472 Work with parents of adult children

00:37:16.472 --> 00:37:19.098 who are really not transitioning into

00:37:19.098 --> 00:37:22.395 what we might think of as independent,

00:37:22.400 --> 00:37:25.106 functional adulthood. What does that mean?

00:37:25.110 --> 00:37:27.776 It means they're over 18 years of age.

00:37:27.776 --> 00:37:29.236 They're not in high school,

00:37:29.240 --> 00:37:31.826 but they're not employed, not working.

00:37:31.830 --> 00:37:34.820 They're not in active education,

00:37:34.820 --> 00:37:37.312 and I say active because sometimes they

00:37:37.312 --> 00:37:40.130 may be formally enrolled in some programs,

00:37:40.130 --> 00:37:41.535 sometimes for years, but without

00:37:41.535 --> 00:37:43.170 doing anything in that program and.

00:37:43.170 --> 00:37:44.854 Without any progress toward

NOTE Confidence: 0.944223945

00:37:44.854 --> 00:37:46.117 graduation or accreditation,

NOTE Confidence: 0.944223945

00:37:46.120 --> 00:37:47.696 etc, they're usually living

NOTE Confidence: 0.944223945

00:37:47.696 --> 00:37:49.666 at home with their parents.

NOTE Confidence: 0.944223945

00:37:49.670 --> 00:37:51.308 In some cases living somewhere else,

NOTE Confidence: 0.944223945

00:37:51.310 --> 00:37:52.630 but at the parents expense,

NOTE Confidence: 0.944223945

00:37:52.630 --> 00:37:54.128 and so the parent may have bought

NOTE Confidence: 0.944223945

00:37:54.128 --> 00:37:55.829 or rented a place for them and

NOTE Confidence: 0.944223945

00:37:55.829 --> 00:37:57.094 kind of installed them there.

NOTE Confidence: 0.944223945

00:37:57.100 --> 00:38:01.174 But still covering all of their expenses.

NOTE Confidence: 0.944223945

00:38:01.180 --> 00:38:02.296 And here again,

NOTE Confidence: 0.944223945

00:38:02.296 --> 00:38:05.481 we see this associated with a lot of

NOTE Confidence: 0.944223945

00:38:05.481 --> 00:38:08.475 related issues and problems and impairment,

NOTE Confidence: 0.944223945

00:38:08.480 --> 00:38:11.060 like really disrupted sleep cycles sometimes

NOTE Confidence: 0.944223945

00:38:11.060 --> 00:38:15.148 awake all night and asleep during the day.

NOTE Confidence: 0.944223945

00:38:15.148 --> 00:38:18.108 A lot of social isolation.

00:38:18.110 --> 00:38:20.730 Really excessive media and

00:38:20.730 --> 00:38:22.695 online electronic use.

00:38:22.700 --> 00:38:24.731 And physical and mental health problems

00:38:24.731 --> 00:38:27.557 like being overweight and blood pressure.

00:38:27.560 --> 00:38:30.044 And of course anxiety and depression

00:38:30.044 --> 00:38:32.140 being very common as well.

00:38:32.140 --> 00:38:33.804 And by the way, I want to emphasize

00:38:33.804 --> 00:38:35.000 the social isolation piece.

00:38:35.000 --> 00:38:37.261 It's not only for the adult child

00:38:37.261 --> 00:38:39.339 that goes for the parents to,

00:38:39.340 --> 00:38:40.531 you know when.

00:38:40.531 --> 00:38:42.516 The holiday season comes around

00:38:42.516 --> 00:38:44.915 and you start getting all of

00:38:44.915 --> 00:38:46.975 these greeting cards with all the

00:38:46.975 --> 00:38:48.960 beaming faces looking up at you.

00:38:48.960 --> 00:38:50.296 And there's an update.

NOTE Confidence: 0.944223945

00:38:50.296 --> 00:38:52.300 You know this kid graduated from

NOTE Confidence: 0.944223945

00:38:52.360 --> 00:38:54.508 that school and that kid started

NOTE Confidence: 0.944223945

00:38:54.508 --> 00:38:56.621 an exciting internship and that one

NOTE Confidence: 0.944223945

00:38:56.621 --> 00:38:58.784 got married and your kid has spent

NOTE Confidence: 0.944223945

00:38:58.784 --> 00:39:01.792 another year doing nothing that's

NOTE Confidence: 0.944223945

00:39:01.792 --> 00:39:04.380 painful and you may retreat into

NOTE Confidence: 0.944223945

00:39:04.380 --> 00:39:06.706 your shell or just going to like

NOTE Confidence: 0.944223945

00:39:06.706 --> 00:39:08.696 the family gathering the dinner,

NOTE Confidence: 0.944223945

00:39:08.700 --> 00:39:11.316 the wedding and fielding questions from.

NOTE Confidence: 0.944223945

00:39:11.320 --> 00:39:12.976 People about like what's your kid up to,

NOTE Confidence: 0.944223945

00:39:12.980 --> 00:39:14.092 what are they doing?

NOTE Confidence: 0.944223945

00:39:14.092 --> 00:39:15.760 And the answer is simply nothing.

NOTE Confidence: 0.944223945

00:39:15.760 --> 00:39:18.433 And so you start not going to those events.

NOTE Confidence: 0.944223945

00:39:18.440 --> 00:39:20.444 Not having guests at your house

NOTE Confidence: 0.944223945

00:39:20.444 --> 00:39:22.855 and it can be extremely isolating

00:39:22.855 --> 00:39:24.839 for parents as well.

00:39:24.840 --> 00:39:26.556 And it's it's a really painful

00:39:26.556 --> 00:39:28.790 thing and one of the things that

00:39:28.790 --> 00:39:30.495 really stymies progress in this

00:39:30.495 --> 00:39:32.979 area are some myths that I think

00:39:32.979 --> 00:39:34.714 surround this phenomenon of adult

00:39:34.720 --> 00:39:37.135 children who are stuck in this way.

