

WEBVTT

NOTE duration:"01:01:08"

NOTE recognizability:0.861

NOTE language:en-us

NOTE Confidence: 0.7046808

00:00:03.020 --> 00:00:03.260 Yeah.

NOTE Confidence: 0.9470502325

00:00:07.680 --> 00:00:08.380 Good afternoon.

NOTE Confidence: 0.9470502325

00:00:08.380 --> 00:00:12.040 Let's go ahead and get started, please.

NOTE Confidence: 0.9470502325

00:00:12.040 --> 00:00:12.919 I'm Laurie cardona.

NOTE Confidence: 0.9470502325

00:00:12.919 --> 00:00:14.384 Today, it is a great,

NOTE Confidence: 0.9470502325

00:00:14.390 --> 00:00:16.202 great privilege and an honor to

NOTE Confidence: 0.9470502325

00:00:16.202 --> 00:00:19.110 present to you a dear colleague and friend,

NOTE Confidence: 0.9470502325

00:00:19.110 --> 00:00:20.100 Doctor Andres Martin,

NOTE Confidence: 0.9470502325

00:00:20.100 --> 00:00:22.410 who will be speaking to us today.

NOTE Confidence: 0.9470502325

00:00:22.410 --> 00:00:24.628 I wanted to give you some background.

NOTE Confidence: 0.9470502325

00:00:24.628 --> 00:00:28.260 Doctor Martin was born and raised in Mexico,

NOTE Confidence: 0.9470502325

00:00:28.260 --> 00:00:31.935 and therein also obtained his medical degree.

NOTE Confidence: 0.9470502325

00:00:31.940 --> 00:00:34.866 In 1990, he came to the US,

NOTE Confidence: 0.9470502325

00:00:34.870 --> 00:00:36.755 where he completed his psychiatry
NOTE Confidence: 0.9470502325

00:00:36.755 --> 00:00:38.996 residency training at the University of
NOTE Confidence: 0.9470502325

00:00:38.996 --> 00:00:41.580 Miami and then Harvard Medical School.
NOTE Confidence: 0.9470502325

00:00:41.580 --> 00:00:42.015 His.
NOTE Confidence: 0.9470502325

00:00:42.015 --> 00:00:44.190 Education continued in New Haven,
NOTE Confidence: 0.9470502325

00:00:44.190 --> 00:00:46.095 where he completed his Masters
NOTE Confidence: 0.9470502325

00:00:46.095 --> 00:00:48.714 degree in public health from the Yale
NOTE Confidence: 0.9470502325

00:00:48.714 --> 00:00:50.650 School of Public Health in 2002.
NOTE Confidence: 0.9470502325

00:00:50.650 --> 00:00:53.210 Since his earliest days in New Haven at
NOTE Confidence: 0.9470502325

00:00:53.210 --> 00:00:55.955 the child and at the Child Study Center,
NOTE Confidence: 0.9470502325

00:00:55.960 --> 00:00:58.630 doctor Martin has dedicated his clinical
NOTE Confidence: 0.9470502325

00:00:58.630 --> 00:01:01.047 career to serving our communities
NOTE Confidence: 0.9470502325

00:01:01.047 --> 00:01:03.857 most vulnerable youth and families.
NOTE Confidence: 0.9470502325

00:01:03.860 --> 00:01:06.110 So Doctor Martin has been the
NOTE Confidence: 0.9470502325

00:01:06.110 --> 00:01:07.610 longest serving medical director
NOTE Confidence: 0.9470502325

00:01:07.680 --> 00:01:09.590 on the Children Psychiatric Service

NOTE Confidence: 0.9470502325

00:01:09.590 --> 00:01:11.500 at Yale New Haven Hospital,

NOTE Confidence: 0.9470502325

00:01:11.500 --> 00:01:14.360 which he began in 2002.

NOTE Confidence: 0.9470502325

00:01:14.360 --> 00:01:16.826 During the decades of his clinical

NOTE Confidence: 0.9470502325

00:01:16.826 --> 00:01:18.840 leadership on when he won,

NOTE Confidence: 0.9470502325

00:01:18.840 --> 00:01:21.296 Doctor Martin has transformed

NOTE Confidence: 0.9470502325

00:01:21.296 --> 00:01:23.138 our clinical practices.

NOTE Confidence: 0.9470502325

00:01:23.140 --> 00:01:26.120 By emphasizing the compassionate and

NOTE Confidence: 0.9470502325

00:01:26.120 --> 00:01:28.504 culturally informed integration of

NOTE Confidence: 0.9470502325

00:01:28.504 --> 00:01:30.882 evidence based care and principles

NOTE Confidence: 0.9470502325

00:01:30.882 --> 00:01:33.670 into our daily work.

NOTE Confidence: 0.9470502325

00:01:33.670 --> 00:01:36.260 Doctor Martin has been equally

NOTE Confidence: 0.9470502325

00:01:36.260 --> 00:01:38.332 passionate about medical education

NOTE Confidence: 0.9470502325

00:01:38.332 --> 00:01:40.149 throughout his entire career.

NOTE Confidence: 0.9470502325

00:01:40.150 --> 00:01:40.828 For example,

NOTE Confidence: 0.9470502325

00:01:40.828 --> 00:01:43.201 he's been a key leadership role here

NOTE Confidence: 0.9470502325

00:01:43.201 --> 00:01:45.906 within the child Psychiatry Training program,

NOTE Confidence: 0.9470502325

00:01:45.910 --> 00:01:47.722 as well as internationally,

NOTE Confidence: 0.9470502325

00:01:47.722 --> 00:01:49.987 wherein he founded the Donald

NOTE Confidence: 0.9470502325

00:01:49.987 --> 00:01:52.851 J Cohen Fellowship Program for

NOTE Confidence: 0.9470502325

00:01:52.851 --> 00:01:55.183 International Scholars and Child

NOTE Confidence: 0.9470502325

00:01:55.183 --> 00:01:57.509 and Adolescent Mental Health.

NOTE Confidence: 0.9470502325

00:01:57.510 --> 00:01:59.230 Doctor Martin was promoted to

NOTE Confidence: 0.9470502325

00:01:59.230 --> 00:02:00.950 a professor in the clinician

NOTE Confidence: 0.9470502325

00:02:01.019 --> 00:02:03.968 educator track in 2007 and more.

NOTE Confidence: 0.9470502325

00:02:03.968 --> 00:02:05.692 Recently, in 2018,

NOTE Confidence: 0.9470502325

00:02:05.692 --> 00:02:08.284 he's become the director of the

NOTE Confidence: 0.9470502325

00:02:08.284 --> 00:02:09.580 simulated Participant Training

NOTE Confidence: 0.9470502325

00:02:09.644 --> 00:02:12.180 program here at the medical school

NOTE Confidence: 0.9470502325

00:02:12.180 --> 00:02:15.090 at the teaching and Learning Center.

NOTE Confidence: 0.9470502325

00:02:15.090 --> 00:02:15.820 Doctor Martin,

NOTE Confidence: 0.9470502325

00:02:15.820 --> 00:02:18.010 ever thirsty to expand his training

NOTE Confidence: 0.9470502325

00:02:18.010 --> 00:02:19.440 and his education,

NOTE Confidence: 0.9470502325

00:02:19.440 --> 00:02:23.022 recently completed his PhD in medical

NOTE Confidence: 0.9470502325

00:02:23.022 --> 00:02:25.410 education from the University

NOTE Confidence: 0.9470502325

00:02:25.503 --> 00:02:27.644 of Groningen in 2002.

NOTE Confidence: 0.9470502325

00:02:27.644 --> 00:02:30.056 Doctor Martins scholarly

NOTE Confidence: 0.9470502325

00:02:30.056 --> 00:02:32.468 publications are vast.

NOTE Confidence: 0.9470502325

00:02:32.470 --> 00:02:34.438 He's been especially prolific

NOTE Confidence: 0.9470502325

00:02:34.438 --> 00:02:37.937 during the period of 1999 to 2002,

NOTE Confidence: 0.9470502325

00:02:37.937 --> 00:02:40.482 during which time I counted

NOTE Confidence: 0.9470502325

00:02:40.482 --> 00:02:43.229 at least 33 publications.

NOTE Confidence: 0.9470502325

00:02:43.230 --> 00:02:45.450 That's right,

NOTE Confidence: 0.9470502325

00:02:45.450 --> 00:02:48.258 3333 publications and peer reviewed journals

NOTE Confidence: 0.9470502325

00:02:48.258 --> 00:02:51.110 during that brief time period alone.

NOTE Confidence: 0.9470502325

00:02:51.110 --> 00:02:51.662 So today,

NOTE Confidence: 0.9470502325

00:02:51.662 --> 00:02:53.870 it's a great honor to be here with

NOTE Confidence: 0.9470502325

00:02:53.939 --> 00:02:56.270 you as Doctor Martin reflects on just
NOTE Confidence: 0.9470502325

00:02:56.270 --> 00:02:58.588 a small portion of the body of work.
NOTE Confidence: 0.9470502325

00:02:58.590 --> 00:03:00.720 That he has authored in the
NOTE Confidence: 0.9470502325

00:03:00.720 --> 00:03:02.140 area of medical education.
NOTE Confidence: 0.916275318421053

00:03:09.890 --> 00:03:10.646 Thank you, Lori.
NOTE Confidence: 0.916275318421053

00:03:10.646 --> 00:03:13.058 And I'm so glad that my wife and my
NOTE Confidence: 0.916275318421053

00:03:13.058 --> 00:03:15.109 daughter were here to hear those things.
NOTE Confidence: 0.916275318421053

00:03:15.110 --> 00:03:20.888 So, so thank you so. See, see. OK, OK.
NOTE Confidence: 0.916275318421053

00:03:20.888 --> 00:03:23.676 Anyway, it's wonderful to be here with,
NOTE Confidence: 0.916275318421053

00:03:23.680 --> 00:03:25.976 with friends, with family,
NOTE Confidence: 0.916275318421053

00:03:25.976 --> 00:03:27.698 literally and figuratively,
NOTE Confidence: 0.916275318421053

00:03:27.700 --> 00:03:31.004 and to talk about work that is so
NOTE Confidence: 0.916275318421053

00:03:31.004 --> 00:03:33.762 meaningful to me and what I'm going
NOTE Confidence: 0.916275318421053

00:03:33.762 --> 00:03:36.750 to be talking to you about today.
NOTE Confidence: 0.916275318421053

00:03:36.750 --> 00:03:39.030 Let me tell you why the title making it real.
NOTE Confidence: 0.916275318421053

00:03:39.030 --> 00:03:41.730 I think that we psychiatrists,

NOTE Confidence: 0.916275318421053
00:03:41.730 --> 00:03:42.294 and by the way,
NOTE Confidence: 0.916275318421053
00:03:42.294 --> 00:03:43.140 when I use a world word,
NOTE Confidence: 0.916275318421053
00:03:43.140 --> 00:03:44.024 psychiatrist, bear with me.
NOTE Confidence: 0.916275318421053
00:03:44.024 --> 00:03:45.350 I'm talking about all of us
NOTE Confidence: 0.916275318421053
00:03:45.400 --> 00:03:46.608 child mental health providers,
NOTE Confidence: 0.916275318421053
00:03:46.610 --> 00:03:49.358 regardless of our education.
NOTE Confidence: 0.916275318421053
00:03:49.360 --> 00:03:51.298 We mental health providers are very
NOTE Confidence: 0.916275318421053
00:03:51.298 --> 00:03:53.238 good about talking about what we do,
NOTE Confidence: 0.916275318421053
00:03:53.240 --> 00:03:55.880 but no one really knows what we do,
NOTE Confidence: 0.916275318421053
00:03:55.880 --> 00:03:58.099 and the work I'm going to be
NOTE Confidence: 0.916275318421053
00:03:58.099 --> 00:04:00.118 talking about is an effort to
NOTE Confidence: 0.916275318421053
00:04:00.118 --> 00:04:02.435 make it real and make it palpable.
NOTE Confidence: 0.916275318421053
00:04:02.440 --> 00:04:05.560 To others and to ourselves.
NOTE Confidence: 0.916275318421053
00:04:05.560 --> 00:04:10.117 What I'll talk about is the culmination.
NOTE Confidence: 0.916275318421053
00:04:10.120 --> 00:04:10.488 Mouse.
NOTE Confidence: 0.916275318421053

00:04:10.488 --> 00:04:10.856 OK,
NOTE Confidence: 0.916275318421053

00:04:10.856 --> 00:04:13.800 what I'm what I'm going to talk about
NOTE Confidence: 0.916275318421053

00:04:13.877 --> 00:04:16.614 today is a culmination of almost four
NOTE Confidence: 0.916275318421053

00:04:16.614 --> 00:04:20.238 years of work at the University of Groningen,
NOTE Confidence: 0.916275318421053

00:04:20.240 --> 00:04:22.296 way up in the north of the Netherlands,
NOTE Confidence: 0.916275318421053

00:04:22.300 --> 00:04:26.140 where I pursued my PhD in medical education.
NOTE Confidence: 0.916275318421053

00:04:26.140 --> 00:04:26.992 Because of the pandemic,
NOTE Confidence: 0.916275318421053

00:04:26.992 --> 00:04:28.841 I didn't get to go to the beautiful
NOTE Confidence: 0.916275318421053

00:04:28.841 --> 00:04:30.647 Netherlands as much as I would have,
NOTE Confidence: 0.916275318421053

00:04:30.650 --> 00:04:33.834 but I managed to go now and then.
NOTE Confidence: 0.916275318421053

00:04:33.840 --> 00:04:36.346 And the Netherlands has a very strong
NOTE Confidence: 0.916275318421053

00:04:36.346 --> 00:04:38.100 tradition of medical education,
NOTE Confidence: 0.916275318421053

00:04:38.100 --> 00:04:40.068 which is what drew me there.
NOTE Confidence: 0.79834145

00:04:44.340 --> 00:04:47.980 My mouse. My mouse.
NOTE Confidence: 0.79834145

00:04:47.980 --> 00:04:52.240 OK, this is the the cover of the thesis,
NOTE Confidence: 0.79834145

00:04:52.240 --> 00:04:54.557 making it real. And as you see,

NOTE Confidence: 0.79834145

00:04:54.560 --> 00:04:56.440 it's divided into 3 parts.

NOTE Confidence: 0.79834145

00:04:56.440 --> 00:04:59.635 It's a variation on the on that saying show,

NOTE Confidence: 0.79834145

00:04:59.640 --> 00:05:01.038 don't tell, show me the work,

NOTE Confidence: 0.79834145

00:05:01.040 --> 00:05:02.678 don't just tell me about it.

NOTE Confidence: 0.79834145

00:05:02.680 --> 00:05:04.340 And I took it further,

NOTE Confidence: 0.79834145

00:05:04.340 --> 00:05:06.105 moving from telling you about

NOTE Confidence: 0.79834145

00:05:06.105 --> 00:05:07.870 the work telling us about

NOTE Confidence: 0.79834145

00:05:07.939 --> 00:05:09.607 the work we do to showing,

NOTE Confidence: 0.79834145

00:05:09.610 --> 00:05:11.479 sharing and doing.

NOTE Confidence: 0.94166605875

00:05:14.730 --> 00:05:18.426 My mouse is very unhappy with me today.

NOTE Confidence: 0.94166605875

00:05:18.430 --> 00:05:21.684 OK, so let me try to walk you through

NOTE Confidence: 0.94166605875

00:05:21.684 --> 00:05:24.990 in cartoons what it is in my thesis,

NOTE Confidence: 0.94166605875

00:05:24.990 --> 00:05:27.090 and this work is all about.

NOTE Confidence: 0.94166605875

00:05:27.090 --> 00:05:29.430 I'm a child and adolescent psychiatrist,

NOTE Confidence: 0.94166605875

00:05:29.430 --> 00:05:31.434 and I wanted to wed this

NOTE Confidence: 0.94166605875

00:05:31.434 --> 00:05:32.770 interest with medical education.
NOTE Confidence: 0.94166605875

00:05:32.770 --> 00:05:34.940 Once I found that there's this world
NOTE Confidence: 0.94166605875

00:05:34.940 --> 00:05:36.989 out there called medical education,
NOTE Confidence: 0.94166605875

00:05:36.990 --> 00:05:39.727 a discipline I really didn't know anything
NOTE Confidence: 0.94166605875

00:05:39.727 --> 00:05:42.167 about until four or five years ago,
NOTE Confidence: 0.94166605875

00:05:42.170 --> 00:05:44.225 partly catalyzed by the wonderful
NOTE Confidence: 0.94166605875

00:05:44.225 --> 00:05:45.869 friendship with Janet Heffler.
NOTE Confidence: 0.94166605875

00:05:45.870 --> 00:05:48.310 I see my friend Dorothy de Bernardo there.
NOTE Confidence: 0.94166605875

00:05:48.310 --> 00:05:50.302 And my colleagues in the teaching
NOTE Confidence: 0.94166605875

00:05:50.302 --> 00:05:52.152 and Learning Center and other people
NOTE Confidence: 0.94166605875

00:05:52.152 --> 00:05:54.140 started opening my eyes to this world.
NOTE Confidence: 0.94166605875

00:05:54.140 --> 00:05:55.790 So I wanted to do something
NOTE Confidence: 0.94166605875

00:05:55.790 --> 00:05:56.615 with medical education.
NOTE Confidence: 0.94166605875

00:05:56.620 --> 00:05:58.230 I wasn't quite sure what,
NOTE Confidence: 0.94166605875

00:05:58.230 --> 00:06:00.678 but I knew that I would find the what,
NOTE Confidence: 0.94166605875

00:06:00.680 --> 00:06:02.300 and I did.

NOTE Confidence: 0.94166605875
00:06:02.300 --> 00:06:04.260 I knew early on that one of the
NOTE Confidence: 0.94166605875
00:06:04.260 --> 00:06:06.510 things I wanted to do in medical
NOTE Confidence: 0.94166605875
00:06:06.510 --> 00:06:08.200 education was work with actors,
NOTE Confidence: 0.94166605875
00:06:08.200 --> 00:06:10.896 because by that time I was fortunate enough,
NOTE Confidence: 0.94166605875
00:06:10.900 --> 00:06:11.812 as Lori mentioned,
NOTE Confidence: 0.94166605875
00:06:11.812 --> 00:06:13.636 to be the Director of the
NOTE Confidence: 0.94166605875
00:06:13.636 --> 00:06:15.487 standardized at that time called
NOTE Confidence: 0.94166605875
00:06:15.487 --> 00:06:16.606 standardized patient program,
NOTE Confidence: 0.94166605875
00:06:16.610 --> 00:06:18.600 now the simulated participant program.
NOTE Confidence: 0.94166605875
00:06:18.600 --> 00:06:20.436 I'll get to those terms later,
NOTE Confidence: 0.94166605875
00:06:20.440 --> 00:06:22.920 working with professional actors
NOTE Confidence: 0.94166605875
00:06:22.920 --> 00:06:25.550 who embody roles, medical roles,
NOTE Confidence: 0.94166605875
00:06:25.550 --> 00:06:27.090 to learn different skills.
NOTE Confidence: 0.94166605875
00:06:27.090 --> 00:06:29.418 So I knew I wanted to do that.
NOTE Confidence: 0.94166605875
00:06:29.420 --> 00:06:32.654 I also knew that numbers are fun,
NOTE Confidence: 0.94166605875

00:06:32.660 --> 00:06:34.736 they're interesting. We got an MPH.
NOTE Confidence: 0.94166605875

00:06:34.740 --> 00:06:37.370 I'd like playing with numbers,
NOTE Confidence: 0.94166605875

00:06:37.370 --> 00:06:39.204 but what I really like our words.
NOTE Confidence: 0.94166605875

00:06:39.210 --> 00:06:40.719 I like stories.
NOTE Confidence: 0.94166605875

00:06:40.719 --> 00:06:42.228 We're storytelling animals.
NOTE Confidence: 0.94166605875

00:06:42.230 --> 00:06:43.688 And I wanted to go there.
NOTE Confidence: 0.94166605875

00:06:43.690 --> 00:06:45.866 And when I learned that there was this
NOTE Confidence: 0.94166605875

00:06:45.866 --> 00:06:47.769 whole world of qualitative medicine,
NOTE Confidence: 0.94166605875

00:06:47.770 --> 00:06:48.860 qualitative analysis,
NOTE Confidence: 0.94166605875

00:06:48.860 --> 00:06:52.130 I wanted to get in there.
NOTE Confidence: 0.94166605875

00:06:52.130 --> 00:06:53.970 It really wasn't qualitative medicine.
NOTE Confidence: 0.94166605875

00:06:53.970 --> 00:06:55.419 Medicine really imported
NOTE Confidence: 0.94166605875

00:06:55.419 --> 00:06:56.868 it from anthropology.
NOTE Confidence: 0.94166605875

00:06:56.870 --> 00:06:57.670 And where are you, Matt?
NOTE Confidence: 0.94166605875

00:06:57.670 --> 00:06:59.930 We have a Matt who is doing his PhD and
NOTE Confidence: 0.94166605875

00:06:59.990 --> 00:07:02.306 comes with a background in anthropology.