00:39:37.140 --> 00:39:39.051 Like the idea that this is somehow

00:39:39.051 --> 00:39:41.024 like a new age millennial problem

00:39:41.024 --> 00:39:43.572 because of poor work ethic or because

00:39:43.634 --> 00:39:45.939 of unrealistic expectations from life.

00:39:45.940 --> 00:39:47.500 Or the idea that these are

00:39:47.500 --> 00:39:48.540 just overly indulgent parents?

00:39:48.540 --> 00:39:50.328 Or sometimes the idea that it's

00:39:50.328 --> 00:39:52.137 parents who don't want their child

00:39:52.137 --> 00:39:54.069 to proceed on 'cause they want to

NOTE Confidence: 0.944223945

00:39:54.069 --> 00:39:55.763 keep them at home for themselves

NOTE Confidence: 0.944223945

00:39:55.763 --> 00:39:57.455 and not let them grow up,

NOTE Confidence: 0.944223945

00:39:57.455 --> 00:39:59.800 or that the children are just really

NOTE Confidence: 0.944223945

00:39:59.800 --> 00:40:02.191 lazy and that they're enjoying living

NOTE Confidence: 0.944223945

00:40:02.191 --> 00:40:04.657 it up at their parents expense.

NOTE Confidence: 0.944223945

00:40:04.660 --> 00:40:06.820 And you see that I hear this in

NOTE Confidence: 0.944223945

00:40:06.820 --> 00:40:08.294 conversations with people but also

NOTE Confidence: 0.944223945

00:40:08.294 --> 00:40:09.754 portrayed in popular media like

NOTE Confidence: 0.944223945

00:40:09.754 --> 00:40:12.143 in the eponymous failure to launch

NOTE Confidence: 0.944223945

00:40:12.143 --> 00:40:13.827 moving where they're literally

NOTE Confidence: 0.944223945

00:40:13.827 --> 00:40:15.090 clinking martini glasses.

NOTE Confidence: 0.944223945

00:40:15.090 --> 00:40:16.518 And you know, cackling.

NOTE Confidence: 0.944223945

00:40:16.518 --> 00:40:18.660 About how they won't leave their

NOTE Confidence: 0.944223945

00:40:18.727 --> 00:40:19.619 parents house.

NOTE Confidence: 0.944223945

00:40:19.620 --> 00:40:21.240 That does not match at all.

NOTE Confidence: 0.944223945

00:40:21.240 --> 00:40:23.706 The experience that I have with

NOTE Confidence: 0.944223945

00:40:23.706 --> 00:40:25.840 countless families over the years.

NOTE Confidence: 0.944223945

00:40:25.840 --> 00:40:31.269 I II pulled two quotes from an anonymous.

NOTE Confidence: 0.944223945

00:40:31.270 --> 00:40:33.115 Like online forum that I

NOTE Confidence: 0.944223945

00:40:33.115 --> 00:40:34.960 thought captured a little bit

NOTE Confidence: 0.908852466153846

00:40:35.033 --> 00:40:37.308 better the experience and.

NOTE Confidence: 0.908852466153846

00:40:37.308 --> 00:40:41.960 So M RK74 says I was just wondering if

NOTE Confidence: 0.908852466153846

00:40:41.960 --> 00:40:44.207 there's anyone out there who still lives at

NOTE Confidence: 0.908852466153846

00:40:44.207 --> 00:40:46.279 home because of their anxiety or depression.

NOTE Confidence: 0.908852466153846

00:40:46.280 --> 00:40:48.494 I hate it. I feel like people are saying

NOTE Confidence: 0.908852466153846

00:40:48.494 --> 00:40:50.497 what a loser and so on and so forth.

NOTE Confidence: 0.908852466153846

00:40:50.500 --> 00:40:53.196 And likewise to D88, says you know it

NOTE Confidence: 0.908852466153846

00:40:53.196 --> 00:40:56.215 makes me feel like a loser and pathetic.

NOTE Confidence: 0.908852466153846

00:40:56.220 --> 00:40:57.470 That is a lot more.

NOTE Confidence: 0.908852466153846

00:40:57.470 --> 00:41:00.120 The experience that I encounter.

NOTE Confidence: 0.908852466153846

00:41:00.120 --> 00:41:01.500 They're not living it up

00:41:01.500 --> 00:41:03.127 at anybody's expense. Now.

00:41:03.127 --> 00:41:05.372 I sometimes think of this

00:41:05.372 --> 00:41:07.839 phenomenon of failure to launch as.

00:41:07.840 --> 00:41:10.828 Like almost the last really

00:41:10.828 --> 00:41:12.788 unaddressed problem in mental health,

00:41:12.790 --> 00:41:14.940 you know it's it's, it's.

00:41:14.940 --> 00:41:16.900 It's crazy there are so many problems where

00:41:16.900 --> 00:41:18.906 we don't have good enough answers, right?

00:41:18.906 --> 00:41:20.336 There's lots of areas of

00:41:20.336 --> 00:41:21.480 psychopathology where we don't

00:41:21.531 --> 00:41:23.006 really have good enough answers.

00:41:23.010 --> 00:41:26.618 But usually it's not for lack of trying.

00:41:26.620 --> 00:41:28.811 Here we're not even doing the basic

00:41:28.811 --> 00:41:31.247 work to even start to address this.

00:41:31.250 --> 00:41:34.860 We have tremendous knowledge gaps.

NOTE Confidence: 0.908852466153846

00:41:34.860 --> 00:41:37.230 And let me just point to a few of them

NOTE Confidence: 0.908852466153846

00:41:37.297 --> 00:41:39.880 and tell you about some of the work that

NOTE Confidence: 0.908852466153846

00:41:39.880 --> 00:41:42.233 we're doing to address it so for example,

NOTE Confidence: 0.908852466153846

00:41:42.233 --> 00:41:43.588 we don't know the basic

NOTE Confidence: 0.908852466153846

00:41:43.588 --> 00:41:44.850 prevalence of this problem?

NOTE Confidence: 0.908852466153846

00:41:44.850 --> 00:41:46.374 How many people fit.

NOTE Confidence: 0.908852466153846

00:41:46.374 --> 00:41:48.514 This definition, we don't know.

NOTE Confidence: 0.908852466153846

00:41:48.514 --> 00:41:50.804 Uh, what are the precursors,

NOTE Confidence: 0.908852466153846

00:41:50.810 --> 00:41:52.645 the predictors and risk factors

NOTE Confidence: 0.908852466153846

00:41:52.645 --> 00:41:54.480 for not transitioning to adult?

NOTE Confidence: 0.908852466153846

00:41:54.480 --> 00:41:55.840 You know, functional adulthood.

NOTE Confidence: 0.908852466153846

00:41:55.840 --> 00:41:57.200 We don't know that,

NOTE Confidence: 0.908852466153846

00:41:57.200 --> 00:41:58.985 and that means that we can't prevent,

NOTE Confidence: 0.908852466153846

00:41:58.990 --> 00:41:59.284 right?

NOTE Confidence: 0.908852466153846

00:41:59.284 --> 00:42:01.636 We can't intervene to try to prevent it.

NOTE Confidence: 0.908852466153846

00:42:01.640 --> 00:42:02.930 We don't know the trajectories,

NOTE Confidence: 0.908852466153846

00:42:02.930 --> 00:42:04.610 how chronic or fixed,

NOTE Confidence: 0.908852466153846

00:42:04.610 --> 00:42:07.130 or malleable or plastic is this,

NOTE Confidence: 0.908852466153846

00:42:07.130 --> 00:42:08.870 and what can be done.

NOTE Confidence: 0.908852466153846

00:42:08.870 --> 00:42:10.746 And we are taking very active steps

NOTE Confidence: 0.908852466153846

00:42:10.746 --> 00:42:13.181 to try to address all of those here.

NOTE Confidence: 0.908852466153846

00:42:13.181 --> 00:42:16.229 I really want to emphasize the work of

NOTE Confidence: 0.908852466153846

00:42:16.229 --> 00:42:18.737 another amazing postdoc or a burger.

NOTE Confidence: 0.908852466153846

00:42:18.740 --> 00:42:20.672 Who with the very generous support

NOTE Confidence: 0.908852466153846

00:42:20.672 --> 00:42:21.960 of another dear person,

NOTE Confidence: 0.908852466153846

00:42:21.960 --> 00:42:23.792 we were able to bring onto the team

NOTE Confidence: 0.908852466153846

00:42:23.792 --> 00:42:25.799 and he has taken the lead on a lot

NOTE Confidence: 0.908852466153846

00:42:25.799 --> 00:42:27.602 of this and really accomplished a

NOTE Confidence: 0.908852466153846

00:42:27.602 --> 00:42:29.948 tremendous amount for one year that

NOTE Confidence: 0.908852466153846

00:42:29.948 --> 00:42:32.486 he's been working in the program so.

NOTE Confidence: 0.908852466153846

00:42:32.490 --> 00:42:33.792 What are we doing to address

NOTE Confidence: 0.908852466153846

00:42:33.792 --> 00:42:34.443 the prevalence problem?

NOTE Confidence: 0.908852466153846

00:42:34.450 --> 00:42:34.932 Well,

NOTE Confidence: 0.908852466153846

00:42:34.932 --> 00:42:38.292 even as we speak a national a

NOTE Confidence: 0.908852466153846

00:42:38.292 --> 00:42:40.140 nationally representative survey is

NOTE Confidence: 0.908852466153846

00:42:40.140 --> 00:42:43.172 going out across the country to 10s

NOTE Confidence: 0.908852466153846

00:42:43.172 --> 00:42:45.454 of thousands of people to try with.

NOTE Confidence: 0.908852466153846

00:42:45.460 --> 00:42:47.565 Working with Ipsos Big Survey

NOTE Confidence: 0.908852466153846

00:42:47.565 --> 00:42:50.023 company to try to ascertain how

NOTE Confidence: 0.908852466153846

00:42:50.023 --> 00:42:51.930 many people actually have somebody

NOTE Confidence: 0.908852466153846

00:42:51.930 --> 00:42:53.930 like this in their lives.

NOTE Confidence: 0.908852466153846

00:42:53.930 --> 00:42:57.969 This is really the first large scale

NOTE Confidence: 0.908852466153846

00:42:57.969 --> 00:43:00.250 epidemiological attempt to even,

NOTE Confidence: 0.908852466153846

00:43:00.250 --> 00:43:02.500 you know, gauge the prevalence.

NOTE Confidence: 0.908852466153846

00:43:02.500 --> 00:43:04.630 And.

NOTE Confidence: 0.908852466153846

00:43:04.630 --> 00:43:07.304 For those responders who do indicate that

NOTE Confidence: 0.908852466153846

00:43:07.304 --> 00:43:09.979 there somebody for them that matches that,

NOTE Confidence: 0.908852466153846

00:43:09.980 --> 00:43:11.924 then will also get other information

NOTE Confidence: 0.908852466153846

00:43:11.924 --> 00:43:14.510 like the car let's the economic impact,

NOTE Confidence: 0.908852466153846

00:43:14.510 --> 00:43:15.604 the burden, etc.

NOTE Confidence: 0.908852466153846

00:43:15.604 --> 00:43:17.008 So I think that's going to

NOTE Confidence: 0.908852466153846

00:43:17.008 --> 00:43:20.090 teach us a lot and.

NOTE Confidence: 0.908852466153846

00:43:20.090 --> 00:43:21.524 Hopefully also provide.

NOTE Confidence: 0.908852466153846

00:43:21.524 --> 00:43:25.360 Impetus to for more research in the area,

NOTE Confidence: 0.908852466153846

00:43:25.360 --> 00:43:26.744 which is very clearly,

NOTE Confidence: 0.908852466153846

00:43:26.744 --> 00:43:28.820 sorely needed and we will see,

NOTE Confidence: 0.908852466153846

00:43:28.820 --> 00:43:30.110 and I'll share next time what

NOTE Confidence: 0.908852466153846

00:43:30.110 --> 00:43:31.509 the results of the survey are.