NOTE Confidence: 0.94166605875

00:07:02.310 --> 00:07:04.138 It comes from sociology,

NOTE Confidence: 0.94166605875

00:07:04.138 --> 00:07:05.966 comes more from psychology,

NOTE Confidence: 0.94166605875

00:07:05.970 --> 00:07:08.658 not really medical, and within medicine,

NOTE Confidence: 0.94166605875

00:07:08.660 --> 00:07:09.908 certainly not from psychiatry.

NOTE Confidence: 0.94166605875

00:07:09.908 --> 00:07:12.549 That seem to be like a gaping hole.

NOTE Confidence: 0.94166605875

00:07:12.550 --> 00:07:16.078 So that's what I knew I wanted to do.

NOTE Confidence: 0.94166605875

00:07:16.080 --> 00:07:17.180 In the part of Psychiatry,

NOTE Confidence: 0.94166605875

00:07:17.180 --> 00:07:19.430 I also knew that I wanted to work on two

NOTE Confidence: 0.94166605875

00:07:19.490 --> 00:07:21.794 areas that were very near and dear to me.

NOTE Confidence: 0.94166605875

00:07:21.800 --> 00:07:24.320 The upper panel is stigma.

NOTE Confidence: 0.94166605875

00:07:24.320 --> 00:07:26.960 Why is it that one group is in and one

NOTE Confidence: 0.94166605875

00:07:27.034 --> 00:07:29.399 individual or individuals are out?

NOTE Confidence: 0.94166605875

00:07:29.400 --> 00:07:31.652 And specifically those with

NOTE Confidence: 0.94166605875

00:07:31.652 --> 00:07:32.778 psychiatric illness?

NOTE Confidence: 0.94166605875

00:07:32.780 --> 00:07:34.520 Even as a psychiatrist, I've been,

NOTE Confidence: 0.94166605875

00:07:34.520 --> 00:07:37.520 I've felt stigmatized by other physicians.
NOTE Confidence: 0.94166605875

00:07:37.520 --> 00:07:38.788 We've all felt it.
NOTE Confidence: 0.94166605875

00:07:38.788 --> 00:07:40.056 There's stigma to physicians
NOTE Confidence: 0.94166605875

00:07:40.056 --> 00:07:41.280 dedicated to this area.
NOTE Confidence: 0.94166605875

00:07:41.280 --> 00:07:42.207 There's two patients.
NOTE Confidence: 0.94166605875

00:07:42.207 --> 00:07:44.880 We could go on and on about stigma.
NOTE Confidence: 0.94166605875

00:07:44.880 --> 00:07:46.830 Wanted to do something about stigma,
NOTE Confidence: 0.94166605875

00:07:46.830 --> 00:07:49.245 and the lower panel was very personal.
NOTE Confidence: 0.94166605875

00:07:49.250 --> 00:07:51.738 I had a feeling that it was important
NOTE Confidence: 0.94166605875

00:07:51.738 --> 00:07:54.196 that there was something about sharing
NOTE Confidence: 0.94166605875

00:07:54.196 --> 00:07:56.842 our personal stories of vulnerability in
NOTE Confidence: 0.94166605875

00:07:56.913 --> 00:07:59.769 general and of mental illness in particular.
NOTE Confidence: 0.94166605875

00:07:59.770 --> 00:08:00.654 I didn't know how,
NOTE Confidence: 0.94166605875

00:08:00.654 --> 00:08:02.988 but I knew that there was something in there.
NOTE Confidence: 0.94166605875

00:08:02.990 --> 00:08:04.190 So here I went,
NOTE Confidence: 0.94166605875

00:08:04.190 --> 00:08:06.470 2019 to get my PhD and then,

NOTE Confidence: 0.94166605875
00:08:06.470 --> 00:08:07.586 just in case you didn't know,
NOTE Confidence: 0.94166605875
00:08:07.590 --> 00:08:10.548 this thing happened called the pandemic.
NOTE Confidence: 0.94166605875
00:08:10.550 --> 00:08:12.350 So the pandemic landed on my
NOTE Confidence: 0.94166605875
00:08:12.350 --> 00:08:13.550 plate literally within three
NOTE Confidence: 0.815433911111111
00:08:13.609 --> 00:08:15.553 or four months of my starting my PhD.
NOTE Confidence: 0.815433911111111
00:08:15.560 --> 00:08:16.792 And that changed things
NOTE Confidence: 0.815433911111111
00:08:16.792 --> 00:08:18.332 in any number of ways.
NOTE Confidence: 0.815433911111111
00:08:18.340 --> 00:08:21.000 I thought it was going to be a PhD killer.
NOTE Confidence: 0.815433911111111
00:08:21.000 --> 00:08:23.040 In fact it was an enzyme.
NOTE Confidence: 0.815433911111111
00:08:23.040 --> 00:08:24.528 It make things quicker,
NOTE Confidence: 0.815433911111111
00:08:24.528 --> 00:08:25.602 faster, more efficient.
NOTE Confidence: 0.815433911111111
00:08:25.602 --> 00:08:28.865 And the vast majority of my work was done
NOTE Confidence: 0.815433911111111
00:08:28.865 --> 00:08:31.214 over zoom and other telephone platforms.
NOTE Confidence: 0.815433911111111
00:08:31.214 --> 00:08:33.818 So that was that lower panel.
NOTE Confidence: 0.815433911111111
00:08:33.820 --> 00:08:37.996 I knew that tell us something was important.
NOTE Confidence: 0.815433911111111

00:08:38.000 --> 00:08:40.275 But then there was the difficult side,
NOTE Confidence: 0.8154339111111111

00:08:40.280 --> 00:08:44.088 seeing the racial revolution
NOTE Confidence: 0.8154339111111111

00:08:44.088 --> 00:08:46.944 reawakening a heartache,
NOTE Confidence: 0.8154339111111111

00:08:46.950 --> 00:08:49.260 whatever we want to call it,
NOTE Confidence: 0.8154339111111111

00:08:49.260 --> 00:08:51.204 these issues that came to confront
NOTE Confidence: 0.8154339111111111

00:08:51.204 --> 00:08:54.010 us in such a painful way and that
NOTE Confidence: 0.8154339111111111

00:08:54.010 --> 00:08:56.440 we needed to do something about it.
NOTE Confidence: 0.8154339111111111

00:08:56.440 --> 00:08:58.036 I didn't know what to do.
NOTE Confidence: 0.8154339111111111

00:08:58.040 --> 00:08:59.412 I knew that it was no excuse
NOTE Confidence: 0.8154339111111111

00:08:59.412 --> 00:09:00.639 that I came from Mexico,
NOTE Confidence: 0.8154339111111111

00:09:00.640 --> 00:09:02.664 where we didn't have some of these stories.
NOTE Confidence: 0.8154339111111111

00:09:02.670 --> 00:09:05.152 We had our own stories, but I knew that
NOTE Confidence: 0.8154339111111111

00:09:05.152 --> 00:09:06.760 something was happening in this country,
NOTE Confidence: 0.8154339111111111

00:09:06.760 --> 00:09:09.824 in this city, that we needed to address.
NOTE Confidence: 0.8154339111111111

00:09:09.830 --> 00:09:11.278 So there I went.
NOTE Confidence: 0.8154339111111111

00:09:11.278 --> 00:09:12.726 It seemed pretty easy.

NOTE Confidence: 0.8154339111111111
00:09:12.730 --> 00:09:14.584 Just put all these guys into
NOTE Confidence: 0.8154339111111111
00:09:14.584 --> 00:09:16.279 the blender and get a PhD.
NOTE Confidence: 0.8154339111111111
00:09:16.280 --> 00:09:18.114 And that's kind of what I did.
NOTE Confidence: 0.8154339111111111
00:09:18.120 --> 00:09:20.794 So I'm going to tell you about
NOTE Confidence: 0.8154339111111111
00:09:20.794 --> 00:09:22.400 different pockets of these
NOTE Confidence: 0.8154339111111111
00:09:22.400 --> 00:09:24.660 bubbles and how they connected.
NOTE Confidence: 0.8154339111111111
00:09:24.660 --> 00:09:26.548 And I'm going to start with the first
NOTE Confidence: 0.8154339111111111
00:09:26.548 --> 00:09:28.560 part of my thesis, which is showing.
NOTE Confidence: 0.8154339111111111
00:09:28.560 --> 00:09:30.160 And as you see there,
NOTE Confidence: 0.8154339111111111
00:09:30.160 --> 00:09:31.400 I use a plan.
NOTE Confidence: 0.8154339111111111
00:09:31.400 --> 00:09:32.330 The word image,
NOTE Confidence: 0.8154339111111111
00:09:32.330 --> 00:09:35.284 you're going to hear this term recurring.
NOTE Confidence: 0.8154339111111111
00:09:35.290 --> 00:09:37.726 We're going to start with imaging.
NOTE Confidence: 0.8154339111111111
00:09:37.730 --> 00:09:39.370 Mental illness and psychiatry
NOTE Confidence: 0.8154339111111111
00:09:39.370 --> 00:09:41.830 how is it viewed by others?
NOTE Confidence: 0.856770668461538

00:09:43.850 --> 00:09:45.450 So your learning objective,
NOTE Confidence: 0.856770668461538

00:09:45.450 --> 00:09:47.450 our learning objective is to
NOTE Confidence: 0.856770668461538

00:09:47.450 --> 00:09:49.450 familiarize ourselves with simulation,
NOTE Confidence: 0.856770668461538

00:09:49.450 --> 00:09:51.652 with professional actors and to exemplify
NOTE Confidence: 0.856770668461538

00:09:51.652 --> 00:09:54.963 its use as a tool for education for
NOTE Confidence: 0.856770668461538

00:09:54.963 --> 00:09:56.731 destigmatization and research in
NOTE Confidence: 0.856770668461538

00:09:56.731 --> 00:09:59.389 child and adolescent mental health.
NOTE Confidence: 0.856770668461538

00:09:59.390 --> 00:10:01.046 And I'm going to start at a very,
NOTE Confidence: 0.856770668461538

00:10:01.050 --> 00:10:02.314 very clinical point because
NOTE Confidence: 0.856770668461538

00:10:02.314 --> 00:10:03.894 I'm a clinician at heart.
NOTE Confidence: 0.856770668461538

00:10:03.900 --> 00:10:05.230 That's what I've always been.
NOTE Confidence: 0.856770668461538

00:10:05.230 --> 00:10:07.462 And I see my dear friends
NOTE Confidence: 0.856770668461538

00:10:07.462 --> 00:10:08.950 Carol and Sarah there.
NOTE Confidence: 0.856770668461538

00:10:08.950 --> 00:10:11.326 Carol wasn't yet our nurse manager,
NOTE Confidence: 0.856770668461538

00:10:11.330 --> 00:10:13.885 but Sarah will remember we admitted a
NOTE Confidence: 0.856770668461538

00:10:13.885 --> 00:10:17.036 child on a wheelchair to when he won.

NOTE Confidence: 0.856770668461538
00:10:17.040 --> 00:10:19.456 And we had no clue what to do.
NOTE Confidence: 0.856770668461538
00:10:19.460 --> 00:10:20.580 We had no clue what to do.
NOTE Confidence: 0.856770668461538
00:10:20.580 --> 00:10:22.076 We knew how to freak out about it,
NOTE Confidence: 0.856770668461538
00:10:22.080 --> 00:10:24.501 but we didn't know what to do and it
NOTE Confidence: 0.856770668461538
00:10:24.501 --> 00:10:26.858 was very challenging and we did the
NOTE Confidence: 0.856770668461538
00:10:26.858 --> 00:10:29.219 best that we could by this child.
NOTE Confidence: 0.856770668461538
00:10:29.220 --> 00:10:31.296 And this medical student just happened
NOTE Confidence: 0.856770668461538
00:10:31.296 --> 00:10:33.776 to be rotating with us, Alex Kimmel.
NOTE Confidence: 0.856770668461538
00:10:33.776 --> 00:10:35.060 And for Alex,
NOTE Confidence: 0.856770668461538
00:10:35.060 --> 00:10:36.440 this was very personal because
NOTE Confidence: 0.856770668461538
00:10:36.440 --> 00:10:38.280 his her best friend from College,
NOTE Confidence: 0.856770668461538
00:10:38.280 --> 00:10:38.763 Mary,
NOTE Confidence: 0.856770668461538
00:10:38.763 --> 00:10:41.178 had suffered a cervical stroke
NOTE Confidence: 0.856770668461538
00:10:41.178 --> 00:10:44.115 soon after college and was now
NOTE Confidence: 0.856770668461538
00:10:44.115 --> 00:10:46.400 a quadriplegic in a wheelchair.
NOTE Confidence: 0.856770668461538

00:10:46.400 --> 00:10:48.340 And when Alex saw this,
NOTE Confidence: 0.856770668461538

00:10:48.340 --> 00:10:49.978 she said I got to do something.
NOTE Confidence: 0.856770668461538

00:10:49.980 --> 00:10:51.750 About this and boy did she
NOTE Confidence: 0.856770668461538

00:10:51.750 --> 00:10:52.930 do something about it.
NOTE Confidence: 0.856770668461538

00:10:52.930 --> 00:10:54.580 She has now gone to present
NOTE Confidence: 0.856770668461538

00:10:54.580 --> 00:10:55.405 about this nationally.
NOTE Confidence: 0.856770668461538

00:10:55.410 --> 00:10:58.620 Internationally she is now in Pediatrics
NOTE Confidence: 0.856770668461538

00:10:58.620 --> 00:11:00.534 at Children's Hospital Boston,
NOTE Confidence: 0.856770668461538

00:11:00.534 --> 00:11:03.372 and here you have a early
NOTE Confidence: 0.856770668461538

00:11:03.372 --> 00:11:05.540 in the pandemic filming.
NOTE Confidence: 0.856770668461538

00:11:05.540 --> 00:11:08.221 And encounter very simple encounter of how
NOTE Confidence: 0.856770668461538

00:11:08.221 --> 00:11:11.000 to interact with a child on a wheelchair.
NOTE Confidence: 0.856770668461538

00:11:11.000 --> 00:11:13.115 And this is just to give you this setup,
NOTE Confidence: 0.856770668461538

00:11:13.120 --> 00:11:15.328 just to show you that in this case
NOTE Confidence: 0.856770668461538

00:11:15.328 --> 00:11:17.357 the only actor here is a child.
NOTE Confidence: 0.856770668461538

00:11:17.360 --> 00:11:17.584 This,

NOTE Confidence: 0.856770668461538
00:11:17.584 --> 00:11:18.256 by the way,
NOTE Confidence: 0.856770668461538
00:11:18.256 --> 00:11:19.911 is the first child at Yale University
NOTE Confidence: 0.856770668461538
00:11:19.911 --> 00:11:22.242 who we've been able to hire as an actor.
NOTE Confidence: 0.856770668461538
00:11:22.250 --> 00:11:23.834 We needed to wait about a year and
NOTE Confidence: 0.856770668461538
00:11:23.834 --> 00:11:25.653 a half with legal counsel to make
NOTE Confidence: 0.856770668461538
00:11:25.653 --> 00:11:27.028 sure there wasn't child labor.
NOTE Confidence: 0.856770668461538
00:11:27.030 --> 00:11:28.962 And there were all these things that
NOTE Confidence: 0.856770668461538
00:11:28.962 --> 00:11:31.140 we need to be very careful about.
NOTE Confidence: 0.856770668461538
00:11:31.140 --> 00:11:33.378 This was our first child actor,
NOTE Confidence: 0.856770668461538
00:11:33.380 --> 00:11:36.145 the physician, the woman sitting down is.
NOTE Confidence: 0.856770668461538
00:11:36.150 --> 00:11:38.292 Karen knows it's a pediatrician with a
NOTE Confidence: 0.856770668461538
00:11:38.292 --> 00:11:40.578 lot of experience working with vulnerable,
NOTE Confidence: 0.856770668461538
00:11:40.580 --> 00:11:41.678 physically vulnerable kids.
NOTE Confidence: 0.856770668461538
00:11:41.678 --> 00:11:43.508 And you see Travis are
NOTE Confidence: 0.856770668461538
00:11:43.508 --> 00:11:44.240 professional videographer.
NOTE Confidence: 0.856770668461538

00:11:44.240 --> 00:11:45.376 We have two cameras.
NOTE Confidence: 0.856770668461538

00:11:45.376 --> 00:11:48.416 This is just to give you a sense of the
NOTE Confidence: 0.856770668461538

00:11:48.416 --> 00:11:50.570 kind of professional videos that we do.
NOTE Confidence: 0.856770668461538

00:11:50.570 --> 00:11:54.032 And this led to a publication just accepted.
NOTE Confidence: 0.856770668461538

00:11:54.032 --> 00:11:55.287 It took a long time,
NOTE Confidence: 0.856770668461538

00:11:55.290 --> 00:11:57.180 but it's now accepted with
NOTE Confidence: 0.856770668461538

00:11:57.180 --> 00:11:59.070 Alex as a lead author,
NOTE Confidence: 0.856770668461538

00:11:59.070 --> 00:12:00.726 for which she won three awards
NOTE Confidence: 0.856770668461538

00:12:00.726 --> 00:12:01.830 at graduation last year.
NOTE Confidence: 0.856770668461538

00:12:01.830 --> 00:12:04.630 It's a really very useful set of
NOTE Confidence: 0.856770668461538

00:12:04.630 --> 00:12:06.828 materials about how to deal with
NOTE Confidence: 0.856770668461538

00:12:06.830 --> 00:12:10.120 clinically with the child on a wheelchair,
NOTE Confidence: 0.856770668461538

00:12:10.120 --> 00:12:12.710 but also very personal, as I said.
NOTE Confidence: 0.856770668461538

00:12:12.710 --> 00:12:14.086 And something very important,
NOTE Confidence: 0.856770668461538

00:12:14.086 --> 00:12:16.930 two of our co-authors are on wheelchairs,
NOTE Confidence: 0.856770668461538

00:12:16.930 --> 00:12:18.670 something that I'll come back

NOTE Confidence: 0.856770668461538
00:12:18.670 --> 00:12:20.610 to both Mary and Doctor O.
NOTE Confidence: 0.856770668461538
00:12:20.610 --> 00:12:23.178 Are on wheelchairs.
NOTE Confidence: 0.856770668461538
00:12:23.180 --> 00:12:24.680 This is a very brief clip,
NOTE Confidence: 0.856770668461538
00:12:24.680 --> 00:12:25.668 less than a minute,
NOTE Confidence: 0.856770668461538
00:12:25.668 --> 00:12:27.416 just to give you a flavor of
NOTE Confidence: 0.856770668461538
00:12:27.416 --> 00:12:28.858 the kind of what do you do,
NOTE Confidence: 0.856770668461538
00:12:28.860 --> 00:12:29.658 physician 101,
NOTE Confidence: 0.856770668461538
00:12:29.658 --> 00:12:32.850 nurse 101 with a child on a wheelchair
NOTE Confidence: 0.856770668461538
00:12:32.929 --> 00:12:36.169 that says as a wrapping up their interview.
NOTE Confidence: 0.893600355833334
00:12:37.050 --> 00:12:39.144 OK. So we're nearing the end
NOTE Confidence: 0.893600355833334
00:12:39.144 --> 00:12:41.329 of our time together for today.
NOTE Confidence: 0.893600355833334
00:12:41.330 --> 00:12:42.646 We've talked about a lot of things.
NOTE Confidence: 0.893600355833334
00:12:42.650 --> 00:12:45.446 So I just wanted to kind of wrap up and make
NOTE Confidence: 0.893600355833334
00:12:45.446 --> 00:12:48.022 sure we we all felt good about everything.
NOTE Confidence: 0.893600355833334
00:12:48.030 --> 00:12:49.810 So Jacob will be coming
NOTE Confidence: 0.893600355833334

00:12:49.810 --> 00:12:51.450 here for his medical needs,
NOTE Confidence: 0.893600355833334

00:12:51.450 --> 00:12:53.870 will be his medical home from now on,
NOTE Confidence: 0.893600355833334

00:12:53.870 --> 00:12:56.534 and you can communicate with me
NOTE Confidence: 0.893600355833334

00:12:56.534 --> 00:12:59.320 using the Mychart app or calling.
NOTE Confidence: 0.893600355833334

00:12:59.320 --> 00:13:01.294 And then, uh, I'll provide you
NOTE Confidence: 0.893600355833334

00:13:01.294 --> 00:13:03.136 some pamphlets on the wheelchair
NOTE Confidence: 0.893600355833334

00:13:03.136 --> 00:13:05.406 basketball that we talked about.
NOTE Confidence: 0.893600355833334

00:13:05.410 --> 00:13:06.880 Umm, it looks like you may
NOTE Confidence: 0.893600355833334

00:13:06.880 --> 00:13:07.860 already have a basketball.
NOTE Confidence: 0.893600355833334

00:13:07.860 --> 00:13:09.246 Yeah, one of the nurses had
NOTE Confidence: 0.893600355833334

00:13:09.246 --> 00:13:10.740 a couple extra or something,
NOTE Confidence: 0.893600355833334

00:13:10.740 --> 00:13:13.152 so this ones not mine.
NOTE Confidence: 0.893600355833334

00:13:13.152 --> 00:13:13.718 Wonderful.
NOTE Confidence: 0.893600355833334

00:13:13.720 --> 00:13:16.212 Thank you for that.
NOTE Confidence: 0.893600355833334

00:13:16.212 --> 00:13:17.946 Practicing early and then
NOTE Confidence: 0.893600355833334

00:13:17.946 --> 00:13:18.918 like we talked about,

NOTE Confidence: 0.893600355833334
00:13:18.920 --> 00:13:21.398 we have the medical legal partnership
NOTE Confidence: 0.893600355833334
00:13:21.398 --> 00:13:23.820 available if you need help with.
NOTE Confidence: 0.893600355833334
00:13:23.820 --> 00:13:26.118 Any kind of school advocacy and
NOTE Confidence: 0.893600355833334
00:13:26.118 --> 00:13:28.500 then some names of counselors
NOTE Confidence: 0.928124336666667
00:13:28.510 --> 00:13:29.656 that we talked about as well.
NOTE Confidence: 0.928124336666667
00:13:29.660 --> 00:13:33.492 Great. OK. So very simple.
NOTE Confidence: 0.928124336666667
00:13:33.492 --> 00:13:37.362 This paper has 15 or 20 such videotapes,
NOTE Confidence: 0.928124336666667
00:13:37.362 --> 00:13:39.054 and the idea is that you,
NOTE Confidence: 0.928124336666667
00:13:39.060 --> 00:13:40.010 wherever you're in the world,
NOTE Confidence: 0.928124336666667
00:13:40.010 --> 00:13:41.402 you download the videos and you
NOTE Confidence: 0.928124336666667
00:13:41.402 --> 00:13:43.098 just go and teach at the bedside,
NOTE Confidence: 0.928124336666667
00:13:43.100 --> 00:13:45.494 what we didn't have at that time.
NOTE Confidence: 0.928124336666667
00:13:45.500 --> 00:13:47.360 Umm. When we did this study
NOTE Confidence: 0.928124336666667
00:13:47.360 --> 00:13:49.240 and this kind of studies,
NOTE Confidence: 0.928124336666667
00:13:49.240 --> 00:13:51.316 we are interested both in knowledge,
NOTE Confidence: 0.928124336666667

00:13:51.320 --> 00:13:54.320 can we increase knowledge through these
NOTE Confidence: 0.928124336666667

00:13:54.320 --> 00:13:56.340 interventions and attitudes and I
NOTE Confidence: 0.928124336666667

00:13:56.340 --> 00:13:57.900 won't show you the boring statistics,
NOTE Confidence: 0.928124336666667

00:13:57.900 --> 00:13:59.140 believe me they got better.
NOTE Confidence: 0.928124336666667

00:13:59.140 --> 00:14:01.588 You know people have better attitudes
NOTE Confidence: 0.928124336666667

00:14:01.588 --> 00:14:03.220 towards people with disabilities.
NOTE Confidence: 0.928124336666667

00:14:03.220 --> 00:14:04.328 But this one slide,
NOTE Confidence: 0.928124336666667

00:14:04.328 --> 00:14:06.549 this data slide will kind of give you
NOTE Confidence: 0.928124336666667

00:14:06.549 --> 00:14:08.533 kind of a gut feeling of the data.
NOTE Confidence: 0.928124336666667

00:14:08.540 --> 00:14:11.018 We ask our participants close to 100
NOTE Confidence: 0.928124336666667

00:14:11.018 --> 00:14:13.004 participants named the I can't remember
NOTE Confidence: 0.928124336666667

00:14:13.004 --> 00:14:15.387 1-2 or three words that come to mind
NOTE Confidence: 0.928124336666667

00:14:15.387 --> 00:14:17.536 when you hear child on a wheelchair.
NOTE Confidence: 0.928124336666667

00:14:17.540 --> 00:14:19.913 And the words that you see in
NOTE Confidence: 0.928124336666667

00:14:19.913 --> 00:14:22.036 red and in white were mentioned
NOTE Confidence: 0.928124336666667

00:14:22.036 --> 00:14:23.824 more than X number of times.

NOTE Confidence: 0.928124336666667
00:14:23.830 --> 00:14:25.858 So those were the high number.
NOTE Confidence: 0.928124336666667
00:14:25.860 --> 00:14:27.628 And you see that the words are challenging,
NOTE Confidence: 0.928124336666667
00:14:27.630 --> 00:14:28.634 disability, difficult,
NOTE Confidence: 0.928124336666667
00:14:28.634 --> 00:14:30.140 different negative words.
NOTE Confidence: 0.928124336666667
00:14:30.140 --> 00:14:31.932 There's two neutral words,
NOTE Confidence: 0.928124336666667
00:14:31.932 --> 00:14:33.276 mobility and accessibility,
NOTE Confidence: 0.928124336666667
00:14:33.280 --> 00:14:35.236 but the big words are negative.
NOTE Confidence: 0.928124336666667
00:14:35.240 --> 00:14:37.490 This was before they saw anything
NOTE Confidence: 0.928124336666667
00:14:37.490 --> 00:14:40.010 and then after the intervention.
NOTE Confidence: 0.928124336666667
00:14:40.010 --> 00:14:42.390 You see that the story changes, right?
NOTE Confidence: 0.928124336666667
00:14:42.390 --> 00:14:43.470 Accommodations, normal,
NOTE Confidence: 0.928124336666667
00:14:43.470 --> 00:14:44.991 strong compassion, resilience,
NOTE Confidence: 0.928124336666667
00:14:44.991 --> 00:14:45.873 support, empathy.
NOTE Confidence: 0.928124336666667
00:14:45.873 --> 00:14:47.637 Person accessibility is still
NOTE Confidence: 0.928124336666667
00:14:47.637 --> 00:14:49.850 there as a neutral word.
NOTE Confidence: 0.928124336666667

00:14:49.850 --> 00:14:52.490 So even after brief interventions,
NOTE Confidence: 0.928124336666667

00:14:52.490 --> 00:14:54.506 we can make a big change.
NOTE Confidence: 0.928124336666667

00:14:54.510 --> 00:14:56.554 If we hit on the empathy gland,
NOTE Confidence: 0.928124336666667

00:14:56.560 --> 00:14:57.784 I think you know,
NOTE Confidence: 0.928124336666667

00:14:57.784 --> 00:14:59.008 that's what we're targeting,
NOTE Confidence: 0.928124336666667

00:14:59.010 --> 00:15:01.326 not not only the cognitive apparatus,
NOTE Confidence: 0.928124336666667

00:15:01.330 --> 00:15:02.898 but the empathic apparatus.
NOTE Confidence: 0.82753777

00:15:04.920 --> 00:15:10.563 I mentioned that in that study led by Alex.
NOTE Confidence: 0.82753777

00:15:10.570 --> 00:15:13.727 We worked very closely with two co-authors
NOTE Confidence: 0.82753777

00:15:13.727 --> 00:15:17.323 who are on wheelchairs and with a
NOTE Confidence: 0.82753777

00:15:17.323 --> 00:15:20.018 focus group of other stakeholders.
NOTE Confidence: 0.82753777

00:15:20.020 --> 00:15:23.590 Involved in issues related to disability.
NOTE Confidence: 0.82753777

00:15:23.590 --> 00:15:26.220 And this is part one of the threads that I
NOTE Confidence: 0.82753777

00:15:26.288 --> 00:15:28.787 hope you'll see through my presentation is
NOTE Confidence: 0.82753777

00:15:28.787 --> 00:15:31.809 this notion of participatory action research,
NOTE Confidence: 0.82753777

00:15:31.810 --> 00:15:33.985 which can be summarized as

NOTE Confidence: 0.82753777

00:15:33.985 --> 00:15:36.160 nothing about me without me.

NOTE Confidence: 0.82753777

00:15:36.160 --> 00:15:40.076 That if I'm going to study you Group XI,

NOTE Confidence: 0.82753777

00:15:40.076 --> 00:15:42.560 need you group XE to be part of what

NOTE Confidence: 0.82753777

00:15:42.637 --> 00:15:44.677 we're doing because ultimately the

NOTE Confidence: 0.82753777

00:15:44.677 --> 00:15:47.620 benefits are going to be towards you.

NOTE Confidence: 0.82753777

00:15:47.620 --> 00:15:51.844 And this next study is similar.

NOTE Confidence: 0.82753777

00:15:51.844 --> 00:15:54.413 We did it as participatory action research.

NOTE Confidence: 0.82753777

00:15:54.420 --> 00:15:56.444 You can see it even from the title.

NOTE Confidence: 0.82753777

00:15:56.450 --> 00:15:59.474 We collaborated with transgender youth in an

NOTE Confidence: 0.82753777

00:15:59.474 --> 00:16:02.730 effort to educate trainees and professionals.

NOTE Confidence: 0.82753777

00:16:02.730 --> 00:16:05.040 And we did a randomized

NOTE Confidence: 0.82753777

00:16:05.040 --> 00:16:07.280 control trial of didactics,

NOTE Confidence: 0.82753777

00:16:07.280 --> 00:16:11.210 once again enhanced by brief videos.

NOTE Confidence: 0.82753777

00:16:11.210 --> 00:16:11.750 Doctor Hafler,

NOTE Confidence: 0.82753777

00:16:11.750 --> 00:16:13.370 your ears must have been ringing.

NOTE Confidence: 0.82753777

00:16:13.370 --> 00:16:14.826 I already said nice things about you,
NOTE Confidence: 0.82753777

00:16:14.830 --> 00:16:16.970 so I'll repeat them later.
NOTE Confidence: 0.82753777

00:16:16.970 --> 00:16:18.956 So as and for those of
NOTE Confidence: 0.82753777

00:16:18.956 --> 00:16:21.109 many of you don't know her,
NOTE Confidence: 0.82753777

00:16:21.110 --> 00:16:23.390 but Janet Hafler is the associate
NOTE Confidence: 0.82753777

00:16:23.390 --> 00:16:24.910 Dean for medical education.
NOTE Confidence: 0.82753777

00:16:24.910 --> 00:16:26.212 She's the director of the teaching
NOTE Confidence: 0.82753777

00:16:26.212 --> 00:16:28.976 and Learning Center, and she's great.
NOTE Confidence: 0.82753777

00:16:28.976 --> 00:16:32.486 And so participatory action research,
NOTE Confidence: 0.82753777

00:16:32.490 --> 00:16:35.778 in this case with transgender youth
NOTE Confidence: 0.82753777

00:16:35.778 --> 00:16:38.491 and transgender adults coming up
NOTE Confidence: 0.82753777

00:16:38.491 --> 00:16:41.501 with a way to optimize teaching about
NOTE Confidence: 0.82753777

00:16:41.501 --> 00:16:44.500 very basic literacy, if you will,
NOTE Confidence: 0.82753777

00:16:44.500 --> 00:16:45.790 on transgender health.
NOTE Confidence: 0.82753777

00:16:45.790 --> 00:16:48.214 We were interested in a couple of things.
NOTE Confidence: 0.82753777

00:16:48.220 --> 00:16:49.864 The two things that we're always

NOTE Confidence: 0.82753777

00:16:49.864 --> 00:16:51.271 interested in these studies can

NOTE Confidence: 0.82753777

00:16:51.271 --> 00:16:52.057 we teach knowledge?

NOTE Confidence: 0.82753777

00:16:52.060 --> 00:16:54.504 Can we increase knowledge?

NOTE Confidence: 0.82753777

00:16:54.504 --> 00:16:57.620 Can we enhance attitudes and reduce stigma?

NOTE Confidence: 0.82753777

00:16:57.620 --> 00:17:00.478 So those are the things we always look at.

NOTE Confidence: 0.82753777

00:17:00.480 --> 00:17:02.034 But here there was a third thing

NOTE Confidence: 0.82753777

00:17:02.034 --> 00:17:03.439 that we were curious about,

NOTE Confidence: 0.82753777

00:17:03.440 --> 00:17:06.080 and that is does it make a difference

NOTE Confidence: 0.82753777

00:17:06.080 --> 00:17:08.771 if you yourself are transgender or

NOTE Confidence: 0.82753777

00:17:08.771 --> 00:17:12.300 cisgender as you're trying to educate others?

NOTE Confidence: 0.82753777

00:17:12.300 --> 00:17:13.260 And we didn't know.

NOTE Confidence: 0.82753777

00:17:13.260 --> 00:17:14.700 We didn't know which way that

NOTE Confidence: 0.82753777

00:17:14.755 --> 00:17:15.539 was going to go.

NOTE Confidence: 0.82753777

00:17:15.540 --> 00:17:17.268 And you can start thinking in your own head,

NOTE Confidence: 0.82753777

00:17:17.270 --> 00:17:18.537 does that make a difference or not?

NOTE Confidence: 0.82753777

00:17:18.540 --> 00:17:20.540 And what it would imply
NOTE Confidence: 0.82753777

00:17:20.540 --> 00:17:21.560 as you think about that,
NOTE Confidence: 0.82753777

00:17:21.560 --> 00:17:23.807 let me show you two very brief
NOTE Confidence: 0.82753777

00:17:23.807 --> 00:17:25.280 parts of these clips.
NOTE Confidence: 0.82753777

00:17:25.280 --> 00:17:26.760 These, by the way,
NOTE Confidence: 0.82753777

00:17:26.760 --> 00:17:28.240 are not professional actors.
NOTE Confidence: 0.82753777

00:17:28.240 --> 00:17:30.740 These are transgender youth who
NOTE Confidence: 0.82753777

00:17:30.740 --> 00:17:34.239 were using an alias for Parker and
NOTE Confidence: 0.82753777

00:17:34.240 --> 00:17:36.056 Monica's parents, very involved,
NOTE Confidence: 0.82753777

00:17:36.056 --> 00:17:37.418 very actively involved.
NOTE Confidence: 0.82753777

00:17:37.420 --> 00:17:40.570 They have since become adults.
NOTE Confidence: 0.82753777

00:17:40.570 --> 00:17:41.570 And they are talking.
NOTE Confidence: 0.82753777

00:17:41.570 --> 00:17:42.570 In the first case,
NOTE Confidence: 0.82753777

00:17:42.570 --> 00:17:45.426 Monica will talk about gender joy,
NOTE Confidence: 0.82753777

00:17:45.430 --> 00:17:48.524 and then Parker will talk about pronouns.
NOTE Confidence: 0.82753777

00:17:48.530 --> 00:17:49.950 These youth and these adults.

NOTE Confidence: 0.82753777

00:17:49.950 --> 00:17:51.990 They came up with the things that they

NOTE Confidence: 0.82753777

00:17:51.990 --> 00:17:53.619 thought were important for non trans

NOTE Confidence: 0.82753777

00:17:53.619 --> 00:17:55.868 people to know and these were two of them.

NOTE Confidence: 0.82753777

00:17:55.870 --> 00:17:58.369 So we're going to hear brief clips

NOTE Confidence: 0.82753777

00:17:58.369 --> 00:18:00.999 of how they define these terms.

NOTE Confidence: 0.82753777

00:18:01.000 --> 00:18:02.288 So this is Monica.

NOTE Confidence: 0.82753777

00:18:02.288 --> 00:18:02.610 Yes,

NOTE Confidence: 0.82753777

00:18:02.610 --> 00:18:05.190 I have experienced gender joy.

NOTE Confidence: 0.82753777

00:18:05.190 --> 00:18:07.157 The best way that I would describe

NOTE Confidence: 0.82753777

00:18:07.157 --> 00:18:09.394 it and the place where I've kind

NOTE Confidence: 0.82753777

00:18:09.394 --> 00:18:11.049 of experienced it most often

NOTE Confidence: 0.82753777

00:18:11.049 --> 00:18:13.140 is if I've done something with

NOTE Confidence: 0.856618937142857

00:18:13.150 --> 00:18:15.270 my hair, if I've tried out makeup, and

NOTE Confidence: 0.897157406

00:18:15.320 --> 00:18:18.208 you just. Take a brief look in the

NOTE Confidence: 0.897157406

00:18:18.208 --> 00:18:20.630 mirror and sometimes you know the

NOTE Confidence: 0.897157406

00:18:20.630 --> 00:18:22.530 gender joy isn't there, but when it is,
NOTE Confidence: 0.897157406

00:18:22.530 --> 00:18:25.582 for me anyway, it's just kind of a
NOTE Confidence: 0.897157406

00:18:25.582 --> 00:18:28.509 a brief flash of just happiness.
NOTE Confidence: 0.897157406

00:18:28.510 --> 00:18:32.030 Just going Yep, this looks correct to me.
NOTE Confidence: 0.897157406

00:18:32.030 --> 00:18:34.046 That doesn't always happen, but when it does,
NOTE Confidence: 0.897157406

00:18:34.050 --> 00:18:37.080 it's always very welcome. Yeah.
NOTE Confidence: 0.897157406

00:18:37.080 --> 00:18:38.528 You can hear in the background the voice
NOTE Confidence: 0.897157406

00:18:38.528 --> 00:18:40.160 of our colleague Christy all Accesskey,
NOTE Confidence: 0.897157406

00:18:40.160 --> 00:18:44.192 who's also a key partner in in this effort,
NOTE Confidence: 0.897157406

00:18:44.200 --> 00:18:46.360 and we're going to meet the
NOTE Confidence: 0.897157406

00:18:46.360 --> 00:18:48.214 Parker telling us about pronouns,
NOTE Confidence: 0.897157406

00:18:48.214 --> 00:18:50.698 something that I know I have
NOTE Confidence: 0.897157406

00:18:50.698 --> 00:18:52.530 more than once gotten wrong.
NOTE Confidence: 0.897157406

00:18:52.530 --> 00:18:54.890 So what happens when you get it wrong?
NOTE Confidence: 0.892274558333333

00:18:56.490 --> 00:18:57.900 I feel like that makes me
NOTE Confidence: 0.908848521428571

00:18:57.950 --> 00:18:59.826 like. Personally, it makes me feel like.

NOTE Confidence: 0.5889697

00:19:02.050 --> 00:19:03.480 Weird, not weirded out, but

NOTE Confidence: 0.5889697

00:19:03.480 --> 00:19:05.100 kind of like uncomfortable in a

NOTE Confidence: 0.945993156666667

00:19:05.110 --> 00:19:08.760 way. It just correct yourself.

NOTE Confidence: 0.945993156666667

00:19:08.760 --> 00:19:11.520 Like if somebody were to call me a she

NOTE Confidence: 0.945993156666667

00:19:11.520 --> 00:19:14.098 and they would be like he, just don't say

NOTE Confidence: 0.889947853333333

00:19:14.110 --> 00:19:18.120 the word sorry. But.

NOTE Confidence: 0.889947853333333

00:19:18.120 --> 00:19:19.654 And correcting yourself

NOTE Confidence: 0.889947853333333

00:19:19.654 --> 00:19:22.168 is never a problem.

NOTE Confidence: 0.889947853333333

00:19:22.168 --> 00:19:24.640 Especially like don't.

NOTE Confidence: 0.889947853333333

00:19:24.640 --> 00:19:25.950 I have people who will

NOTE Confidence: 0.86227508

00:19:26.300 --> 00:19:27.728 say the wrong pronouns,

NOTE Confidence: 0.86227508

00:19:27.728 --> 00:19:29.634 realize they say it and keep going,

NOTE Confidence: 0.86227508

00:19:29.634 --> 00:19:31.229 and then just fix it later

NOTE Confidence: 0.810536191

00:19:31.490 --> 00:19:33.842 and continue the rest of the

NOTE Confidence: 0.810536191

00:19:33.842 --> 00:19:35.410 sentence using proper pronouns.