NOTE Confidence: 0.908852466153846

00:43:31.510 --> 00:43:33.470 But if our best guesses based on

NOTE Confidence: 0.908852466153846

00:43:33.470 --> 00:43:35.375 smaller studies a lot in other

NOTE Confidence: 0.908852466153846

00:43:35.375 --> 00:43:36.719 countries are any indication,

NOTE Confidence: 0.954459106666667

00:43:36.720 --> 00:43:38.355 we're talking about millions of

NOTE Confidence: 0.954459106666667

00:43:38.355 --> 00:43:40.413 people and literally 10s of billions

NOTE Confidence: 0.954459106666667

00:43:40.413 --> 00:43:42.579 of dollars every year in lost

NOTE Confidence: 0.954459106666667

00:43:42.579 --> 00:43:44.410 productivity, tax revenue, etc.

NOTE Confidence: 0.954459106666667

00:43:44.410 --> 00:43:47.350 Now, where is also trying to

NOTE Confidence: 0.954459106666667

00:43:47.350 --> 00:43:49.706 address those precursor questions

NOTE Confidence: 0.954459106666667

00:43:49.706 --> 00:43:52.656 by mining data from other?

NOTE Confidence: 0.954459106666667

00:43:52.660 --> 00:43:54.575 Surveys that have been administered

NOTE Confidence: 0.954459106666667

00:43:54.575 --> 00:43:56.927 for over for two cohorts over

NOTE Confidence: 0.954459106666667

00:43:56.927 --> 00:43:59.117 multiple years and long time spans.

NOTE Confidence: 0.954459106666667

00:43:59.120 --> 00:44:00.782 For example, the add health survey

NOTE Confidence: 0.954459106666667

00:44:00.782 --> 00:44:03.399 that a lot of you may be familiar with.

NOTE Confidence: 0.954459106666667

00:44:03.400 --> 00:44:06.214 That's the adolescent to Adult Health survey,

NOTE Confidence: 0.954459106666667

00:44:06.220 --> 00:44:08.170 which is administered all the

NOTE Confidence: 0.954459106666667

00:44:08.170 --> 00:44:10.120 way from adolescence into really

NOTE Confidence: 0.954459106666667

00:44:10.187 --> 00:44:11.947 mid adulthood at this point.

NOTE Confidence: 0.954459106666667

00:44:11.950 --> 00:44:13.382 To thousands of people,

NOTE Confidence: 0.954459106666667

00:44:13.382 --> 00:44:15.172 and it wasn't designed to

NOTE Confidence: 0.954459106666667

00:44:15.172 --> 00:44:16.710 identify failure to launch,

NOTE Confidence: 0.954459106666667

00:44:16.710 --> 00:44:18.908 but we can make some tentative guesses

NOTE Confidence: 0.954459106666667

00:44:18.908 --> 00:44:20.938 about people that might be meeting

NOTE Confidence: 0.954459106666667

00:44:20.938 --> 00:44:22.648 that criteria based on indicators

NOTE Confidence: 0.954459106666667

00:44:22.648 --> 00:44:24.549 like their employment and place

NOTE Confidence: 0.954459106666667

00:44:24.549 --> 00:44:26.442 of residence and education, etc.

NOTE Confidence: 0.954459106666667

00:44:26.442 --> 00:44:27.850 And when we do,

NOTE Confidence: 0.954459106666667

00:44:27.850 --> 00:44:30.154 we can then go back and see what

NOTE Confidence: 0.954459106666667

00:44:30.154 --> 00:44:31.486 differentiated them from their

NOTE Confidence: 0.954459106666667

00:44:31.486 --> 00:44:33.226 peers when they were adolescence,

NOTE Confidence: 0.954459106666667

00:44:33.230 --> 00:44:37.280 and the answer seems to be quite a bit.

NOTE Confidence: 0.954459106666667

00:44:37.280 --> 00:44:39.424 I know this is too much to take

NOTE Confidence: 0.954459106666667

00:44:39.424 --> 00:44:40.919 in on a slide, but.

NOTE Confidence: 0.954459106666667

00:44:40.919 --> 00:44:43.012 The real take home here is that

00:44:43.012 --> 00:44:44.704 we're seeing really statistically

00:44:44.704 --> 00:44:46.756 significant differences between those

00:44:46.756 --> 00:44:49.242 individuals who later are likely

00:44:49.242 --> 00:44:51.412 failure to launch cases and their

00:44:51.412 --> 00:44:53.518 peers in adolescence across many domains,

00:44:53.520 --> 00:44:57.036 like the behavior like school absences,

00:44:57.040 --> 00:44:59.152 media consumption, mental health,

00:44:59.152 --> 00:45:00.553 like depression, suicidality,

00:45:00.553 --> 00:45:01.239 social functioning,

00:45:01.239 --> 00:45:03.297 how many friends do they have?

00:45:03.300 --> 00:45:04.908 If they ever had a boyfriend or girlfriend,

00:45:04.910 --> 00:45:07.486 how well did a live interview or think

00:45:07.486 --> 00:45:09.089 they presented themselves academic

00:45:09.089 --> 00:45:11.777 things like learning problems and even.

00:45:11.780 --> 00:45:13.288 Physical things like their

00:45:13.288 --> 00:45:15.173 pubertal status or their height,

NOTE Confidence: 0.954459106666667

00:45:15.180 --> 00:45:16.890 and so again we're going to

NOTE Confidence: 0.954459106666667

00:45:16.890 --> 00:45:18.829 need to replicate a lot of this,

NOTE Confidence: 0.954459106666667

00:45:18.830 --> 00:45:20.510 but this is giving clues of the

NOTE Confidence: 0.954459106666667

00:45:20.510 --> 00:45:22.344 kinds of things that might help to

NOTE Confidence: 0.954459106666667

00:45:22.344 --> 00:45:23.934 intervene when people are at risk

NOTE Confidence: 0.954459106666667

00:45:23.994 --> 00:45:25.499 for not making that transition

NOTE Confidence: 0.954459106666667

00:45:25.499 --> 00:45:27.678 rather than assuming that it will go

NOTE Confidence: 0.954459106666667

00:45:27.678 --> 00:45:29.682 smoothly and sort of leaving families

NOTE Confidence: 0.954459106666667

00:45:29.682 --> 00:45:32.368 to pick up the pieces when it does not.