NOTE Confidence: 0.810536191

00:19:35.410 --> 00:19:38.620 Don't be afraid to correct yourself.
NOTE Confidence: 0.810536191

00:19:38.620 --> 00:19:40.000 And be like, let's say somebody
NOTE Confidence: 0.810536191

00:19:40.000 --> 00:19:41.594 referred to me as she and just
NOTE Confidence: 0.810536191

00:19:41.594 --> 00:19:44.610 kept going and then said he later.
NOTE Confidence: 0.80296255

00:19:44.610 --> 00:19:45.570 Go ahead and correct yourself.
NOTE Confidence: 0.859642205

00:19:48.200 --> 00:19:53.318 So so these are two illustrative.
NOTE Confidence: 0.859642205

00:19:53.320 --> 00:19:56.456 Snippets and here you see Christy again,
NOTE Confidence: 0.859642205

00:19:56.460 --> 00:19:57.556 what did we learn?
NOTE Confidence: 0.859642205

00:19:57.556 --> 00:19:59.805 So if you see down there at the
NOTE Confidence: 0.859642205

00:19:59.805 --> 00:20:01.949 bottom that what is it the the dark
NOTE Confidence: 0.859642205

00:20:02.015 --> 00:20:04.157 line is the video condition and the
NOTE Confidence: 0.859642205

00:20:04.157 --> 00:20:06.400 blue line is a no video condition.
NOTE Confidence: 0.859642205

00:20:06.400 --> 00:20:07.720 Just to Orient you,
NOTE Confidence: 0.859642205

00:20:07.720 --> 00:20:09.955 this is the first panel and this is
NOTE Confidence: 0.859642205

00:20:09.955 --> 00:20:11.820 kind of the summary of what we found.
NOTE Confidence: 0.859642205

00:20:11.820 --> 00:20:14.860 We used an instrument called the TK AB,

NOTE Confidence: 0.859642205

00:20:14.860 --> 00:20:17.225 which is a transgender knowledge

NOTE Confidence: 0.859642205

00:20:17.225 --> 00:20:19.117 attitudes and behavior scale.

NOTE Confidence: 0.859642205

00:20:19.120 --> 00:20:20.348 It has a total,

NOTE Confidence: 0.859642205

00:20:20.348 --> 00:20:22.668 which is what you're seeing here and

NOTE Confidence: 0.859642205

00:20:22.668 --> 00:20:25.140 three subscales and two things to note.

NOTE Confidence: 0.859642205

00:20:25.140 --> 00:20:28.218 One is that now we have three time points.

NOTE Confidence: 0.859642205

00:20:28.220 --> 00:20:29.704 Most of the studies that I'm going

NOTE Confidence: 0.859642205

00:20:29.704 --> 00:20:31.545 to go on to tell you about done

NOTE Confidence: 0.859642205

00:20:31.545 --> 00:20:33.028 with youth only have two time

NOTE Confidence: 0.859642205

00:20:33.028 --> 00:20:35.045 points because for IRB reasons and

NOTE Confidence: 0.859642205

00:20:35.045 --> 00:20:37.270 identification and all sorts of things,

NOTE Confidence: 0.859642205

00:20:37.270 --> 00:20:38.293 that gets complicated.

NOTE Confidence: 0.859642205

00:20:38.293 --> 00:20:40.680 This particular study was done with adults,

NOTE Confidence: 0.859642205

00:20:40.680 --> 00:20:42.440 so these were college students,

NOTE Confidence: 0.859642205

00:20:42.440 --> 00:20:44.092 nursing students, medical students,

NOTE Confidence: 0.859642205

00:20:44.092 --> 00:20:46.157 trainees and the health professions,
NOTE Confidence: 0.859642205

00:20:46.160 --> 00:20:47.628 all of them adults.
NOTE Confidence: 0.859642205

00:20:47.628 --> 00:20:49.463 So we had a precondition.
NOTE Confidence: 0.859642205

00:20:49.470 --> 00:20:51.213 And you see that at the middle
NOTE Confidence: 0.859642205

00:20:51.213 --> 00:20:52.889 point of the post condition,
NOTE Confidence: 0.859642205

00:20:52.890 --> 00:20:56.196 the videos improved meaning that attitudes,
NOTE Confidence: 0.859642205

00:20:56.200 --> 00:20:59.244 behaviors less transphobic attitudes,
NOTE Confidence: 0.859642205

00:20:59.244 --> 00:21:02.288 everything up is good,
NOTE Confidence: 0.859642205

00:21:02.290 --> 00:21:03.530 things got really good.
NOTE Confidence: 0.859642205

00:21:03.530 --> 00:21:05.390 And then at the Third Point
NOTE Confidence: 0.859642205

00:21:05.451 --> 00:21:06.909 at the 30 day follow up,
NOTE Confidence: 0.859642205

00:21:06.910 --> 00:21:08.500 there was a slight decrease
NOTE Confidence: 0.859642205

00:21:08.500 --> 00:21:10.090 but there were still there,
NOTE Confidence: 0.859642205

00:21:10.090 --> 00:21:10.867 they still elevated.
NOTE Confidence: 0.859642205

00:21:10.867 --> 00:21:12.162 There was some regression to
NOTE Confidence: 0.859642205

00:21:12.162 --> 00:21:13.349 the mean but not quite.

NOTE Confidence: 0.859642205
00:21:13.350 --> 00:21:15.672 So the videos really helped and
NOTE Confidence: 0.859642205
00:21:15.672 --> 00:21:17.703 the effect lasted as opposed
NOTE Confidence: 0.859642205
00:21:17.703 --> 00:21:20.127 to the not no video condition.
NOTE Confidence: 0.859642205
00:21:20.130 --> 00:21:22.258 We saw this in the three subscales.
NOTE Confidence: 0.859642205
00:21:22.260 --> 00:21:23.416 Same story.
NOTE Confidence: 0.859642205
00:21:23.416 --> 00:21:26.306 The three subscales social tolerance,
NOTE Confidence: 0.859642205
00:21:26.310 --> 00:21:27.342 comfort, and contact.
NOTE Confidence: 0.859642205
00:21:27.342 --> 00:21:28.030 You know,
NOTE Confidence: 0.859642205
00:21:28.030 --> 00:21:30.090 how comfortable would you be
NOTE Confidence: 0.859642205
00:21:30.090 --> 00:21:32.150 if your neighbor was trans?
NOTE Confidence: 0.859642205
00:21:32.150 --> 00:21:34.370 And acceptance of the gender spectrum.
NOTE Confidence: 0.859642205
00:21:34.370 --> 00:21:36.190 Is there a spectrum or isn't there?
NOTE Confidence: 0.859642205
00:21:36.190 --> 00:21:37.948 So in all of these things,
NOTE Confidence: 0.859642205
00:21:37.950 --> 00:21:39.282 with the videos,
NOTE Confidence: 0.859642205
00:21:39.282 --> 00:21:41.058 the video condition improved
NOTE Confidence: 0.859642205

00:21:41.058 --> 00:21:42.390 the just teaching,
NOTE Confidence: 0.859642205

00:21:42.390 --> 00:21:43.980 teaching cognitively didn't
NOTE Confidence: 0.859642205

00:21:43.980 --> 00:21:46.630 do much of a difference.
NOTE Confidence: 0.859642205

00:21:46.630 --> 00:21:48.346 Now we had a second measure,
NOTE Confidence: 0.859642205

00:21:48.350 --> 00:21:49.934 which is a measure of temperature
NOTE Confidence: 0.859642205

00:21:49.934 --> 00:21:52.116 and you can do the the thought
NOTE Confidence: 0.859642205

00:21:52.116 --> 00:21:53.187 experiment in yourself,
NOTE Confidence: 0.859642205

00:21:53.190 --> 00:21:56.326 how warmly or coldly how positively or
NOTE Confidence: 0.859642205

00:21:56.326 --> 00:21:58.989 negatively you feel towards X group,
NOTE Confidence: 0.859642205

00:21:58.990 --> 00:22:01.798 in this case towards transgender people.
NOTE Confidence: 0.859642205

00:22:01.800 --> 00:22:03.960 You know 100 is I love them great.
NOTE Confidence: 0.859642205

00:22:03.960 --> 00:22:04.730 Fantastic zero.
NOTE Confidence: 0.859642205

00:22:04.730 --> 00:22:07.040 I want nothing to do so.
NOTE Confidence: 0.859642205

00:22:07.040 --> 00:22:08.780 It's a measure of warmth
NOTE Confidence: 0.859642205

00:22:08.780 --> 00:22:10.630 and what you see here.
NOTE Confidence: 0.859642205

00:22:10.630 --> 00:22:13.350 Is that again, warmth in general got better.

NOTE Confidence: 0.859642205
00:22:13.350 --> 00:22:14.254 It started pretty good.
NOTE Confidence: 0.859642205
00:22:14.254 --> 00:22:15.384 It started in the 90s.
NOTE Confidence: 0.859642205
00:22:15.390 --> 00:22:16.910 This was actually a pretty
NOTE Confidence: 0.859642205
00:22:16.910 --> 00:22:18.430 it was a select group,
NOTE Confidence: 0.859642205
00:22:18.430 --> 00:22:19.195 self identified group.
NOTE Confidence: 0.859642205
00:22:19.195 --> 00:22:20.980 So there were people who had some
NOTE Confidence: 0.859642205
00:22:21.027 --> 00:22:22.439 interest in transgender health,
NOTE Confidence: 0.859642205
00:22:22.440 --> 00:22:24.575 so probably not the representative
NOTE Confidence: 0.859642205
00:22:24.575 --> 00:22:26.283 of the mean population,
NOTE Confidence: 0.859642205
00:22:26.290 --> 00:22:28.005 but still they started the 90 fives,
NOTE Confidence: 0.859642205
00:22:28.010 --> 00:22:29.842 but they went almost up to 100 and
NOTE Confidence: 0.859642205
00:22:29.842 --> 00:22:31.559 then they went down a little bit.
NOTE Confidence: 0.859642205
00:22:31.560 --> 00:22:32.346 The exception,
NOTE Confidence: 0.859642205
00:22:32.346 --> 00:22:34.704 the thing that didn't that breaks
NOTE Confidence: 0.859642205
00:22:34.704 --> 00:22:37.139 the pattern here is this last mouse,
NOTE Confidence: 0.859642205

00:22:37.140 --> 00:22:38.094 this last panel.
NOTE Confidence: 0.859642205

00:22:38.094 --> 00:22:40.751 You can see my mouse there you see
NOTE Confidence: 0.859642205

00:22:40.751 --> 00:22:43.264 how this these two lines end up
NOTE Confidence: 0.859642205

00:22:43.264 --> 00:22:45.394 touching together at follow-up and
NOTE Confidence: 0.859642205

00:22:45.394 --> 00:22:47.634 there's no asterisk of significance.
NOTE Confidence: 0.8573063

00:22:47.640 --> 00:22:50.475 So these two lines really didn't differ.
NOTE Confidence: 0.8573063

00:22:50.480 --> 00:22:53.765 And that is, how comfortable would you be or?
NOTE Confidence: 0.8573063

00:22:53.770 --> 00:22:55.912 A warmly or coldly would you
NOTE Confidence: 0.8573063

00:22:55.912 --> 00:22:57.842 feel towards a daughter, a son,
NOTE Confidence: 0.8573063

00:22:57.842 --> 00:23:00.230 a cousin, a spouse who is trans.
NOTE Confidence: 0.8573063

00:23:00.230 --> 00:23:01.654 And what you see is that people in
NOTE Confidence: 0.8573063

00:23:01.654 --> 00:23:04.390 general say, well, fine, I feel fine,
NOTE Confidence: 0.8573063

00:23:04.390 --> 00:23:07.406 but not really at at 30 days at
NOTE Confidence: 0.8573063

00:23:07.406 --> 00:23:09.129 social desirability or whatever,
NOTE Confidence: 0.8573063

00:23:09.130 --> 00:23:10.518 the effect goes away.
NOTE Confidence: 0.8573063

00:23:10.518 --> 00:23:12.360 So this is, you know,

NOTE Confidence: 0.8573063

00:23:12.360 --> 00:23:15.160 it tells us that there's still more

NOTE Confidence: 0.8573063

00:23:15.160 --> 00:23:17.680 bias or transphobia, if you will,

NOTE Confidence: 0.8573063

00:23:17.680 --> 00:23:19.996 that then we'd like of course,

NOTE Confidence: 0.8573063

00:23:20.000 --> 00:23:22.860 that it reminds us that there's a ways to go.

NOTE Confidence: 0.8573063

00:23:22.860 --> 00:23:24.680 But I don't want to leave this study on a

NOTE Confidence: 0.8573063

00:23:24.733 --> 00:23:26.733 negative note because it was a very positive,

NOTE Confidence: 0.8573063

00:23:26.740 --> 00:23:28.588 encouraging study. Where what?

NOTE Confidence: 0.8573063

00:23:28.588 --> 00:23:32.297 I asked what do you think in terms

NOTE Confidence: 0.8573063

00:23:32.297 --> 00:23:34.835 of the gender of the instructor?

NOTE Confidence: 0.8573063

00:23:34.840 --> 00:23:37.444 We found it made no difference if

NOTE Confidence: 0.8573063

00:23:37.444 --> 00:23:39.450 the instructor was trans, persists,

NOTE Confidence: 0.8573063

00:23:39.450 --> 00:23:42.110 so long as they use these videos.

NOTE Confidence: 0.8573063

00:23:42.110 --> 00:23:43.194 It wasn't the presenter

NOTE Confidence: 0.8573063

00:23:43.194 --> 00:23:44.007 doing the presentation,

NOTE Confidence: 0.8573063

00:23:44.010 --> 00:23:45.529 it was a video doing the presentation.

NOTE Confidence: 0.8573063

00:23:45.530 --> 00:23:47.490 It was the kids who were selling,
NOTE Confidence: 0.8573063

00:23:47.490 --> 00:23:49.435 selling anti transphobia that was
NOTE Confidence: 0.8573063

00:23:49.435 --> 00:23:51.790 powerful and I find that very,
NOTE Confidence: 0.8573063

00:23:51.790 --> 00:23:54.490 very encouraging because we're very lucky
NOTE Confidence: 0.8573063

00:23:54.490 --> 00:23:58.347 here that we have a vibrant trans community.
NOTE Confidence: 0.8573063

00:23:58.350 --> 00:24:00.150 I'm very lucky that my friend Jill Solano
NOTE Confidence: 0.8573063

00:24:00.150 --> 00:24:02.505 is a gifted teacher who can come and teach.
NOTE Confidence: 0.8573063

00:24:02.510 --> 00:24:03.896 But if you're out in the boonies,
NOTE Confidence: 0.8573063

00:24:03.900 --> 00:24:05.914 out there in the boonies, most in the world,
NOTE Confidence: 0.8573063

00:24:05.914 --> 00:24:08.455 you might not have access to someone like
NOTE Confidence: 0.8573063

00:24:08.455 --> 00:24:11.270 that or someone who is willing to do it,
NOTE Confidence: 0.8573063

00:24:11.270 --> 00:24:12.290 who has the experience.
NOTE Confidence: 0.8573063

00:24:12.290 --> 00:24:14.507 And what this tells us is that anybody
NOTE Confidence: 0.8573063

00:24:14.507 --> 00:24:16.698 can use these videos with these children,
NOTE Confidence: 0.8573063

00:24:16.700 --> 00:24:18.248 telling the story of what it's
NOTE Confidence: 0.8573063

00:24:18.248 --> 00:24:19.280 like to be them.

NOTE Confidence: 0.8573063

00:24:19.280 --> 00:24:20.701 For some people, this was the first

NOTE Confidence: 0.8573063

00:24:20.701 --> 00:24:22.400 time they had ever seen someone trance.

NOTE Confidence: 0.8573063

00:24:22.400 --> 00:24:25.228 So I could go on and on.

NOTE Confidence: 0.8573063

00:24:25.230 --> 00:24:27.993 OK, so these two studies that I showed are

NOTE Confidence: 0.8573063

00:24:27.993 --> 00:24:30.169 examples of what we can do with videos.

NOTE Confidence: 0.8573063

00:24:30.170 --> 00:24:32.528 I'm now going to tell you a very different

NOTE Confidence: 0.8573063

00:24:32.528 --> 00:24:34.624 type of things we can do with videos,

NOTE Confidence: 0.8573063

00:24:34.630 --> 00:24:37.102 which is using crowdsourcing.

NOTE Confidence: 0.8573063

00:24:37.102 --> 00:24:40.192 Crowdsourcing is when we go

NOTE Confidence: 0.8573063

00:24:40.192 --> 00:24:42.634 to an outfit like Amazon.

NOTE Confidence: 0.8573063

00:24:42.634 --> 00:24:44.220 We pay, you know,

NOTE Confidence: 0.8573063

00:24:44.220 --> 00:24:46.565 a fee per participant and very quickly

NOTE Confidence: 0.8573063

00:24:46.565 --> 00:24:49.280 we can collect many many participants.

NOTE Confidence: 0.8573063

00:24:49.280 --> 00:24:51.210 Ford Motor Company goes to

NOTE Confidence: 0.8573063

00:24:51.210 --> 00:24:52.368 crowdsourcing to test,

NOTE Confidence: 0.8573063

00:24:52.370 --> 00:24:53.662 you know whatever advertisement
NOTE Confidence: 0.8573063

00:24:53.662 --> 00:24:55.600 you can pay for these things.
NOTE Confidence: 0.8573063

00:24:55.600 --> 00:24:56.878 And people volunteer.
NOTE Confidence: 0.8573063

00:24:56.878 --> 00:24:59.434 So very large sample sizes which
NOTE Confidence: 0.8573063

00:24:59.434 --> 00:25:02.106 then with our good old ball tricks,
NOTE Confidence: 0.8573063

00:25:02.110 --> 00:25:03.570 the panel on the right,
NOTE Confidence: 0.8573063

00:25:03.570 --> 00:25:05.508 the little hard to to see.
NOTE Confidence: 0.8573063

00:25:05.510 --> 00:25:06.714 I don't intend it.
NOTE Confidence: 0.8573063

00:25:06.714 --> 00:25:07.617 Could be legible.
NOTE Confidence: 0.8573063

00:25:07.620 --> 00:25:10.545 That just to show you the code in the
NOTE Confidence: 0.8573063

00:25:10.545 --> 00:25:12.497 background of Qualtrics that does,
NOTE Confidence: 0.8573063

00:25:12.500 --> 00:25:13.282 for example,
NOTE Confidence: 0.8573063

00:25:13.282 --> 00:25:16.019 a little pink boxes are randomization spots.
NOTE Confidence: 0.8573063

00:25:16.020 --> 00:25:18.428 You can do all sorts of very sophisticated
NOTE Confidence: 0.8573063

00:25:18.428 --> 00:25:20.218 randomized control trials using Qualtrics,
NOTE Confidence: 0.8573063

00:25:20.220 --> 00:25:22.836 which is what I'm going to show you.

NOTE Confidence: 0.8573063

00:25:22.840 --> 00:25:25.224 The first of these studies that we did

NOTE Confidence: 0.8573063

00:25:25.224 --> 00:25:27.863 was can we reduce the stigma related

NOTE Confidence: 0.8573063

00:25:27.863 --> 00:25:29.838 to depression in adolescence and

NOTE Confidence: 0.8573063

00:25:29.910 --> 00:25:32.178 increased treatment seeking intent.

NOTE Confidence: 0.8573063

00:25:32.180 --> 00:25:33.540 And the answer is yes,

NOTE Confidence: 0.8573063

00:25:33.540 --> 00:25:35.180 by using short video clips.

NOTE Confidence: 0.87473034

00:25:37.610 --> 00:25:38.730 This study, by the way,

NOTE Confidence: 0.87473034

00:25:38.730 --> 00:25:40.004 is the first of four that I'm

NOTE Confidence: 0.87473034

00:25:40.004 --> 00:25:41.660 going to show that I did with my

NOTE Confidence: 0.87473034

00:25:41.660 --> 00:25:42.982 good colleague Doron. I'm Salem,

NOTE Confidence: 0.87473034

00:25:42.982 --> 00:25:45.028 who from University of Tel Aviv,

NOTE Confidence: 0.87473034

00:25:45.030 --> 00:25:46.660 but now at Columbia University.

NOTE Confidence: 0.6781963

00:25:48.780 --> 00:25:53.903 And. What we did is that we had a girl.

NOTE Confidence: 0.6781963

00:25:53.910 --> 00:25:55.596 Depressed girl actor.

NOTE Confidence: 0.6781963

00:25:55.596 --> 00:25:58.406 Following a script of depression.

NOTE Confidence: 0.6781963

00:25:58.410 --> 00:25:59.670 We had a depressed boy,
NOTE Confidence: 0.6781963

00:25:59.670 --> 00:26:01.550 they happened to be siblings
NOTE Confidence: 0.6781963

00:26:01.550 --> 00:26:03.643 following a script and then we had
NOTE Confidence: 0.6781963

00:26:03.643 --> 00:26:05.474 a control condition in which they
NOTE Confidence: 0.6781963

00:26:05.474 --> 00:26:07.218 just talked about being kids and
NOTE Confidence: 0.6781963

00:26:07.218 --> 00:26:09.522 then the kind of numbers that we use.
NOTE Confidence: 0.6781963

00:26:09.530 --> 00:26:12.578 You see 1100 kids very quickly.
NOTE Confidence: 0.6781963

00:26:12.580 --> 00:26:13.576 We randomized,
NOTE Confidence: 0.6781963

00:26:13.576 --> 00:26:17.062 these are teenagers ages 14 to 18.
NOTE Confidence: 0.6781963

00:26:17.070 --> 00:26:20.100 And we saw what are the
NOTE Confidence: 0.6781963

00:26:20.100 --> 00:26:23.480 effects of of this so.
NOTE Confidence: 0.6781963

00:26:23.480 --> 00:26:26.295 We found, unlike what we we predicted
NOTE Confidence: 0.6781963

00:26:26.295 --> 00:26:27.973 that girls would respond more to the
NOTE Confidence: 0.6781963

00:26:27.973 --> 00:26:29.533 girl video and voice of the boy video.
NOTE Confidence: 0.6781963

00:26:29.540 --> 00:26:31.864 We didn't find that the the gender
NOTE Confidence: 0.6781963

00:26:31.864 --> 00:26:33.739 really didn't make a difference.

NOTE Confidence: 0.6781963
00:26:33.740 --> 00:26:35.954 What did surprise us is that
NOTE Confidence: 0.6781963
00:26:35.954 --> 00:26:37.430 race made a difference.
NOTE Confidence: 0.6781963
00:26:37.430 --> 00:26:39.418 So Black viewers responded,
NOTE Confidence: 0.6781963
00:26:39.418 --> 00:26:43.709 less than half as stronger as white viewers.
NOTE Confidence: 0.6781963
00:26:43.710 --> 00:26:44.606 And remember,
NOTE Confidence: 0.6781963
00:26:44.606 --> 00:26:46.640 these are white protagonists
NOTE Confidence: 0.6781963
00:26:46.640 --> 00:26:48.710 where they're seeing.
NOTE Confidence: 0.6781963
00:26:48.710 --> 00:26:50.814 So that, you know,
NOTE Confidence: 0.6781963
00:26:50.814 --> 00:26:53.348 we weren't expecting either of those findings
NOTE Confidence: 0.6781963
00:26:53.348 --> 00:26:56.045 and this propelled us to this next study,
NOTE Confidence: 0.6781963
00:26:56.050 --> 00:26:57.355 the second study.
NOTE Confidence: 0.6781963
00:26:57.355 --> 00:26:59.530 Done together with Jose Paez,
NOTE Confidence: 0.6781963
00:26:59.530 --> 00:27:02.608 maybe around here with Amanda Calhoun,
NOTE Confidence: 0.6781963
00:27:02.610 --> 00:27:04.520 where we try to destigmatize
NOTE Confidence: 0.6781963
00:27:04.520 --> 00:27:06.048 specifically for the needs,
NOTE Confidence: 0.6781963

00:27:06.050 --> 00:27:07.310 for the realities,
NOTE Confidence: 0.6781963

00:27:07.310 --> 00:27:09.830 for the lives of black youth.
NOTE Confidence: 0.6781963

00:27:09.830 --> 00:27:13.976 And what we did is that with our actor,
NOTE Confidence: 0.6781963

00:27:13.976 --> 00:27:16.086 we had the standard condition,
NOTE Confidence: 0.6781963

00:27:16.090 --> 00:27:17.896 meaning the same video we had
NOTE Confidence: 0.6781963

00:27:17.896 --> 00:27:19.470 done with the white kids,
NOTE Confidence: 0.6781963

00:27:19.470 --> 00:27:21.780 and then we had what we
NOTE Confidence: 0.6781963

00:27:21.780 --> 00:27:23.320 call an adjusted condition.
NOTE Confidence: 0.6781963

00:27:23.320 --> 00:27:24.696 For that adjusted condition,
NOTE Confidence: 0.6781963

00:27:24.696 --> 00:27:27.100 we did a focus group of six,
NOTE Confidence: 0.6781963

00:27:27.100 --> 00:27:28.318 if I recall,
NOTE Confidence: 0.6781963

00:27:28.318 --> 00:27:28.724 women,
NOTE Confidence: 0.6781963

00:27:28.724 --> 00:27:30.444 black women who got together in
NOTE Confidence: 0.6781963

00:27:30.444 --> 00:27:31.800 a room and talked about what
NOTE Confidence: 0.6781963

00:27:31.849 --> 00:27:32.977 is unique and different,
NOTE Confidence: 0.6781963

00:27:32.980 --> 00:27:35.430 about their experience of depression.

NOTE Confidence: 0.6781963

00:27:35.430 --> 00:27:40.386 And with that, we informed this video.

NOTE Confidence: 0.6781963

00:27:40.390 --> 00:27:42.030 There were two things that

NOTE Confidence: 0.6781963

00:27:42.030 --> 00:27:43.342 were unique among others.

NOTE Confidence: 0.6781963

00:27:43.350 --> 00:27:45.370 One that really struck me

NOTE Confidence: 0.6781963

00:27:45.370 --> 00:27:47.390 I would not have imagined.

NOTE Confidence: 0.6781963

00:27:47.390 --> 00:27:50.295 The one that I wouldn't have imagined,

NOTE Confidence: 0.6781963

00:27:50.300 --> 00:27:52.328 maybe because I have no hair.

NOTE Confidence: 0.6781963

00:27:52.330 --> 00:27:56.010 Is how important hair is in the black.

NOTE Confidence: 0.6781963

00:27:56.010 --> 00:27:57.087 Women depression experience.

NOTE Confidence: 0.6781963

00:27:57.087 --> 00:27:59.600 There were so many comments about this,

NOTE Confidence: 0.6781963

00:27:59.600 --> 00:28:01.940 the exotic isation,

NOTE Confidence: 0.6781963

00:28:01.940 --> 00:28:05.261 that isation touching lots of content

NOTE Confidence: 0.6781963

00:28:05.261 --> 00:28:07.550 about hair that I was not expecting

NOTE Confidence: 0.6781963

00:28:07.617 --> 00:28:09.668 and the other one which was not,

NOTE Confidence: 0.6781963

00:28:09.670 --> 00:28:10.346 you know,

NOTE Confidence: 0.6781963

00:28:10.346 --> 00:28:11.698 painfully not so surprising,
NOTE Confidence: 0.6781963

00:28:11.700 --> 00:28:13.744 but very real is what Jasmine will
NOTE Confidence: 0.6781963

00:28:13.744 --> 00:28:16.058 talk to us about in in a second.
NOTE Confidence: 0.77109456

00:28:19.780 --> 00:28:21.420 I was going through a lot.
NOTE Confidence: 0.77109456

00:28:21.420 --> 00:28:23.630 It was tough, like I
NOTE Confidence: 0.8354657333333333

00:28:23.640 --> 00:28:25.440 go to school in the suburbs,
NOTE Confidence: 0.8354657333333333

00:28:25.440 --> 00:28:28.016 so it was always people asking if
NOTE Confidence: 0.8354657333333333

00:28:28.016 --> 00:28:30.835 my hair was real. They always were,
NOTE Confidence: 0.8354657333333333

00:28:30.835 --> 00:28:33.710 considering that things I like or ghetto.
NOTE Confidence: 0.8354657333333333

00:28:33.710 --> 00:28:37.656 And just all of the girls who were popular,
NOTE Confidence: 0.8354657333333333

00:28:37.660 --> 00:28:39.620 who were considered the
NOTE Confidence: 0.8354657333333333

00:28:39.620 --> 00:28:41.580 most beautiful in school,
NOTE Confidence: 0.8354657333333333

00:28:41.580 --> 00:28:46.180 they never look like me. And just.
NOTE Confidence: 0.8354657333333333

00:28:46.180 --> 00:28:49.386 I started to feel like I couldn't
NOTE Confidence: 0.8354657333333333

00:28:49.386 --> 00:28:51.024 be beautiful unless I was like.
NOTE Confidence: 0.827363564285714

00:28:53.100 --> 00:28:56.677 So this very painful experience of racism,

NOTE Confidence: 0.827363564285714

00:28:56.680 --> 00:29:00.568 of internalized racism, all of these

NOTE Confidence: 0.827363564285714

00:29:00.568 --> 00:29:03.670 issues came about and we thought.

NOTE Confidence: 0.8790818125

00:29:05.780 --> 00:29:08.676 Well, this is what we found we had.

NOTE Confidence: 0.8790818125

00:29:08.680 --> 00:29:11.200 Our main outcome is a measure

NOTE Confidence: 0.8790818125

00:29:11.200 --> 00:29:12.880 called depression stigma scale

NOTE Confidence: 0.8790818125

00:29:12.957 --> 00:29:14.778 well validated instrument.

NOTE Confidence: 0.8790818125

00:29:14.780 --> 00:29:18.056 And what we found is that

NOTE Confidence: 0.8790818125

00:29:18.056 --> 00:29:19.694 among black viewers.

NOTE Confidence: 0.8790818125

00:29:19.700 --> 00:29:23.840 Everybody, all the measures got better.

NOTE Confidence: 0.8790818125

00:29:23.840 --> 00:29:26.810 What I mean by better is.

NOTE Confidence: 0.8790818125

00:29:26.810 --> 00:29:29.450 Depression became less stigmatized,

NOTE Confidence: 0.8790818125

00:29:29.450 --> 00:29:32.750 treatment seeking became more favored.

NOTE Confidence: 0.8790818125

00:29:32.750 --> 00:29:34.550 So everything that goes up

NOTE Confidence: 0.8790818125

00:29:34.550 --> 00:29:35.990 again is positive here.

NOTE Confidence: 0.8790818125

00:29:35.990 --> 00:29:38.146 And we saw that among black viewers,

NOTE Confidence: 0.8790818125

00:29:38.150 --> 00:29:39.858 whether they saw the regular video or

NOTE Confidence: 0.8790818125

00:29:39.858 --> 00:29:41.619 the adjusted video, things got better.

NOTE Confidence: 0.8790818125

00:29:41.619 --> 00:29:44.020 But you see there's there was no

NOTE Confidence: 0.8790818125

00:29:44.092 --> 00:29:46.177 difference in these two groups.

NOTE Confidence: 0.8790818125

00:29:46.180 --> 00:29:48.220 Oops. Which is up? Sorry.

NOTE Confidence: 0.8790818125

00:29:48.220 --> 00:29:50.824 Which is in contrast to what

NOTE Confidence: 0.8790818125

00:29:50.824 --> 00:29:52.560 happened among white participants.

NOTE Confidence: 0.8790818125

00:29:52.560 --> 00:29:54.260 So in white participants again,

NOTE Confidence: 0.8790818125

00:29:54.260 --> 00:29:55.358 everybody got better.

NOTE Confidence: 0.8790818125

00:29:55.358 --> 00:29:57.554 But there was a stark difference

NOTE Confidence: 0.8790818125

00:29:57.554 --> 00:29:58.829 in the response,

NOTE Confidence: 0.8790818125

00:29:58.830 --> 00:30:01.030 and the response was much

NOTE Confidence: 0.8790818125

00:30:01.030 --> 00:30:03.230 stronger to that adjusted video.

NOTE Confidence: 0.8790818125

00:30:03.230 --> 00:30:05.714 And we couldn't quite understand why

NOTE Confidence: 0.8790818125

00:30:05.714 --> 00:30:07.760 wouldn't black kids respond more.

NOTE Confidence: 0.8790818125

00:30:07.760 --> 00:30:09.528 And the way that that we came to

NOTE Confidence: 0.8790818125

00:30:09.528 --> 00:30:11.276 understand it is that for white viewers,

NOTE Confidence: 0.8790818125

00:30:11.280 --> 00:30:13.100 and this certainly was true for me,

NOTE Confidence: 0.8790818125

00:30:13.100 --> 00:30:15.599 not really knowing the experience of racism,

NOTE Confidence: 0.8790818125

00:30:15.600 --> 00:30:18.295 not really living the experience of racism.

NOTE Confidence: 0.8790818125

00:30:18.300 --> 00:30:20.238 This was a major news slash,

NOTE Confidence: 0.8790818125

00:30:20.240 --> 00:30:22.160 whereas for black viewers,

NOTE Confidence: 0.8790818125

00:30:22.160 --> 00:30:23.880 painfully, it was not a newflash.

NOTE Confidence: 0.8790818125

00:30:23.880 --> 00:30:25.364 They kind of knew.

NOTE Confidence: 0.8790818125

00:30:25.364 --> 00:30:28.293 So maybe it was you couldn't distinguish

NOTE Confidence: 0.8790818125

00:30:28.293 --> 00:30:30.570 depression with and without racism

NOTE Confidence: 0.8790818125

00:30:30.570 --> 00:30:32.320 because it's always with racism,

NOTE Confidence: 0.8790818125

00:30:32.320 --> 00:30:33.420 something along those lines.

NOTE Confidence: 0.8790818125

00:30:33.420 --> 00:30:35.070 And we got more evidence of

NOTE Confidence: 0.8790818125

00:30:35.124 --> 00:30:36.599 that in the secondary outcome,

NOTE Confidence: 0.8790818125

00:30:36.600 --> 00:30:38.180 which is again, though,

NOTE Confidence: 0.8790818125

00:30:38.180 --> 00:30:40.155 the warmth towards black people.
NOTE Confidence: 0.8790818125

00:30:40.160 --> 00:30:42.440 No difference among blacks, no,
NOTE Confidence: 0.8790818125

00:30:42.440 --> 00:30:46.190 no real change but among whites.
NOTE Confidence: 0.8790818125

00:30:46.190 --> 00:30:47.810 When they saw this adjusted video,
NOTE Confidence: 0.8790818125

00:30:47.810 --> 00:30:49.170 when they understood the
NOTE Confidence: 0.8790818125

00:30:49.170 --> 00:30:50.190 experience of racism,
NOTE Confidence: 0.8790818125

00:30:50.190 --> 00:30:52.140 they responded much more favorably.
NOTE Confidence: 0.8790818125

00:30:52.140 --> 00:30:52.556 Again,
NOTE Confidence: 0.8790818125

00:30:52.556 --> 00:30:55.884 they were getting an empathic flavor of what
NOTE Confidence: 0.8790818125

00:30:55.884 --> 00:30:59.100 was happening in the life of these kids.
NOTE Confidence: 0.8790818125

00:30:59.100 --> 00:31:01.460 We did a third study.
NOTE Confidence: 0.8790818125

00:31:01.460 --> 00:31:03.756 I won't go into the results in detail
NOTE Confidence: 0.8790818125

00:31:03.756 --> 00:31:05.199 because they're very different,
NOTE Confidence: 0.8790818125

00:31:05.200 --> 00:31:07.909 but we did it again with transgender
NOTE Confidence: 0.8790818125

00:31:07.909 --> 00:31:10.245 kids and looking at transphobia
NOTE Confidence: 0.8790818125

00:31:10.245 --> 00:31:12.437 and depression related stigma.

NOTE Confidence: 0.8790818125

00:31:12.440 --> 00:31:14.610 The findings were very similar.

NOTE Confidence: 0.8790818125

00:31:14.610 --> 00:31:16.794 And what you see here, you know,

NOTE Confidence: 0.8790818125

00:31:16.794 --> 00:31:18.666 perhaps the the the tallest column

NOTE Confidence: 0.8790818125

00:31:18.666 --> 00:31:19.660 is transgender youth.

NOTE Confidence: 0.8790818125

00:31:19.660 --> 00:31:20.356 You know,

NOTE Confidence: 0.8790818125

00:31:20.356 --> 00:31:22.444 they started with very favorable views,

NOTE Confidence: 0.8790818125

00:31:22.450 --> 00:31:25.075 even they got a little bit better.

NOTE Confidence: 0.8790818125

00:31:25.080 --> 00:31:26.880 Girls had more favorable views.

NOTE Confidence: 0.8790818125

00:31:26.880 --> 00:31:30.012 They accepted the transgender

NOTE Confidence: 0.8790818125

00:31:30.012 --> 00:31:33.732 and gender norms more than boys.

NOTE Confidence: 0.8790818125

00:31:33.732 --> 00:31:37.094 Boys had a a bigger room to grow, to go.

NOTE Confidence: 0.8790818125

00:31:37.094 --> 00:31:40.196 But they've all improved after the

NOTE Confidence: 0.8790818125

00:31:40.200 --> 00:31:42.970 after seeing these short videos.

NOTE Confidence: 0.8790818125

00:31:42.970 --> 00:31:46.365 Same thing in terms of sexual orientation.

NOTE Confidence: 0.8790818125

00:31:46.370 --> 00:31:48.650 Those who were LGBTQ, you know,

NOTE Confidence: 0.8790818125

00:31:48.650 --> 00:31:51.387 they already had a positive favorable views,
NOTE Confidence: 0.8790818125

00:31:51.390 --> 00:31:52.900 but they still improved after
NOTE Confidence: 0.8790818125

00:31:52.900 --> 00:31:53.806 seeing the videos.
NOTE Confidence: 0.8790818125

00:31:53.810 --> 00:31:55.698 But among straight youth,
NOTE Confidence: 0.8790818125

00:31:55.698 --> 00:31:58.530 there was a a big jump.
NOTE Confidence: 0.8790818125

00:31:58.530 --> 00:32:01.370 It helped a lot in.
NOTE Confidence: 0.8790818125

00:32:01.370 --> 00:32:04.454 Improving views and acceptance both of
NOTE Confidence: 0.8790818125

00:32:04.454 --> 00:32:07.490 seeking treatment and of depression.
NOTE Confidence: 0.85048068

00:32:10.030 --> 00:32:11.986 The last video I won't tell
NOTE Confidence: 0.85048068

00:32:11.986 --> 00:32:14.080 you other than the punchline.
NOTE Confidence: 0.85048068

00:32:14.080 --> 00:32:15.970 We started comparing these videos
NOTE Confidence: 0.85048068

00:32:15.970 --> 00:32:17.860 that were done with professional
NOTE Confidence: 0.85048068

00:32:17.923 --> 00:32:19.824 crews like I showed you. Expensive.
NOTE Confidence: 0.85048068

00:32:19.824 --> 00:32:22.968 Setups. We compare them to selfies
NOTE Confidence: 0.85048068

00:32:22.968 --> 00:32:25.919 done in the kids bedrooms.
NOTE Confidence: 0.85048068

00:32:25.920 --> 00:32:28.258 And we found that there were exactly.

NOTE Confidence: 0.85048068

00:32:28.260 --> 00:32:30.480 The same. They're completely comparable,

NOTE Confidence: 0.85048068

00:32:30.480 --> 00:32:32.840 which was very good news for many reasons.

NOTE Confidence: 0.85048068

00:32:32.840 --> 00:32:35.458 One is that a selfie costs nothing,

NOTE Confidence: 0.85048068

00:32:35.460 --> 00:32:36.671 2 is that a selfie you can

NOTE Confidence: 0.85048068

00:32:36.671 --> 00:32:37.799 do as many as you want.

NOTE Confidence: 0.85048068

00:32:37.800 --> 00:32:38.970 Three, it's not,

NOTE Confidence: 0.85048068

00:32:38.970 --> 00:32:41.310 but it doesn't get any more

NOTE Confidence: 0.85048068

00:32:41.310 --> 00:32:43.009 naturalistic setting than that.

NOTE Confidence: 0.85048068

00:32:43.010 --> 00:32:45.710 And it's what kids see.