NOTE Confidence: 0.954459106666667

00:45:32.370 --> 00:45:35.191 And we can also use that data

NOTE Confidence: 0.954459106666667

00:45:35.191 --> 00:45:37.820 to look at trajectories,

NOTE Confidence: 0.954459106666667

00:45:37.820 --> 00:45:39.416 and so for example,

NOTE Confidence: 0.954459106666667

00:45:39.416 --> 00:45:42.755 here we can see that somebody who at age

NOTE Confidence: 0.954459106666667

00:45:42.755 --> 00:45:46.109 18 to 24 in that wave of the survey was

NOTE Confidence: 0.954459106666667

00:45:46.109 --> 00:45:49.077 like a likely failure to launch case.

NOTE Confidence: 0.954459106666667

00:45:49.080 --> 00:45:51.698 Still has a two times as likely

NOTE Confidence: 0.954459106666667

00:45:51.698 --> 00:45:54.659 chance of not living independently,

NOTE Confidence: 0.954459106666667

00:45:54.660 --> 00:45:57.840 even six or 15 years later,

NOTE Confidence: 0.954459106666667

00:45:57.840 --> 00:46:00.542 or somebody at age 25 who may

NOTE Confidence: 0.954459106666667

00:46:00.542 --> 00:46:03.299 have failure to launch as a four

NOTE Confidence: 0.954459106666667

00:46:03.299 --> 00:46:05.640 times greater chance of still not

NOTE Confidence: 0.954459106666667

00:46:05.640 --> 00:46:07.208 living independently nine years

NOTE Confidence: 0.954459106666667

00:46:07.208 --> 00:46:08.927 later and have not working.

NOTE Confidence: 0.954459106666667

00:46:08.930 --> 00:46:10.142 And so we're seeing that this

NOTE Confidence: 0.954459106666667

00:46:10.142 --> 00:46:11.340 is a really fixed problem.

NOTE Confidence: 0.954459106666667

00:46:11.340 --> 00:46:13.706 It speaks to the risks of settling

NOTE Confidence: 0.954459106666667

00:46:13.706 --> 00:46:15.421 into that failure to launch

NOTE Confidence: 0.954459106666667

00:46:15.421 --> 00:46:17.329 situation where years can just go

NOTE Confidence: 0.954459106666667

00:46:17.329 --> 00:46:19.787 by so quickly without any change.

NOTE Confidence: 0.954459106666667

00:46:19.790 --> 00:46:21.470 And it's actually one reason,

NOTE Confidence: 0.954459106666667

00:46:21.470 --> 00:46:23.626 I think, that I unlike some others,

NOTE Confidence: 0.954459106666667

00:46:23.630 --> 00:46:25.072 I don't think of this as a

NOTE Confidence: 0.954459106666667

00:46:25.072 --> 00:46:25.690 young adult problem.

NOTE Confidence: 0.954459106666667

00:46:25.690 --> 00:46:27.447 It's really not a young adult problem.

NOTE Confidence: 0.954459106666667

00:46:27.450 --> 00:46:28.716 I'd start there,

NOTE Confidence: 0.954459106666667

00:46:28.716 --> 00:46:31.248 but there's not an expiration date.

NOTE Confidence: 0.954459106666667

00:46:31.250 --> 00:46:32.858 If nothing is done,

NOTE Confidence: 0.954459106666667

00:46:32.858 --> 00:46:35.270 which leads us to the what

NOTE Confidence: 0.954459106666667

00:46:35.363 --> 00:46:37.199 can be done question.

NOTE Confidence: 0.954459106666667

00:46:37.200 --> 00:46:39.360 And here we are again conducting

NOTE Confidence: 0.954459106666667

00:46:39.360 --> 00:46:40.800 clinical trial research is

NOTE Confidence: 0.9228447032

00:46:40.870 --> 00:46:42.262 a randomized controlled trial

NOTE Confidence: 0.9228447032

00:46:42.262 --> 00:46:44.350 with a wait list control of

NOTE Confidence: 0.9228447032

00:46:44.417 --> 00:46:46.127 space for failure to launch.

NOTE Confidence: 0.9228447032

00:46:46.130 --> 00:46:48.370 We're doing it over zoom 13 to

NOTE Confidence: 0.9228447032

00:46:48.370 --> 00:46:50.289 20 sessions with the families.

NOTE Confidence: 0.9228447032

00:46:50.290 --> 00:46:52.034 This individual, not group,

NOTE Confidence: 0.9228447032

00:46:52.034 --> 00:46:54.650 and the study is actually still

NOTE Confidence: 0.9228447032

00:46:54.725 --> 00:46:56.980 ongoing and so all I will say

NOTE Confidence: 0.9228447032

00:46:56.980 --> 00:46:58.810 is a very very small sneak

NOTE Confidence: 0.9228447032

00:46:58.892 --> 00:47:00.794 peek at what we were seeing.

NOTE Confidence: 0.9228447032

00:47:00.794 --> 00:47:03.538 So for example of 11 cases will

NOTE Confidence: 0.9228447032

00:47:03.538 --> 00:47:05.520 already completed treatment.

NOTE Confidence: 0.898736216470588

00:47:08.380 --> 00:47:10.450 65% don't meet our death or

NOTE Confidence: 0.898736216470588

00:47:10.450 --> 00:47:12.200 entry definition of failure to

NOTE Confidence: 0.898736216470588

00:47:12.200 --> 00:47:14.024 launch by the end of treatment,

NOTE Confidence: 0.898736216470588

00:47:14.030 --> 00:47:15.830 which is really amazing.

NOTE Confidence: 0.898736216470588

00:47:15.830 --> 00:47:17.543 These are hard, hard,

NOTE Confidence: 0.898736216470588

00:47:17.543 --> 00:47:20.447 hard cases to work to to work with.

NOTE Confidence: 0.898736216470588

00:47:20.450 --> 00:47:21.497 It really difficult.