NOTE Confidence: 0.85048068

00:32:45.710 --> 00:32:48.097 So we showed in two randomized trials

NOTE Confidence: 0.85048068

00:32:48.097 --> 00:32:50.611 that selfies are the same and this will

NOTE Confidence: 0.85048068

00:32:50.611 --> 00:32:52.708 open a whole series of studies that

NOTE Confidence: 0.85048068

00:32:52.708 --> 00:32:55.132 the next time in a couple of years,

NOTE Confidence: 0.85048068

00:32:55.140 --> 00:32:57.016 I hope to tell you about we're

NOTE Confidence: 0.85048068

00:32:57.016 --> 00:32:58.519 about to launch with Doron,

NOTE Confidence: 0.85048068

00:32:58.520 --> 00:33:01.652 with Meta and with the Instagram
NOTE Confidence: 0.85048068

00:33:01.652 --> 00:33:05.232 large studies that are going to make
NOTE Confidence: 0.85048068

00:33:05.232 --> 00:33:08.487 our sample size of 1500 look heady.
NOTE Confidence: 0.85048068

00:33:08.490 --> 00:33:10.632 You know and you collect these
NOTE Confidence: 0.85048068

00:33:10.632 --> 00:33:11.703 samples within minutes.
NOTE Confidence: 0.85048068

00:33:11.710 --> 00:33:13.410 And so we're we're excited
NOTE Confidence: 0.85048068

00:33:13.410 --> 00:33:15.110 of where this is going.
NOTE Confidence: 0.85048068

00:33:15.110 --> 00:33:19.322 We just have the IRB approval and stay tuned.
NOTE Confidence: 0.85048068

00:33:19.330 --> 00:33:20.464 So in summary,
NOTE Confidence: 0.85048068

00:33:20.464 --> 00:33:23.836 can what can we do to target stigma
NOTE Confidence: 0.85048068

00:33:23.836 --> 00:33:27.001 with short videos using these
NOTE Confidence: 0.85048068

00:33:27.001 --> 00:33:29.533 social contact based interventions?
NOTE Confidence: 0.85048068

00:33:29.540 --> 00:33:31.412 We know from a long time ago this
NOTE Confidence: 0.85048068

00:33:31.412 --> 00:33:34.066 is a classic review by Corrigan that
NOTE Confidence: 0.85048068

00:33:34.066 --> 00:33:35.894 had empowered presenter who has
NOTE Confidence: 0.85048068

00:33:35.894 --> 00:33:37.279 lived experience and by empowered

NOTE Confidence: 0.85048068

00:33:37.279 --> 00:33:39.139 saying I did something about it.

NOTE Confidence: 0.85048068

00:33:39.140 --> 00:33:40.820 All of our videos don't just

NOTE Confidence: 0.85048068

00:33:40.820 --> 00:33:42.580 show the IT was terrible.

NOTE Confidence: 0.85048068

00:33:42.580 --> 00:33:44.644 They also show this is what I did

NOTE Confidence: 0.85048068

00:33:44.644 --> 00:33:47.232 this is how I got better and emphasis

NOTE Confidence: 0.85048068

00:33:47.232 --> 00:33:50.238 on recovery rather than on symptoms.

NOTE Confidence: 0.85048068

00:33:50.240 --> 00:33:52.592 They're important and we can tailor

NOTE Confidence: 0.85048068

00:33:52.592 --> 00:33:54.588 it to target specific audiences

NOTE Confidence: 0.85048068

00:33:54.588 --> 00:33:56.651 as I just showed so,

NOTE Confidence: 0.85048068

00:33:56.651 --> 00:34:00.437 so that's very exciting with the.

NOTE Confidence: 0.85048068

00:34:00.440 --> 00:34:00.950 Yeah.

NOTE Confidence: 0.85048068

00:34:00.950 --> 00:34:03.500 I had mentioned this empathy,

NOTE Confidence: 0.85048068

00:34:03.500 --> 00:34:05.228 I I think that part of the power

NOTE Confidence: 0.85048068

00:34:05.228 --> 00:34:06.830 of these videos and we see it,

NOTE Confidence: 0.85048068

00:34:06.830 --> 00:34:08.377 that's why we go to the movies

NOTE Confidence: 0.85048068

00:34:08.377 --> 00:34:09.779 and like TV and etcetera.
NOTE Confidence: 0.85048068

00:34:09.780 --> 00:34:11.694 We can gain an empathic foothold
NOTE Confidence: 0.85048068

00:34:11.694 --> 00:34:13.814 into the life of another person,
NOTE Confidence: 0.85048068

00:34:13.814 --> 00:34:15.698 another experience and part of this
NOTE Confidence: 0.85048068

00:34:15.698 --> 00:34:17.900 work is how can we Marshall that,
NOTE Confidence: 0.85048068

00:34:17.900 --> 00:34:19.650 leverage that towards the good.
NOTE Confidence: 0.851784473809524

00:34:21.920 --> 00:34:24.208 And we're very hopeful about how we can
NOTE Confidence: 0.851784473809524

00:34:24.208 --> 00:34:26.596 scale this big time through social media
NOTE Confidence: 0.851784473809524

00:34:26.596 --> 00:34:28.690 that's that's certainly the the hope.
NOTE Confidence: 0.851784473809524

00:34:28.690 --> 00:34:31.834 OK, so that was the first word showing.
NOTE Confidence: 0.851784473809524

00:34:31.840 --> 00:34:35.728 Imaging. We're going now to the third part.
NOTE Confidence: 0.851784473809524

00:34:35.730 --> 00:34:36.898 I'm going a little bit out of order.
NOTE Confidence: 0.851784473809524

00:34:36.900 --> 00:34:38.340 You'll see why. And we're going
NOTE Confidence: 0.851784473809524

00:34:38.340 --> 00:34:39.988 to the third part of my thesis,
NOTE Confidence: 0.851784473809524

00:34:39.990 --> 00:34:44.070 which is doing and it is
NOTE Confidence: 0.851784473809524

00:34:44.070 --> 00:34:45.860 imagining psychiatry anew.

NOTE Confidence: 0.892949541428571
00:34:48.110 --> 00:34:51.008 So what do I mean by this?
NOTE Confidence: 0.892949541428571
00:34:51.010 --> 00:34:53.061 So my goal here is to introduce
NOTE Confidence: 0.892949541428571
00:34:53.061 --> 00:34:55.664 you to a learner driven and
NOTE Confidence: 0.892949541428571
00:34:55.664 --> 00:34:58.120 simulation based training model
NOTE Confidence: 0.892949541428571
00:34:58.120 --> 00:35:00.576 to enhance reflective practice.
NOTE Confidence: 0.892949541428571
00:35:00.580 --> 00:35:01.434 Learner driven.
NOTE Confidence: 0.892949541428571
00:35:01.434 --> 00:35:04.423 It's the learner who guides this ship.
NOTE Confidence: 0.892949541428571
00:35:04.430 --> 00:35:05.372 Simulation based,
NOTE Confidence: 0.892949541428571
00:35:05.372 --> 00:35:08.669 you already saw what actors can do,
NOTE Confidence: 0.892949541428571
00:35:08.670 --> 00:35:09.726 and reflective practice,
NOTE Confidence: 0.892949541428571
00:35:09.726 --> 00:35:11.486 which you know theoretically is
NOTE Confidence: 0.892949541428571
00:35:11.486 --> 00:35:13.250 what we're doing all day long.
NOTE Confidence: 0.892949541428571
00:35:13.250 --> 00:35:14.682 But I would argue we could do better
NOTE Confidence: 0.892949541428571
00:35:14.682 --> 00:35:16.076 and we can always do better in.
NOTE Confidence: 0.850037916666667
00:35:18.230 --> 00:35:20.456 So what are some of the shortcomings
NOTE Confidence: 0.850037916666667

00:35:20.456 --> 00:35:22.090 of traditional education in children,
NOTE Confidence: 0.850037916666667

00:35:22.090 --> 00:35:23.218 Ellis and psychiatry?
NOTE Confidence: 0.850037916666667

00:35:23.218 --> 00:35:24.346 Psychiatry in general?
NOTE Confidence: 0.850037916666667

00:35:24.350 --> 00:35:25.350 Well, one of them,
NOTE Confidence: 0.850037916666667

00:35:25.350 --> 00:35:26.850 that to me is pretty obvious,
NOTE Confidence: 0.850037916666667

00:35:26.850 --> 00:35:29.675 is that supervision takes place
NOTE Confidence: 0.850037916666667

00:35:29.675 --> 00:35:31.370 after clinical encounters.
NOTE Confidence: 0.850037916666667

00:35:31.370 --> 00:35:33.555 Imagine if your surgeon practiced
NOTE Confidence: 0.850037916666667

00:35:33.555 --> 00:35:35.303 gallbladder surgery only after
NOTE Confidence: 0.850037916666667

00:35:35.303 --> 00:35:37.180 doing gallbladder surgeries.
NOTE Confidence: 0.850037916666667

00:35:37.180 --> 00:35:39.420 Imagine if you're a pilot.
NOTE Confidence: 0.850037916666667

00:35:39.420 --> 00:35:41.500 You know, simulated flying a
NOTE Confidence: 0.850037916666667

00:35:41.500 --> 00:35:44.120 plane only after flying a plane.
NOTE Confidence: 0.850037916666667

00:35:44.120 --> 00:35:45.693 I mean, it makes no sense, right?
NOTE Confidence: 0.850037916666667

00:35:45.693 --> 00:35:50.277 And yet, that's what that's what we do.
NOTE Confidence: 0.850037916666667

00:35:50.280 --> 00:35:50.846 Second thing,

NOTE Confidence: 0.850037916666667
00:35:50.846 --> 00:35:52.544 the goals are driven by us,
NOTE Confidence: 0.850037916666667
00:35:52.550 --> 00:35:53.450 the instructor,
NOTE Confidence: 0.850037916666667
00:35:53.450 --> 00:35:54.350 the instructors,
NOTE Confidence: 0.850037916666667
00:35:54.350 --> 00:35:56.150 rather than the learners.
NOTE Confidence: 0.9089864235
00:35:58.460 --> 00:36:00.504 And I would argue that we have
NOTE Confidence: 0.9089864235
00:36:00.504 --> 00:36:02.701 limited ability to reflect and act in
NOTE Confidence: 0.9089864235
00:36:02.701 --> 00:36:04.591 real time as things are happening.
NOTE Confidence: 0.9089864235
00:36:04.600 --> 00:36:06.220 Not when we're pondering, you know,
NOTE Confidence: 0.9089864235
00:36:06.220 --> 00:36:09.460 a week later in supervision.
NOTE Confidence: 0.9089864235
00:36:09.460 --> 00:36:11.542 And I know that however hard
NOTE Confidence: 0.9089864235
00:36:11.542 --> 00:36:13.540 we try teaching a lesson,
NOTE Confidence: 0.9089864235
00:36:13.540 --> 00:36:15.124 plans can become ossified.
NOTE Confidence: 0.9089864235
00:36:15.124 --> 00:36:16.992 You know, you can't reinvent something
NOTE Confidence: 0.9089864235
00:36:16.992 --> 00:36:19.199 every year or every six months or whatever.
NOTE Confidence: 0.9089864235
00:36:19.200 --> 00:36:20.408 So things get awesome,
NOTE Confidence: 0.9089864235

00:36:20.408 --> 00:36:23.072 but it's hard to keep it fresh. Umm.
NOTE Confidence: 0.9089864235

00:36:23.072 --> 00:36:26.208 I'm not going to put the music here,
NOTE Confidence: 0.9089864235

00:36:26.210 --> 00:36:29.027 but I had the room where it happens from
NOTE Confidence: 0.9089864235

00:36:29.027 --> 00:36:31.400 Hamilton because I would argue that no
NOTE Confidence: 0.9089864235

00:36:31.400 --> 00:36:33.629 one knows what happens in our rooms.
NOTE Confidence: 0.9089864235

00:36:33.630 --> 00:36:35.520 And we want to open it.
NOTE Confidence: 0.9089864235

00:36:35.520 --> 00:36:39.970 So that's what we try to do with this model.
NOTE Confidence: 0.9089864235

00:36:39.970 --> 00:36:41.938 Called constructive patient simulation.
NOTE Confidence: 0.9089864235

00:36:41.938 --> 00:36:45.346 So Co constructive means that it's not
NOTE Confidence: 0.9089864235

00:36:45.346 --> 00:36:47.626 just the educator who's building it,
NOTE Confidence: 0.9089864235

00:36:47.630 --> 00:36:50.402 it's the learner and the educator
NOTE Confidence: 0.9089864235

00:36:50.402 --> 00:36:52.580 and the actors building it.
NOTE Confidence: 0.9089864235

00:36:52.580 --> 00:36:57.557 And it is simulation. This is pretend.
NOTE Confidence: 0.9089864235

00:36:57.560 --> 00:36:59.342 Learner centered. So let me walk
NOTE Confidence: 0.9089864235

00:36:59.342 --> 00:37:01.079 you through what this model is.
NOTE Confidence: 0.9089864235

00:37:01.080 --> 00:37:03.188 And this is a part of cartoons, so it's good.

NOTE Confidence: 0.9089864235

00:37:03.188 --> 00:37:05.440 No words. Cartoons.

NOTE Confidence: 0.9089864235

00:37:05.440 --> 00:37:06.908 Here you have Doctor,

NOTE Confidence: 0.9089864235

00:37:06.908 --> 00:37:08.376 mustache psychiatrist or psychologist

NOTE Confidence: 0.9089864235

00:37:08.376 --> 00:37:10.841 or social worker or any mental health

NOTE Confidence: 0.9089864235

00:37:10.841 --> 00:37:12.516 clinician meeting with his patient.

NOTE Confidence: 0.9089864235

00:37:12.520 --> 00:37:14.988 A very nice lady.

NOTE Confidence: 0.9089864235

00:37:14.990 --> 00:37:18.126 After they are done. A day later.

NOTE Confidence: 0.9089864235

00:37:18.130 --> 00:37:20.878 An hour later. A month later.

NOTE Confidence: 0.9089864235

00:37:20.880 --> 00:37:23.379 Doctor Mustache is thinking as to what

NOTE Confidence: 0.9089864235

00:37:23.379 --> 00:37:25.800 was the encounter about what happened.

NOTE Confidence: 0.9089864235

00:37:25.800 --> 00:37:27.340 What did she say that?

NOTE Confidence: 0.9089864235

00:37:27.340 --> 00:37:29.044 Blah, blah, blah. What did I say that?

NOTE Confidence: 0.9089864235

00:37:29.050 --> 00:37:29.782 Blah, blah, blah.

NOTE Confidence: 0.9089864235

00:37:29.782 --> 00:37:31.204 So thinking, thinking, thinking.

NOTE Confidence: 0.9089864235

00:37:31.204 --> 00:37:31.671 Now,

NOTE Confidence: 0.9089864235

00:37:31.671 --> 00:37:34.006 we encourage our learners who
NOTE Confidence: 0.9089864235

00:37:34.006 --> 00:37:36.968 have been particularly fellows to
NOTE Confidence: 0.9089864235

00:37:36.968 --> 00:37:38.920 think about difficult situations,
NOTE Confidence: 0.9089864235

00:37:38.920 --> 00:37:39.984 difficult interactions,
NOTE Confidence: 0.9089864235

00:37:39.984 --> 00:37:43.176 interactions where the affect was charged,
NOTE Confidence: 0.9089864235

00:37:43.180 --> 00:37:45.688 not necessarily bad, maybe even good,
NOTE Confidence: 0.9089864235

00:37:45.690 --> 00:37:49.794 where you got very excited when you got very,
NOTE Confidence: 0.9089864235

00:37:49.800 --> 00:37:50.895 you know, confused.
NOTE Confidence: 0.9089864235

00:37:50.895 --> 00:37:53.450 Anything that has a lot of effect.
NOTE Confidence: 0.9089864235

00:37:53.450 --> 00:37:54.815 Take that case.
NOTE Confidence: 0.9089864235

00:37:54.815 --> 00:37:56.635 And write a script.
NOTE Confidence: 0.9089864235

00:37:56.640 --> 00:37:59.525 Become Steven Spielberg and write
NOTE Confidence: 0.9089864235

00:37:59.525 --> 00:38:01.833 the script of that.
NOTE Confidence: 0.9089864235

00:38:01.840 --> 00:38:03.268 Doctor glasses here,
NOTE Confidence: 0.9089864235

00:38:03.268 --> 00:38:06.600 the supervisor will help you write that,
NOTE Confidence: 0.9089864235

00:38:06.600 --> 00:38:10.338 and now the SP, the standardized patient,

NOTE Confidence: 0.9089864235

00:38:10.340 --> 00:38:11.166 the actor.

NOTE Confidence: 0.9089864235

00:38:11.166 --> 00:38:14.470 All of you are gonna write this script,

NOTE Confidence: 0.9089864235

00:38:14.470 --> 00:38:16.388 and once the script is arrived at

NOTE Confidence: 0.9089864235

00:38:16.388 --> 00:38:18.169 you were you're going to try it.

NOTE Confidence: 0.9089864235

00:38:18.170 --> 00:38:19.339 You're going to role play it to

NOTE Confidence: 0.9089864235

00:38:19.339 --> 00:38:20.369 see if it feels right.

NOTE Confidence: 0.9089864235

00:38:20.370 --> 00:38:22.338 You know the actor is going to enact

NOTE Confidence: 0.9089864235

00:38:22.338 --> 00:38:24.311 and bring alive your patient and you're

NOTE Confidence: 0.9089864235

00:38:24.311 --> 00:38:26.430 going to see whether it feels right.

NOTE Confidence: 0.9089864235

00:38:26.430 --> 00:38:28.290 So far so good.

NOTE Confidence: 0.9089864235

00:38:28.290 --> 00:38:29.500 To give you an example,

NOTE Confidence: 0.9089864235

00:38:29.500 --> 00:38:30.724 by the way,

NOTE Confidence: 0.9089864235

00:38:30.724 --> 00:38:34.406 this is a drawings of one of

NOTE Confidence: 0.9089864235

00:38:34.406 --> 00:38:36.248 our recent fellows.

NOTE Confidence: 0.9089864235

00:38:36.250 --> 00:38:38.536 Mariam did us a patient she had seen up

NOTE Confidence: 0.9089864235

00:38:38.536 --> 00:38:40.967 in the floor and consultation liaison.
NOTE Confidence: 0.9089864235

00:38:40.970 --> 00:38:42.794 A girl who I can know the details,
NOTE Confidence: 0.9089864235

00:38:42.800 --> 00:38:44.702 wasn't taking her insulin or took
NOTE Confidence: 0.9089864235

00:38:44.702 --> 00:38:46.630 too much insulin or something.
NOTE Confidence: 0.9089864235

00:38:46.630 --> 00:38:48.562 But for Mariam she made a big
NOTE Confidence: 0.9089864235

00:38:48.562 --> 00:38:49.674 impression physically what she
NOTE Confidence: 0.9089864235

00:38:49.674 --> 00:38:51.030 looked like and she drew it.
NOTE Confidence: 0.9089864235

00:38:51.030 --> 00:38:53.106 And the actor we had looked
NOTE Confidence: 0.9089864235

00:38:53.106 --> 00:38:54.144 exactly like this.
NOTE Confidence: 0.9089864235

00:38:54.150 --> 00:38:56.894 And I mean the actor became the patient.
NOTE Confidence: 0.9089864235

00:38:56.900 --> 00:38:58.316 So now that we have that,
NOTE Confidence: 0.9089864235

00:38:58.320 --> 00:39:01.784 now that we have an avatar or an
NOTE Confidence: 0.9089864235

00:39:01.784 --> 00:39:06.380 actor doing that. We come together.
NOTE Confidence: 0.9089864235

00:39:06.380 --> 00:39:08.618 And we have.
NOTE Confidence: 0.848504361428571

00:39:08.620 --> 00:39:11.924 Here we have now the the actor.
NOTE Confidence: 0.848504361428571

00:39:11.930 --> 00:39:14.065 And up here, someone who doesn't know

NOTE Confidence: 0.848504361428571
00:39:14.065 --> 00:39:16.549 anything about the case, anything at all,
NOTE Confidence: 0.848504361428571
00:39:16.549 --> 00:39:19.758 he is meeting with that patient while all
NOTE Confidence: 0.848504361428571
00:39:19.758 --> 00:39:22.306 your other peers and the scriptwriter and
NOTE Confidence: 0.848504361428571
00:39:22.306 --> 00:39:25.189 the supervisor and everybody is watching.
NOTE Confidence: 0.848504361428571
00:39:25.190 --> 00:39:26.709 So we actually do it in George
NOTE Confidence: 0.848504361428571
00:39:26.709 --> 00:39:28.109 Street in the big classroom.
NOTE Confidence: 0.848504361428571
00:39:28.110 --> 00:39:29.760 It's like a little theater
NOTE Confidence: 0.848504361428571
00:39:29.760 --> 00:39:31.410 and you have an actor.
NOTE Confidence: 0.848504361428571
00:39:31.410 --> 00:39:33.769 In a role with a fellow who
NOTE Confidence: 0.848504361428571
00:39:33.769 --> 00:39:35.569 knows nothing about that case,
NOTE Confidence: 0.848504361428571
00:39:35.570 --> 00:39:37.280 like with any other patient and
NOTE Confidence: 0.848504361428571
00:39:37.280 --> 00:39:39.210 all the rest of us watching.
NOTE Confidence: 0.848504361428571
00:39:39.210 --> 00:39:41.886 And after we do that interaction,
NOTE Confidence: 0.848504361428571
00:39:41.890 --> 00:39:44.305 we come together to have a debriefing.
NOTE Confidence: 0.848504361428571
00:39:44.310 --> 00:39:45.660 In the debriefing, first the people
NOTE Confidence: 0.848504361428571