NOTE Confidence: 0.898736216470588

00:47:21.497 --> 00:47:24.715 But when you have a person who hasn't left

NOTE Confidence: 0.898736216470588

00:47:24.715 --> 00:47:27.346 their room in years hasn't gone to work,

NOTE Confidence: 0.898736216470588

00:47:27.346 --> 00:47:29.170 doesn't have anything really happening and

NOTE Confidence: 0.898736216470588

00:47:29.218 --> 00:47:31.518 they are able to start living their lives,

NOTE Confidence: 0.898736216470588

00:47:31.518 --> 00:47:33.046 it's just worth it.

NOTE Confidence: 0.898736216470588

00:47:33.050 --> 00:47:35.050 And what does it mean to go from

NOTE Confidence: 0.898736216470588

00:47:35.050 --> 00:47:36.520 having failure to launch to not?

NOTE Confidence: 0.898736216470588

00:47:36.520 --> 00:47:38.900 But if you compare people who still

NOTE Confidence: 0.898736216470588

00:47:38.900 --> 00:47:41.530 have failure to launch those who don't,

NOTE Confidence: 0.898736216470588

00:47:41.530 --> 00:47:43.338 we see really significant

NOTE Confidence: 0.898736216470588

00:47:43.338 --> 00:47:45.146 differences in adaptive behavior.

NOTE Confidence: 0.898736216470588

00:47:45.150 --> 00:47:47.838 And not surprisingly for the parents,

NOTE Confidence: 0.898736216470588

00:47:47.840 --> 00:47:49.840 because like a significant

NOTE Confidence: 0.898736216470588

00:47:49.840 --> 00:47:51.340 differences in accommodation.

NOTE Confidence: 0.898736216470588

00:47:51.340 --> 00:47:53.788 So we are almost almost almost out of time,

NOTE Confidence: 0.898736216470588

00:47:53.790 --> 00:47:56.268 but I wanted to leave you with

NOTE Confidence: 0.898736216470588

00:47:56.268 --> 00:47:58.760 one more video and this is I'm

NOTE Confidence: 0.898736216470588

00:47:58.760 --> 00:48:01.285 saying to the gods of video to

NOTE Confidence: 0.898736216470588

00:48:01.285 --> 00:48:03.775 stop the recording for this piece.

NOTE Confidence: 0.898736216470588

00:48:03.780 --> 00:48:05.368 Or we'll cut it after, well,

NOTE Confidence: 0.898736216470588

00:48:05.368 --> 00:48:06.262 cut it after.

NOTE Confidence: 0.898736216470588

00:48:06.262 --> 00:48:08.807 OK, so because I have permission to show

NOTE Confidence: 0.898736216470588

00:48:08.807 --> 00:48:11.478 you this video but not to send it beyond.

NOTE Confidence: 0.898736216470588

00:48:11.480 --> 00:48:13.377 And so I'm going to play this.

NOTE Confidence: 0.898736216470588

00:48:13.380 --> 00:48:15.132 These were just here from a

NOTE Confidence: 0.898736216470588

00:48:15.132 --> 00:48:16.619 couple who struggled with their

NOTE Confidence: 0.898736216470588

00:48:16.619 --> 00:48:18.179 son for a really long time.

NOTE Confidence: 0.898736216470588

00:48:18.180 --> 00:48:19.540 They weren't in this study.

NOTE Confidence: 0.898736216470588

00:48:19.540 --> 00:48:21.400 They worked with me though

NOTE Confidence: 0.898736216470588

00:48:21.400 --> 00:48:23.671 using the same approach and I

NOTE Confidence: 0.898736216470588

00:48:23.671 --> 00:48:25.336 think it speaks for itself.

NOTE Confidence: 0.898736216470588

00:48:25.340 --> 00:48:25.910 Some.

NOTE Confidence: 0.886507503636364

00:48:29.460 --> 00:48:30.520 That is essentially the things

NOTE Confidence: 0.886507503636364

00:48:30.520 --> 00:48:31.870 that I wanted to cover today.

NOTE Confidence: 0.886507503636364

00:48:31.870 --> 00:48:33.170 There's other projects that are

NOTE Confidence: 0.886507503636364

00:48:33.170 --> 00:48:34.210 even earlier in development.

NOTE Confidence: 0.886507503636364

00:48:34.210 --> 00:48:35.490 Too early to talk about,

NOTE Confidence: 0.886507503636364

00:48:35.490 --> 00:48:38.469 like and so you can look at the slide.

NOTE Confidence: 0.886507503636364

00:48:38.470 --> 00:48:41.251 I do, though I also want to say of

NOTE Confidence: 0.886507503636364

00:48:41.251 --> 00:48:43.811 course thank you to the amazing team

NOTE Confidence: 0.886507503636364

00:48:43.811 --> 00:48:46.768 too when they work closely with me on.

NOTE Confidence: 0.886507503636364

00:48:46.770 --> 00:48:48.186 Almost everything that we've

NOTE Confidence: 0.886507503636364

00:48:48.186 --> 00:48:49.956 talked about to the collaborators,

NOTE Confidence: 0.886507503636364

00:48:49.960 --> 00:48:52.070 to our intrepid lab manager,

NOTE Confidence: 0.886507503636364

00:48:52.070 --> 00:48:55.990 grace the clinicians and everybody.

NOTE Confidence: 0.886507503636364

00:48:55.990 --> 00:48:56.869 And of course,

NOTE Confidence: 0.886507503636364

00:48:56.869 --> 00:48:58.627 thank you very much to each

NOTE Confidence: 0.886507503636364

00:48:58.627 --> 00:49:00.380 and everyone of you as well.

NOTE Confidence: 0.771564176666667

00:49:07.020 --> 00:49:09.828 If you wanna take some questions and

NOTE Confidence: 0.864870304

00:49:09.840 --> 00:49:11.996 I'm sure that zoom world you know

NOTE Confidence: 0.864870304

00:49:11.996 --> 00:49:13.280 whoever stays around, I'm sure that

NOTE Confidence: 0.864870304

00:49:13.280 --> 00:49:15.110 there's going to be some questions.

NOTE Confidence: 0.864870304

00:49:15.110 --> 00:49:18.508 Hold on one second. However long

NOTE Confidence: 0.864870304

00:49:18.508 --> 00:49:21.826 they want to stay in three hours.

NOTE Confidence: 0.864870304

00:49:21.830 --> 00:49:25.486 OK, so any any questions Eli is in

NOTE Confidence: 0.864870304

00:49:25.486 --> 00:49:26.946 the house and taking questions.

NOTE Confidence: 0.864870304

00:49:26.950 --> 00:49:29.512 I know because of techno we

NOTE Confidence: 0.864870304

00:49:29.512 --> 00:49:32.170 were a little bit late but.

NOTE Confidence: 0.864870304

00:49:32.170 --> 00:49:35.185 Julie, start us off anyone start us off Eli.

NOTE Confidence: 0.4338231

00:49:41.620 --> 00:49:46.776 Ellie, I think you're particularly good at.

NOTE Confidence: 0.872145941

00:49:46.780 --> 00:49:48.916 Helping parents appreciate that

NOTE Confidence: 0.872145941

00:49:48.916 --> 00:49:52.120 they are part of the solution,

NOTE Confidence: 0.872145941

00:49:52.120 --> 00:49:53.728 but they are not to blame.

NOTE Confidence: 0.872145941

00:49:53.730 --> 00:49:56.560 They are not the problem.

NOTE Confidence: 0.872145941

00:49:56.560 --> 00:49:59.297 Actually, earlier in my career that that

NOTE Confidence: 0.872145941

00:49:59.297 --> 00:50:02.250 was that was a tough balance for me.

NOTE Confidence: 0.872145941

00:50:02.250 --> 00:50:04.743 Could you talk a little

NOTE Confidence: 0.872145941

00:50:04.743 --> 00:50:06.430 bit about that? That art?

NOTE Confidence: 0.925932798

00:50:15.240 --> 00:50:17.372 OK, well first of all, thank you.

NOTE Confidence: 0.925932798

00:50:17.372 --> 00:50:21.230 That's a nice compliment, you know.

NOTE Confidence: 0.925932798

00:50:21.230 --> 00:50:24.680 I think we we all.

NOTE Confidence: 0.925932798

00:50:24.680 --> 00:50:27.600 Represent a field with a very rich history

NOTE Confidence: 0.925932798

00:50:27.600 --> 00:50:29.988 of blaming parents for everything.

NOTE Confidence: 0.925932798

00:50:29.990 --> 00:50:32.195 Right, we blame parents fears gets a

NOTE Confidence: 0.925932798

00:50:32.195 --> 00:50:33.989 free neon schizophrenic mothers casket.

NOTE Confidence: 0.925932798

00:50:33.990 --> 00:50:38.099 Sabrina and refrigerator mothers cause

NOTE Confidence: 0.925932798

00:50:38.099 --> 00:50:41.237 autism and time and again empirical

NOTE Confidence: 0.925932798

00:50:41.237 --> 00:50:43.829 research just fails to support that.

NOTE Confidence: 0.925932798

00:50:43.830 --> 00:50:47.450 And so I think that.

NOTE Confidence: 0.925932798

00:50:47.450 --> 00:50:50.942 We don't need to make a false leap from.

NOTE Confidence: 0.925932798

00:50:50.950 --> 00:50:53.001 We can help you can help your

NOTE Confidence: 0.925932798

00:50:53.001 --> 00:50:54.819 child to overcome a problem too.

NOTE Confidence: 0.925932798

00:50:54.820 --> 00:50:57.228 You need to be you know accused.

NOTE Confidence: 0.925932798

00:50:57.230 --> 00:50:59.043 For the fact that they have the

NOTE Confidence: 0.925932798

00:50:59.043 --> 00:51:01.203 problem and my experience is that

NOTE Confidence: 0.925932798

00:51:01.203 --> 00:51:05.354 when parents are get it that way.

NOTE Confidence: 0.925932798

00:51:05.360 --> 00:51:07.172 It's so gratifying and so empowering

NOTE Confidence: 0.925932798

00:51:07.172 --> 00:51:09.422 to be able to help to help

NOTE Confidence: 0.925932798

00:51:09.422 --> 00:51:11.047 your child overcome a problem.

NOTE Confidence: 0.925932798

00:51:11.050 --> 00:51:12.434 Like, why would you only want to help

NOTE Confidence: 0.925932798

00:51:12.434 --> 00:51:13.867 your kid with problems that you cost,

NOTE Confidence: 0.925932798

00:51:13.870 --> 00:51:15.868 but it doesn't make sense, right?

NOTE Confidence: 0.925932798

00:51:15.868 --> 00:51:17.534 We don't we never think that way,

NOTE Confidence: 0.925932798

00:51:17.540 --> 00:51:20.725 and I think that's true here also.

NOTE Confidence: 0.925932798

00:51:20.730 --> 00:51:22.752 I don't assume that I'm a

NOTE Confidence: 0.925932798

00:51:22.752 --> 00:51:24.820 better parent than my patients.

NOTE Confidence: 0.925932798

00:51:24.820 --> 00:51:26.344 I see so many patients that

NOTE Confidence: 0.925932798

00:51:26.344 --> 00:51:28.256 I work with and I think, WOW,

NOTE Confidence: 0.925932798

00:51:28.256 --> 00:51:30.036 there's such an amazing parents.

NOTE Confidence: 0.925932798

00:51:30.040 --> 00:51:32.152 Amazing mom are amazing that I wish I

NOTE Confidence: 0.925932798

00:51:32.152 --> 00:51:34.460 was more like that in my own parenting.

NOTE Confidence: 0.925932798

00:51:34.460 --> 00:51:34.838 In fact,

NOTE Confidence: 0.925932798

00:51:34.838 --> 00:51:36.677 that we may be here to work on a

NOTE Confidence: 0.925932798

00:51:36.677 --> 00:51:38.037 specific issue around your child

NOTE Confidence: 0.925932798

00:51:38.037 --> 00:51:39.758 anxiety where we have some specific

NOTE Confidence: 0.925932798

00:51:39.758 --> 00:51:41.504 knowledge that you can apply that.