00:39:45.660 --> 00:39:47.270 who were in the quote UN quote,
NOTE Confidence: 0.848504361428571

00:39:47.270 --> 00:39:49.826 hot seat talk about their experience,
NOTE Confidence: 0.848504361428571

00:39:49.830 --> 00:39:52.376 their transference,
NOTE Confidence: 0.848504361428571

00:39:52.376 --> 00:39:53.649 countertransference.
NOTE Confidence: 0.848504361428571

00:39:53.650 --> 00:39:55.354 Then the peers.
NOTE Confidence: 0.848504361428571

00:39:55.354 --> 00:39:56.984 And finally, the scriptwriter.
NOTE Confidence: 0.848504361428571

00:39:56.984 --> 00:39:58.219 And at the very end,
NOTE Confidence: 0.848504361428571

00:39:58.220 --> 00:40:00.560 the actors share their experience.
NOTE Confidence: 0.848504361428571

00:40:00.560 --> 00:40:04.109 It's a very powerful method of bringing.
NOTE Confidence: 0.848504361428571

00:40:04.110 --> 00:40:05.730 Theater to life, if you will.
NOTE Confidence: 0.848504361428571

00:40:05.730 --> 00:40:07.907 I I we have a President and
NOTE Confidence: 0.848504361428571

00:40:07.907 --> 00:40:11.229 others who have been part of this.
NOTE Confidence: 0.848504361428571

00:40:11.230 --> 00:40:15.073 And based on this, we we did it with
NOTE Confidence: 0.848504361428571

00:40:15.073 --> 00:40:18.371 two cohorts of our fellows and.
NOTE Confidence: 0.848504361428571

00:40:18.371 --> 00:40:20.376 Came up with a model,
NOTE Confidence: 0.848504361428571

00:40:20.380 --> 00:40:22.156 came up with this very long,

NOTE Confidence: 0.848504361428571
00:40:22.160 --> 00:40:26.066 complicated qualitative paper from learning
NOTE Confidence: 0.848504361428571
00:40:26.066 --> 00:40:27.678 psychiatry to becoming psychiatrists,
NOTE Confidence: 0.848504361428571
00:40:27.680 --> 00:40:29.094 which is what we're trying to do,
NOTE Confidence: 0.848504361428571
00:40:29.100 --> 00:40:32.496 getting closer to the real deal.
NOTE Confidence: 0.848504361428571
00:40:32.500 --> 00:40:35.335 We do this experience shortly
NOTE Confidence: 0.848504361428571
00:40:35.335 --> 00:40:37.603 before our Fellows graduate.
NOTE Confidence: 0.848504361428571
00:40:37.610 --> 00:40:40.470 In this paper we came up with a very complex
NOTE Confidence: 0.848504361428571
00:40:40.470 --> 00:40:42.864 9R model that would explode your head,
NOTE Confidence: 0.848504361428571
00:40:42.870 --> 00:40:44.347 so I'm not going to do that,
NOTE Confidence: 0.848504361428571
00:40:44.350 --> 00:40:47.330 but we adapted this model
NOTE Confidence: 0.848504361428571
00:40:47.330 --> 00:40:49.118 to veterinary medicine.
NOTE Confidence: 0.848504361428571
00:40:49.120 --> 00:40:51.652 We work with veterinarians in the
NOTE Confidence: 0.848504361428571
00:40:51.652 --> 00:40:54.716 University of Utrecht and we adapted it
NOTE Confidence: 0.848504361428571
00:40:54.716 --> 00:40:58.560 and this time the patient was the doggie.
NOTE Confidence: 0.848504361428571
00:40:58.560 --> 00:41:00.020 I love that about pediatricians,
NOTE Confidence: 0.848504361428571

00:41:00.020 --> 00:41:01.256 but the veterinarians, by the way,
NOTE Confidence: 0.848504361428571

00:41:01.260 --> 00:41:03.600 they call the animals their
NOTE Confidence: 0.848504361428571

00:41:03.600 --> 00:41:05.472 patients and the handlers,
NOTE Confidence: 0.848504361428571

00:41:05.480 --> 00:41:07.280 the owners are the clients.
NOTE Confidence: 0.848504361428571

00:41:07.280 --> 00:41:09.608 So I really like that they're.
NOTE Confidence: 0.848504361428571

00:41:09.610 --> 00:41:13.375 It was very fun working with veterinarians,
NOTE Confidence: 0.848504361428571

00:41:13.375 --> 00:41:14.800 but.
NOTE Confidence: 0.848504361428571

00:41:14.800 --> 00:41:16.697 What we what we did is just
NOTE Confidence: 0.848504361428571

00:41:16.697 --> 00:41:18.280 simplify the model to its core.
NOTE Confidence: 0.848504361428571

00:41:18.280 --> 00:41:21.655 And what you see here are the three things,
NOTE Confidence: 0.848504361428571

00:41:21.660 --> 00:41:25.419 one of the fathers of medical education,
NOTE Confidence: 0.848504361428571

00:41:25.420 --> 00:41:26.710 modern medical education,
NOTE Confidence: 0.848504361428571

00:41:26.710 --> 00:41:27.570 whatever foundation.
NOTE Confidence: 0.848504361428571

00:41:27.570 --> 00:41:30.860 One of the foundational books is Donald
NOTE Confidence: 0.848504361428571

00:41:30.860 --> 00:41:33.370 shuns the reflective practitioner,
NOTE Confidence: 0.848504361428571

00:41:33.370 --> 00:41:35.020 which he did at MIT,

NOTE Confidence: 0.848504361428571
00:41:35.020 --> 00:41:36.910 working not just with physicians but
NOTE Confidence: 0.848504361428571
00:41:36.910 --> 00:41:39.460 with all sorts of engineers and people.
NOTE Confidence: 0.848504361428571
00:41:39.460 --> 00:41:41.480 How do people become experts?
NOTE Confidence: 0.848504361428571
00:41:41.480 --> 00:41:44.208 And what he found is that a lot?
NOTE Confidence: 0.848504361428571
00:41:44.210 --> 00:41:47.648 Is learned as you do it.
NOTE Confidence: 0.848504361428571
00:41:47.650 --> 00:41:48.198 You know,
NOTE Confidence: 0.848504361428571
00:41:48.198 --> 00:41:50.116 and and he came up with this
NOTE Confidence: 0.848504361428571
00:41:50.116 --> 00:41:51.950 model of reflection in action,
NOTE Confidence: 0.848504361428571
00:41:51.950 --> 00:41:55.730 which is while you're doing the thing.
NOTE Confidence: 0.848504361428571
00:41:55.730 --> 00:41:56.612 We tend to think that that's
NOTE Confidence: 0.848504361428571
00:41:56.612 --> 00:41:57.510 not a moment to reflect,
NOTE Confidence: 0.848504361428571
00:41:57.510 --> 00:41:59.635 but that's the most valuable
NOTE Confidence: 0.848504361428571
00:41:59.635 --> 00:42:00.910 point to reflect.
NOTE Confidence: 0.848504361428571
00:42:00.910 --> 00:42:03.790 Then there's the reflection on action.
NOTE Confidence: 0.848504361428571
00:42:03.790 --> 00:42:06.463 I did it. What can I learn from it?
NOTE Confidence: 0.848504361428571

00:42:06.470 --> 00:42:09.400 And then reflection for action.
NOTE Confidence: 0.848504361428571

00:42:09.400 --> 00:42:11.272 What am I going to do the next time?
NOTE Confidence: 0.848504361428571

00:42:11.280 --> 00:42:13.856 So we slowed this down in the reflection.
NOTE Confidence: 0.848504361428571

00:42:13.860 --> 00:42:15.911 We go into this in in great
NOTE Confidence: 0.848504361428571

00:42:15.911 --> 00:42:18.692 detail and to give you an example
NOTE Confidence: 0.848504361428571

00:42:18.692 --> 00:42:20.516 from again veterinary medicine,
NOTE Confidence: 0.848504361428571

00:42:20.520 --> 00:42:22.711 we start by I'm going to show
NOTE Confidence: 0.848504361428571

00:42:22.711 --> 00:42:23.650 you four of
NOTE Confidence: 0.845430042727273

00:42:23.731 --> 00:42:27.758 the 9R's. Regulate or.
NOTE Confidence: 0.845430042727273

00:42:27.760 --> 00:42:29.160 Don't go limbic, you know.
NOTE Confidence: 0.845430042727273

00:42:29.160 --> 00:42:32.247 Don't lose it. The client is angry,
NOTE Confidence: 0.845430042727273

00:42:32.250 --> 00:42:34.206 but I will respond in kind.
NOTE Confidence: 0.845430042727273

00:42:34.210 --> 00:42:37.135 I'll keep it chill. Relate.
NOTE Confidence: 0.845430042727273

00:42:37.135 --> 00:42:40.135 Once the tempers are a little bit lower,
NOTE Confidence: 0.845430042727273

00:42:40.140 --> 00:42:41.916 I can relate. I can empathize.
NOTE Confidence: 0.845430042727273

00:42:41.920 --> 00:42:43.455 I can understand how upsetting

NOTE Confidence: 0.845430042727273
00:42:43.455 --> 00:42:46.160 it was for you to learn about the
NOTE Confidence: 0.845430042727273
00:42:46.160 --> 00:42:48.000 medicine side effect this way.
NOTE Confidence: 0.845430042727273
00:42:48.000 --> 00:42:50.380 Then we can reason keeping it frontal.
NOTE Confidence: 0.845430042727273
00:42:50.380 --> 00:42:52.135 Let's go into the cortical
NOTE Confidence: 0.845430042727273
00:42:52.135 --> 00:42:53.539 function now that I've,
NOTE Confidence: 0.845430042727273
00:42:53.540 --> 00:42:56.378 you know, turn off the limbic.
NOTE Confidence: 0.845430042727273
00:42:56.380 --> 00:42:58.548 I made a judgment call at the time
NOTE Confidence: 0.845430042727273
00:42:58.548 --> 00:43:00.920 thinking that, that, that, that.
NOTE Confidence: 0.845430042727273
00:43:00.920 --> 00:43:02.362 And finally.
NOTE Confidence: 0.845430042727273
00:43:02.362 --> 00:43:05.967 Reflect in an iterative fashion.
NOTE Confidence: 0.845430042727273
00:43:05.970 --> 00:43:08.434 In retrospect, I did the wrong thing and
NOTE Confidence: 0.845430042727273
00:43:08.434 --> 00:43:10.287 moving forward I'm going to do this.
NOTE Confidence: 0.845430042727273
00:43:10.290 --> 00:43:14.660 So this is a very summarized way of
NOTE Confidence: 0.845430042727273
00:43:14.660 --> 00:43:17.710 thinking at reflection in slowdown.
NOTE Confidence: 0.845430042727273
00:43:17.710 --> 00:43:20.022 How can we do that and overtime I
NOTE Confidence: 0.845430042727273

00:43:20.022 --> 00:43:22.565 think and the hope is that we get
NOTE Confidence: 0.845430042727273

00:43:22.565 --> 00:43:24.569 better at reflecting in real time.
NOTE Confidence: 0.845430042727273

00:43:24.570 --> 00:43:26.957 We don't need to wait a week
NOTE Confidence: 0.845430042727273

00:43:26.957 --> 00:43:29.278 to think back on what we did.
NOTE Confidence: 0.845430042727273

00:43:29.280 --> 00:43:32.510 Now this model CCPs code
NOTE Confidence: 0.845430042727273

00:43:32.510 --> 00:43:34.448 constructive patient simulation.
NOTE Confidence: 0.845430042727273

00:43:34.450 --> 00:43:36.106 And we've adapted it in a number of ways.
NOTE Confidence: 0.845430042727273

00:43:36.110 --> 00:43:37.550 And for the first adaptation,
NOTE Confidence: 0.845430042727273

00:43:37.550 --> 00:43:38.762 I need you to really pay
NOTE Confidence: 0.845430042727273

00:43:38.762 --> 00:43:40.150 attention to the words here. OK?
NOTE Confidence: 0.845430042727273

00:43:40.150 --> 00:43:41.750 The words are really important,
NOTE Confidence: 0.845430042727273

00:43:41.750 --> 00:43:43.462 and I know that at least one person
NOTE Confidence: 0.845430042727273

00:43:43.462 --> 00:43:45.219 in the audience will understand.
NOTE Confidence: 0.845430042727273

00:43:45.220 --> 00:43:46.520 OK, so pay attention.
NOTE Confidence: 0.419621815555556

00:43:47.890 --> 00:43:49.578 Everything. So did Nicola
NOTE Confidence: 0.419621815555556

00:43:49.578 --> 00:43:51.688 misses is going to only

NOTE Confidence: 0.7836379

00:43:51.700 --> 00:43:52.588 go to, I'm sure.

NOTE Confidence: 0.7944267

00:43:55.720 --> 00:43:57.934 If that was too if that was too fast

NOTE Confidence: 0.7944267

00:43:57.934 --> 00:43:59.620 for you, this is the second view

NOTE Confidence: 0.7944267

00:43:59.620 --> 00:44:01.470 and let's see if you can hear it.

NOTE Confidence: 0.1800712

00:44:05.850 --> 00:44:09.938 Yeah, so. I think you saw him one.

NOTE Confidence: 0.8740305

00:44:09.940 --> 00:44:11.332 Let me just show him because

NOTE Confidence: 0.8740305

00:44:11.332 --> 00:44:13.001 we have him here. Here he is.

NOTE Confidence: 0.8740305

00:44:13.001 --> 00:44:14.236 Look at him over here.

NOTE Confidence: 0.8740305

00:44:14.240 --> 00:44:15.780 This handsome young man,

NOTE Confidence: 0.8740305

00:44:15.780 --> 00:44:18.824 Yankee has gone here from Istanbul.

NOTE Confidence: 0.8740305

00:44:18.824 --> 00:44:21.796 And Yankee, we've been having the

NOTE Confidence: 0.8740305

00:44:21.796 --> 00:44:24.370 pleasure of doing CPS in Turkey.

NOTE Confidence: 0.8740305

00:44:24.370 --> 00:44:29.234 And it's wonderful to have you here and.

NOTE Confidence: 0.8740305

00:44:29.240 --> 00:44:31.336 You know, one of the things is that

NOTE Confidence: 0.8740305

00:44:31.336 --> 00:44:33.038 when things happen in real time,

NOTE Confidence: 0.8740305

00:44:33.040 --> 00:44:34.020 we adjust in real time.
NOTE Confidence: 0.8740305

00:44:34.020 --> 00:44:35.420 When we started CPS,
NOTE Confidence: 0.8740305

00:44:35.420 --> 00:44:37.520 the pandemic started and that's the
NOTE Confidence: 0.8740305

00:44:37.583 --> 00:44:39.785 first time that we went on on zoom
NOTE Confidence: 0.8740305

00:44:39.785 --> 00:44:41.947 and we needed to deal with anti Asian
NOTE Confidence: 0.8740305

00:44:41.947 --> 00:44:43.837 sentiment and you know the crisis
NOTE Confidence: 0.8740305

00:44:43.837 --> 00:44:46.058 that we were living then and now,
NOTE Confidence: 0.8740305

00:44:46.058 --> 00:44:47.672 you know, right in the middle
NOTE Confidence: 0.8740305

00:44:47.672 --> 00:44:49.498 of this experience in Turkey,
NOTE Confidence: 0.8740305

00:44:49.500 --> 00:44:51.936 we're dealing with this situation in Turkey.
NOTE Confidence: 0.8740305

00:44:51.940 --> 00:44:53.218 So thank you for being here.
NOTE Confidence: 0.8740305

00:44:53.220 --> 00:44:55.355 It's wonderfully Yankee and and
NOTE Confidence: 0.8740305

00:44:55.355 --> 00:44:58.035 we're doing a variation of this
NOTE Confidence: 0.8740305

00:44:58.035 --> 00:45:00.365 adaptation in the local language.
NOTE Confidence: 0.8740305

00:45:00.370 --> 00:45:02.010 In Turkey, and in June,
NOTE Confidence: 0.8740305

00:45:02.010 --> 00:45:04.050 we're going to be doing it in Israel.

NOTE Confidence: 0.8740305

00:45:04.050 --> 00:45:07.050 A slight variation on the theme in Hebrew.

NOTE Confidence: 0.7876754575

00:45:09.460 --> 00:45:11.430 So there's many opportunities and

NOTE Confidence: 0.7876754575

00:45:11.430 --> 00:45:14.059 adaptations that we can do from CPS.

NOTE Confidence: 0.7876754575

00:45:14.060 --> 00:45:16.724 We are currently doing a collaboration

NOTE Confidence: 0.7876754575

00:45:16.724 --> 00:45:19.800 across sites and indeed across countries.

NOTE Confidence: 0.7876754575

00:45:19.800 --> 00:45:22.072 We're in the fourth of six of these

NOTE Confidence: 0.7876754575

00:45:22.072 --> 00:45:24.149 sessions in partnership with France,

NOTE Confidence: 0.7876754575

00:45:24.150 --> 00:45:25.122 the Netherlands, Canada,

NOTE Confidence: 0.7876754575

00:45:25.122 --> 00:45:27.390 with Alberta and Ontario and in the

NOTE Confidence: 0.7876754575

00:45:27.451 --> 00:45:29.355 US and I'm very excited that in the

NOTE Confidence: 0.7876754575

00:45:29.355 --> 00:45:31.240 US we're working with Mississippi,

NOTE Confidence: 0.7876754575

00:45:31.240 --> 00:45:32.320 with Central Florida,

NOTE Confidence: 0.7876754575

00:45:32.320 --> 00:45:34.840 so we can reach all sorts of

NOTE Confidence: 0.7876754575

00:45:34.912 --> 00:45:36.997 places and use their reality.

NOTE Confidence: 0.7876754575

00:45:37.000 --> 00:45:39.124 It's not our realities.

NOTE Confidence: 0.7876754575

00:45:39.124 --> 00:45:40.186 Learner centered.
NOTE Confidence: 0.84118408125

00:45:42.700 --> 00:45:44.250 We started working on case
NOTE Confidence: 0.84118408125

00:45:44.250 --> 00:45:45.180 development over time.
NOTE Confidence: 0.84118408125

00:45:45.180 --> 00:45:47.112 What happens when the same patient
NOTE Confidence: 0.84118408125

00:45:47.112 --> 00:45:49.438 comes two or three times over time?
NOTE Confidence: 0.84118408125

00:45:49.440 --> 00:45:52.310 And one of our students, Isaiah Thomas,
NOTE Confidence: 0.84118408125

00:45:52.310 --> 00:45:54.935 is doing his thesis on the emotional
NOTE Confidence: 0.84118408125

00:45:54.935 --> 00:45:56.960 labor in a clinical encounter.
NOTE Confidence: 0.82010965

00:45:59.090 --> 00:46:00.790 We strengthen communities of practice,
NOTE Confidence: 0.82010965

00:46:00.790 --> 00:46:02.290 we're strengthening each of these sites,
NOTE Confidence: 0.82010965

00:46:02.290 --> 00:46:03.942 and we get strengthened
NOTE Confidence: 0.82010965

00:46:03.942 --> 00:46:06.007 as we learn from others.
NOTE Confidence: 0.82010965

00:46:06.010 --> 00:46:09.328 And in harnessing the regional realities,
NOTE Confidence: 0.82010965

00:46:09.330 --> 00:46:11.829 I hope that we're also doing something
NOTE Confidence: 0.82010965

00:46:11.829 --> 00:46:14.029 that is profoundly anti neocolonial,
NOTE Confidence: 0.82010965

00:46:14.030 --> 00:46:16.250 that rather than coming to Basra,

NOTE Confidence: 0.82010965

00:46:16.250 --> 00:46:18.250 Turkey to tell them this is what you need to

NOTE Confidence: 0.82010965

00:46:18.295 --> 00:46:20.245 do because this is what we do in New Haven,

NOTE Confidence: 0.82010965

00:46:20.250 --> 00:46:22.826 CT then we learn what they are struggling

NOTE Confidence: 0.82010965

00:46:22.826 --> 00:46:24.890 with, what they are dealing with.