NOTE Confidence: 0.925932798

00:51:41.510 --> 00:51:43.596 That's great,

NOTE Confidence: 0.925932798

00:51:43.596 --> 00:51:44.639 but.

NOTE Confidence: 0.925932798

00:51:44.640 --> 00:51:46.495 I think there's you know it's a

NOTE Confidence: 0.925932798

00:51:46.495 --> 00:51:48.206 little seductive to fall into the

NOTE Confidence: 0.925932798

00:51:48.206 --> 00:51:49.636 I'm doing the parent training,

NOTE Confidence: 0.925932798

00:51:49.640 --> 00:51:52.090 so I must be better than you at at this.

NOTE Confidence: 0.925932798

00:51:52.090 --> 00:51:52.704 And frankly,

NOTE Confidence: 0.925932798

00:51:52.704 --> 00:51:55.160 I think that's kind of BS and bogus.

NOTE Confidence: 0.925932798

00:51:55.160 --> 00:51:56.780 I think parents that I work with pick up

NOTE Confidence: 0.925932798

00:51:56.780 --> 00:51:58.520 on the fact that I don't feel that way.

NOTE Confidence: 0.925932798

00:51:58.520 --> 00:51:59.670 'cause I genuinely don't and

NOTE Confidence: 0.925932798

00:51:59.670 --> 00:52:01.090 that makes it easier as well.

NOTE Confidence: 0.915169518333333

00:52:06.090 --> 00:52:07.356 My kids will confirm I'm not.

NOTE Confidence: 0.8884686

00:52:12.810 --> 00:52:13.430 I cancelled

NOTE Confidence: 0.974254935

00:52:16.080 --> 00:52:16.908 how do I know?

NOTE Confidence: 0.88189215

00:52:20.820 --> 00:52:24.990 The chat. The chat.

NOTE Confidence: 0.88189215

00:52:24.990 --> 00:52:26.374 Well, probably people are

NOTE Confidence: 0.88189215

00:52:26.374 --> 00:52:28.498 aware that the time is fast

NOTE Confidence: 0.88189215

00:52:28.498 --> 00:52:30.826 and they have other things too.

NOTE Confidence: 0.88189215

00:52:30.830 --> 00:52:32.455 Still there where I was

NOTE Confidence: 0.88189215

00:52:32.455 --> 00:52:34.290 on mute the whole time. No

NOTE Confidence: 0.858815144

00:52:34.300 --> 00:52:36.000 one else has another question.

NOTE Confidence: 0.858815144

00:52:36.000 --> 00:52:41.024 I wonder if you ever will put your

NOTE Confidence: 0.858815144

00:52:41.024 --> 00:52:43.552 brilliant theories about school

NOTE Confidence: 0.858815144

00:52:43.552 --> 00:52:48.820 avoidance into a more manualized form,

NOTE Confidence: 0.858815144

00:52:48.820 --> 00:52:50.425 especially addressing the

NOTE Confidence: 0.858815144

00:52:50.425 --> 00:52:53.100 secondary gain and and parent

NOTE Confidence: 0.858815144

00:52:53.100 --> 00:52:55.259 accommodation that often happens.

NOTE Confidence: 0.858815144

00:52:55.260 --> 00:52:56.946 Or are there plans for that?

NOTE Confidence: 0.667117366666667

00:53:03.270 --> 00:53:05.526 Yeah, uh, you know, school refusal.

NOTE Confidence: 0.667117366666667

00:53:05.530 --> 00:53:08.482 It's such a. It's such a it's such a

NOTE Confidence: 0.667117366666667

00:53:08.482 --> 00:53:10.638 stubborn kind of problem to overcome

NOTE Confidence: 0.667117366666667

00:53:10.638 --> 00:53:13.486 to be so stuck takes a lot of energy

NOTE Confidence: 0.667117366666667

00:53:13.486 --> 00:53:15.500 and a lot of momentum to overcome

NOTE Confidence: 0.667117366666667

00:53:15.500 --> 00:53:17.810 the inertia of school refusal and to

NOTE Confidence: 0.667117366666667

00:53:17.873 --> 00:53:19.643 get something moving there when it

NOTE Confidence: 0.667117366666667

00:53:19.643 --> 00:53:21.988 can be stuck for a really long time.

NOTE Confidence: 0.667117366666667

00:53:21.990 --> 00:53:25.050 There are plans for that actually

NOTE Confidence: 0.667117366666667

00:53:25.050 --> 00:53:27.090 were in discussion with.

NOTE Confidence: 0.667117366666667

00:53:27.090 --> 00:53:28.854 Well, yes, I think there are plans

NOTE Confidence: 0.667117366666667

00:53:28.854 --> 00:53:30.635 for that and I'm hoping to be

NOTE Confidence: 0.667117366666667

00:53:30.635 --> 00:53:32.081 able to share more about it.

NOTE Confidence: 0.667117366666667

00:53:32.090 --> 00:53:32.798 In the meantime,

NOTE Confidence: 0.667117366666667

00:53:32.798 --> 00:53:34.214 I made one YouTube video on

NOTE Confidence: 0.667117366666667

00:53:34.214 --> 00:53:35.206 overcoming school refusal so

NOTE Confidence: 0.667117366666667

00:53:35.206 --> 00:53:36.386 people can check that out.

NOTE Confidence: 0.8839524

00:53:39.690 --> 00:53:40.050 Alright.

NOTE Confidence: 0.802741155

00:53:41.520 --> 00:53:42.300 You wanna close it?

NOTE Confidence: 0.826317809230769

00:53:44.630 --> 00:53:47.174 Well, I would just like to thank me

NOTE Confidence: 0.826317809230769

00:53:47.174 --> 00:53:49.452 for just really an amazing presentation

NOTE Confidence: 0.826317809230769

00:53:49.452 --> 00:53:51.776 in light of all of the antigenic

NOTE Confidence: 0.826317809230769

00:53:51.776 --> 00:53:53.649 stimuli that you're experiencing.

NOTE Confidence: 0.826317809230769

00:53:53.650 --> 00:53:55.295 So thank you once again and Portugal.