NOTE Confidence: 0.82010965

00:46:24.890 --> 00:46:28.016 So I'm very excited about that.

NOTE Confidence: 0.82010965

00:46:28.020 --> 00:46:31.254 So in the last couple of minutes.

NOTE Confidence: 0.82010965

00:46:31.260 --> 00:46:33.738 I'm going to talk about sharing,

NOTE Confidence: 0.82010965

00:46:33.740 --> 00:46:36.950 which is addressing the image problem

NOTE Confidence: 0.82010965

00:46:36.950 --> 00:46:40.180 of mental illness and psychiatry.

NOTE Confidence: 0.82010965

00:46:40.180 --> 00:46:42.658 And since this is the more personal

NOTE Confidence: 0.82010965

00:46:42.658 --> 00:46:44.240 of the three parts.

NOTE Confidence: 0.82010965

00:46:44.240 --> 00:46:46.538 I'd love to tell the end.

NOTE Confidence: 0.82010965

00:46:46.540 --> 00:46:48.370 And so learning objectives to

NOTE Confidence: 0.82010965

00:46:48.370 --> 00:46:50.200 highlight the unique mental health

NOTE Confidence: 0.82010965

00:46:50.259 --> 00:46:52.353 needs of care providers and examine

NOTE Confidence: 0.82010965

00:46:52.353 --> 00:46:54.249 the role of professionals sharing
NOTE Confidence: 0.82010965

00:46:54.249 --> 00:46:56.410 their lived experiences as preventive
NOTE Confidence: 0.82010965

00:46:56.410 --> 00:46:58.070 and role modeling interventions.
NOTE Confidence: 0.92931331

00:47:00.250 --> 00:47:04.645 So this work started in 2019 in partnership
NOTE Confidence: 0.92931331

00:47:04.645 --> 00:47:07.480 with the University of Tel Aviv School
NOTE Confidence: 0.92931331

00:47:07.552 --> 00:47:13.970 of Medicine, where in the cohort of 2020.
NOTE Confidence: 0.92931331

00:47:13.970 --> 00:47:16.130 Two of us and my dear friend Julie,
NOTE Confidence: 0.92931331

00:47:16.130 --> 00:47:18.769 who I think is on Zoom Doron.
NOTE Confidence: 0.92931331

00:47:18.770 --> 00:47:21.605 I'm Salem, who I mentioned and I.
NOTE Confidence: 0.92931331

00:47:21.610 --> 00:47:23.444 We stood up and did something that
NOTE Confidence: 0.92931331

00:47:23.444 --> 00:47:25.208 was really quite novel at the time.
NOTE Confidence: 0.92931331

00:47:25.210 --> 00:47:27.640 We stood up in front of 70 medical students
NOTE Confidence: 0.92931331

00:47:27.640 --> 00:47:30.144 and we told them about our mental illness.
NOTE Confidence: 0.92931331

00:47:30.150 --> 00:47:33.504 In our mental struggles. And we didn't
NOTE Confidence: 0.92931331

00:47:33.504 --> 00:47:35.520 know where this was going to go.
NOTE Confidence: 0.92931331

00:47:35.520 --> 00:47:37.240 And the response was overwhelming.

NOTE Confidence: 0.92931331

00:47:37.240 --> 00:47:38.416 We measured it.

NOTE Confidence: 0.92931331

00:47:38.416 --> 00:47:40.376 That study was all numerical.

NOTE Confidence: 0.92931331

00:47:40.380 --> 00:47:42.036 We had very little qualitative data,

NOTE Confidence: 0.92931331

00:47:42.040 --> 00:47:44.976 but everybody loved it and learned about it.

NOTE Confidence: 0.92931331

00:47:44.980 --> 00:47:46.996 The measures of stigma went down.

NOTE Confidence: 0.92931331

00:47:47.000 --> 00:47:49.849 It was a very, very powerful experience.

NOTE Confidence: 0.92931331

00:47:49.850 --> 00:47:51.515 So we said, well, and surely it was wrong,

NOTE Confidence: 0.92931331

00:47:51.520 --> 00:47:52.512 let's do it again.

NOTE Confidence: 0.92931331

00:47:52.512 --> 00:47:54.000 And we did it next year

NOTE Confidence: 0.92931331

00:47:54.061 --> 00:47:55.477 with a different cohort,

NOTE Confidence: 0.92931331

00:47:55.480 --> 00:47:57.790 but this time with better psychometrics

NOTE Confidence: 0.92931331

00:47:57.790 --> 00:48:00.000 and with the qualitative component.

NOTE Confidence: 0.92931331

00:48:00.000 --> 00:48:02.816 We did a mixed method study and bingo.

NOTE Confidence: 0.92931331

00:48:02.820 --> 00:48:03.588 Even stronger.

NOTE Confidence: 0.92931331

00:48:03.588 --> 00:48:06.080 So we said, well, surely that was wrong.

NOTE Confidence: 0.92931331

00:48:06.080 --> 00:48:07.472 Let's do it again,
NOTE Confidence: 0.92931331

00:48:07.472 --> 00:48:09.212 this time with physician assistants
NOTE Confidence: 0.92931331

00:48:09.212 --> 00:48:11.510 and let's have the physician assistance
NOTE Confidence: 0.92931331

00:48:11.510 --> 00:48:13.820 be the ones revealing their story.
NOTE Confidence: 0.92931331

00:48:13.820 --> 00:48:15.960 Again, we're not going to,
NOTE Confidence: 0.92931331

00:48:15.960 --> 00:48:17.094 if it was going to be lawyers,
NOTE Confidence: 0.92931331

00:48:17.100 --> 00:48:18.220 we want the lawyers talking
NOTE Confidence: 0.92931331

00:48:18.220 --> 00:48:19.116 to the lawyers etcetera.
NOTE Confidence: 0.92931331

00:48:19.120 --> 00:48:21.344 And we found the same thing and we
NOTE Confidence: 0.92931331

00:48:21.344 --> 00:48:23.336 probably keep could keep on going.
NOTE Confidence: 0.92931331

00:48:23.340 --> 00:48:24.834 Now what I'm going to tell
NOTE Confidence: 0.92931331

00:48:24.834 --> 00:48:25.830 you about this study.
NOTE Confidence: 0.92931331

00:48:25.830 --> 00:48:27.750 These studies were done before
NOTE Confidence: 0.92931331

00:48:27.750 --> 00:48:30.263 the birth of the Kalab and
NOTE Confidence: 0.92931331

00:48:30.263 --> 00:48:32.347 shameless self promotional plug.
NOTE Confidence: 0.92931331

00:48:32.350 --> 00:48:33.940 The Quala the qualitative and mixed

NOTE Confidence: 0.92931331

00:48:33.940 --> 00:48:36.229 Methods Lab is a partnership between us,

NOTE Confidence: 0.92931331

00:48:36.230 --> 00:48:39.174 the Child Study Center and the center of

NOTE Confidence: 0.92931331

00:48:39.174 --> 00:48:41.163 Epidemiology of the National Institute

NOTE Confidence: 0.92931331

00:48:41.163 --> 00:48:43.921 of Health of France and Lily Epinoia.

NOTE Confidence: 0.92931331

00:48:43.930 --> 00:48:48.818 Over here say Hello Lilia is our recently

NOTE Confidence: 0.92931331

00:48:48.818 --> 00:48:53.097 matched fellow into the solid program and.

NOTE Confidence: 0.92931331

00:48:53.100 --> 00:48:55.164 So it's been just such a joy over

NOTE Confidence: 0.92931331

00:48:55.164 --> 00:48:57.397 the last two years with Lilia to to,

NOTE Confidence: 0.92931331

00:48:57.400 --> 00:48:59.956 you know, make this come alive.

NOTE Confidence: 0.92931331

00:48:59.960 --> 00:49:01.376 The results I'm going to show

NOTE Confidence: 0.92931331

00:49:01.376 --> 00:49:02.320 you are pre qualified,

NOTE Confidence: 0.92931331

00:49:02.320 --> 00:49:04.696 so sorry you don't get credit on these,

NOTE Confidence: 0.92931331

00:49:04.700 --> 00:49:07.285 but this is for those of you who

NOTE Confidence: 0.92931331

00:49:07.285 --> 00:49:08.410 don't know anything about qualitative.

NOTE Confidence: 0.92931331

00:49:08.410 --> 00:49:09.878 I just want to give you a little

NOTE Confidence: 0.92931331

00:49:09.880 --> 00:49:14.150 flavor of Genesis Aqua, OK.

NOTE Confidence: 0.92931331

00:49:14.150 --> 00:49:16.012 So 2 themes I'm going to share

NOTE Confidence: 0.92931331

00:49:16.012 --> 00:49:18.532 with you that we found here 1

NOTE Confidence: 0.92931331

00:49:18.532 --> 00:49:19.360 unexpected vulnerability.

NOTE Confidence: 0.92931331

00:49:19.360 --> 00:49:21.874 You know what happens when someone

NOTE Confidence: 0.92931331

00:49:21.874 --> 00:49:25.029 in a position of power gets up and

NOTE Confidence: 0.92931331

00:49:25.030 --> 00:49:26.866 I was personally just taken aback.

NOTE Confidence: 0.92931331

00:49:26.870 --> 00:49:28.430 I did not expect for something

NOTE Confidence: 0.92931331

00:49:28.430 --> 00:49:29.470 like that to happen.

NOTE Confidence: 0.92931331

00:49:29.470 --> 00:49:32.128 Something changed a lot real fast.

NOTE Confidence: 0.92931331

00:49:32.130 --> 00:49:33.966 It was unexpected because I had

NOTE Confidence: 0.92931331

00:49:33.966 --> 00:49:35.604 never experienced it in relation

NOTE Confidence: 0.92931331

00:49:35.604 --> 00:49:37.028 to someone in medicine.

NOTE Confidence: 0.92931331

00:49:37.030 --> 00:49:38.260 That's just not done in medicine.

NOTE Confidence: 0.933410796

00:49:41.410 --> 00:49:43.930 I was diagnosed with depression.

NOTE Confidence: 0.933410796

00:49:43.930 --> 00:49:45.586 Takes guts to talk about it.

NOTE Confidence: 0.933410796

00:49:45.590 --> 00:49:47.557 Makes you wonder about what our hangups

NOTE Confidence: 0.933410796

00:49:47.557 --> 00:49:49.622 still are about the power dynamics and

NOTE Confidence: 0.933410796

00:49:49.622 --> 00:49:51.368 the stigma of labeling people with

NOTE Confidence: 0.933410796

00:49:51.428 --> 00:49:53.092 certain diagnosis, especially when

NOTE Confidence: 0.933410796

00:49:53.092 --> 00:49:55.689 it comes to the mental health world.

NOTE Confidence: 0.933410796

00:49:55.690 --> 00:49:57.730 Or this third one.

NOTE Confidence: 0.933410796

00:49:57.730 --> 00:50:00.180 The honesty about things like

NOTE Confidence: 0.933410796

00:50:00.180 --> 00:50:01.650 failing the boards.

NOTE Confidence: 0.933410796

00:50:01.650 --> 00:50:04.898 I failed them twice.

NOTE Confidence: 0.933410796

00:50:04.900 --> 00:50:05.566 What's heartening?

NOTE Confidence: 0.933410796

00:50:05.566 --> 00:50:07.897 The fact that you can have issues,

NOTE Confidence: 0.933410796

00:50:07.900 --> 00:50:08.446 make mistakes,

NOTE Confidence: 0.933410796

00:50:08.446 --> 00:50:10.910 and still get to where you deserve to be

NOTE Confidence: 0.933410796

00:50:10.910 --> 00:50:12.899 or where you want to be in your career,

NOTE Confidence: 0.933410796

00:50:12.900 --> 00:50:15.147 even if you might be disadvantaged at

NOTE Confidence: 0.933410796

00:50:15.147 --> 00:50:17.459 certain points or things didn't work out
NOTE Confidence: 0.933410796

00:50:17.459 --> 00:50:19.799 exactly how you had planned them to be.
NOTE Confidence: 0.933410796

00:50:19.800 --> 00:50:21.144 This is the kind of stuff that you
NOTE Confidence: 0.933410796

00:50:21.144 --> 00:50:22.585 don't get from P values, right?
NOTE Confidence: 0.933410796

00:50:22.585 --> 00:50:25.210 I mean, this is qualitative.
NOTE Confidence: 0.933410796

00:50:25.210 --> 00:50:28.900 A second theme was unarmored mutuality.
NOTE Confidence: 0.933410796

00:50:28.900 --> 00:50:31.516 It's not a one way St.
NOTE Confidence: 0.933410796

00:50:31.520 --> 00:50:33.123 It wasn't a one way exchange where
NOTE Confidence: 0.933410796

00:50:33.123 --> 00:50:34.539 Professor shared their personal stories,
NOTE Confidence: 0.933410796

00:50:34.540 --> 00:50:35.446 which is admirable.
NOTE Confidence: 0.933410796

00:50:35.446 --> 00:50:37.258 What I particularly enjoyed was that
NOTE Confidence: 0.933410796

00:50:37.258 --> 00:50:38.977 they not only shared their personal
NOTE Confidence: 0.933410796

00:50:38.977 --> 00:50:41.140 stories but took time to listen to ours.
NOTE Confidence: 0.883465164

00:50:43.930 --> 00:50:45.868 There's this kind of invisible line
NOTE Confidence: 0.883465164

00:50:45.868 --> 00:50:47.160 between instructors and students,
NOTE Confidence: 0.883465164

00:50:47.160 --> 00:50:49.127 and it took a deliberate effort to

NOTE Confidence: 0.883465164

00:50:49.127 --> 00:50:50.926 break the barrier and engage with

NOTE Confidence: 0.883465164

00:50:50.926 --> 00:50:52.726 students on such a personal level,

NOTE Confidence: 0.883465164

00:50:52.730 --> 00:50:54.110 which made a real difference.

NOTE Confidence: 0.864141655

00:50:56.990 --> 00:50:58.454 And finally, their willingness

NOTE Confidence: 0.864141655

00:50:58.454 --> 00:51:00.284 to share these intimate details

NOTE Confidence: 0.864141655

00:51:00.284 --> 00:51:01.780 about their lives with us.

NOTE Confidence: 0.864141655

00:51:01.780 --> 00:51:03.520 It made me feel like they

NOTE Confidence: 0.864141655

00:51:03.520 --> 00:51:05.040 were both trusting me and

NOTE Confidence: 0.864141655

00:51:05.040 --> 00:51:06.786 putting me on the same level.

NOTE Confidence: 0.864141655

00:51:06.790 --> 00:51:08.085 And it made me want to listen

NOTE Confidence: 0.864141655

00:51:08.085 --> 00:51:09.556 to what they had to say because

NOTE Confidence: 0.864141655

00:51:09.556 --> 00:51:10.852 they were so willing to share.

NOTE Confidence: 0.778064898571428

00:51:13.280 --> 00:51:17.109 So. That's a taste from these studies.

NOTE Confidence: 0.778064898571428

00:51:17.110 --> 00:51:24.670 I will come to the final. Lines here.

NOTE Confidence: 0.778064898571428

00:51:24.670 --> 00:51:27.196 Oops, I forgot my disclosure slide.

NOTE Confidence: 0.778064898571428

00:51:27.200 --> 00:51:29.360 No. Oops. Doctor Kieran O'Donnell.
NOTE Confidence: 0.778064898571428

00:51:29.360 --> 00:51:30.938 It's all part of the plan.
NOTE Confidence: 0.778064898571428

00:51:30.940 --> 00:51:34.140 I I wanted to put my disclosure slide
NOTE Confidence: 0.778064898571428

00:51:34.140 --> 00:51:37.180 here because I have nothing to disclose.
NOTE Confidence: 0.778064898571428

00:51:37.180 --> 00:51:38.356 But I have much to share.
NOTE Confidence: 0.778064898571428

00:51:38.360 --> 00:51:41.520 I have come to really not like the term self
NOTE Confidence: 0.778064898571428

00:51:41.601 --> 00:51:44.408 disclosure and we moved away from that.
NOTE Confidence: 0.778064898571428

00:51:44.410 --> 00:51:46.270 Because self disclosure.
NOTE Confidence: 0.778064898571428

00:51:46.270 --> 00:51:48.212 You sound, you know,
NOTE Confidence: 0.778064898571428

00:51:48.212 --> 00:51:49.616 you disclose your taxes,
NOTE Confidence: 0.778064898571428

00:51:49.620 --> 00:51:51.906 you disclose the bodies of, you know,
NOTE Confidence: 0.778064898571428

00:51:51.906 --> 00:51:53.846 the jewels that you've stolen.
NOTE Confidence: 0.778064898571428

00:51:53.850 --> 00:51:55.470 But this is not disclosure,
NOTE Confidence: 0.778064898571428

00:51:55.470 --> 00:51:57.408 this is revealing, this is sharing.
NOTE Confidence: 0.778064898571428

00:51:57.410 --> 00:51:59.114 So we've moved in,
NOTE Confidence: 0.778064898571428

00:51:59.114 --> 00:52:01.981 in our writing from self disclosure to

NOTE Confidence: 0.778064898571428
00:52:01.981 --> 00:52:04.303 shared lived experience and even further
NOTE Confidence: 0.778064898571428
00:52:04.303 --> 00:52:07.239 I would say from shared lived experience,
NOTE Confidence: 0.778064898571428
00:52:07.240 --> 00:52:09.364 which is in the past to
NOTE Confidence: 0.778064898571428
00:52:09.364 --> 00:52:10.426 share living experience,
NOTE Confidence: 0.778064898571428
00:52:10.430 --> 00:52:13.111 because those of us who have experience
NOTE Confidence: 0.778064898571428
00:52:13.111 --> 00:52:15.396 with these issues know that, you know,
NOTE Confidence: 0.778064898571428
00:52:15.396 --> 00:52:17.160 you don't wrap them up with a little bow.
NOTE Confidence: 0.778064898571428
00:52:17.160 --> 00:52:19.038 And put them in the past.
NOTE Confidence: 0.778064898571428
00:52:19.040 --> 00:52:20.918 And in this spirit of sharing,
NOTE Confidence: 0.778064898571428
00:52:20.920 --> 00:52:23.008 I want to end by sharing.
NOTE Confidence: 0.778064898571428
00:52:23.010 --> 00:52:25.810 These are two short papers.
NOTE Confidence: 0.778064898571428
00:52:25.810 --> 00:52:28.933 That I published in the in the heat of
NOTE Confidence: 0.778064898571428
00:52:28.933 --> 00:52:33.609 the pandemic Healer revealed myself.
NOTE Confidence: 0.778064898571428
00:52:33.610 --> 00:52:35.515 Encouraging my colleagues,
NOTE Confidence: 0.778064898571428
00:52:35.515 --> 00:52:37.420 and not just.
NOTE Confidence: 0.778064898571428

00:52:37.420 --> 00:52:41.060 Any all of us are healers to
NOTE Confidence: 0.778064898571428

00:52:41.060 --> 00:52:42.620 share of ourselves.
NOTE Confidence: 0.778064898571428

00:52:42.620 --> 00:52:46.058 Obviously not in a narcissistic way,
NOTE Confidence: 0.778064898571428

00:52:46.060 --> 00:52:48.958 not in a mini me way,
NOTE Confidence: 0.778064898571428

00:52:48.960 --> 00:52:51.064 but I think the formula is that if
NOTE Confidence: 0.778064898571428

00:52:51.064 --> 00:52:53.179 you were thinking about the other,
NOTE Confidence: 0.778064898571428

00:52:53.180 --> 00:52:55.120 then you're sharing is good.
NOTE Confidence: 0.778064898571428

00:52:55.120 --> 00:52:56.398 If you're thinking just about you,
NOTE Confidence: 0.778064898571428

00:52:56.400 --> 00:52:58.044 the sharing is not good and
NOTE Confidence: 0.778064898571428

00:52:58.044 --> 00:52:59.140 you'd better not share.
NOTE Confidence: 0.778064898571428

00:52:59.140 --> 00:53:01.387 So since I'm in grand rounds surrounded
NOTE Confidence: 0.778064898571428

00:53:01.387 --> 00:53:03.805 by loved ones and people who I care
NOTE Confidence: 0.778064898571428

00:53:03.805 --> 00:53:05.750 about and who share this mission,
NOTE Confidence: 0.778064898571428

00:53:05.750 --> 00:53:09.086 I will share a little bit.
NOTE Confidence: 0.778064898571428

00:53:09.090 --> 00:53:10.798 And the segue to that is the
NOTE Confidence: 0.778064898571428

00:53:10.798 --> 00:53:12.049 2nd paper that I wrote.

NOTE Confidence: 0.778064898571428
00:53:12.050 --> 00:53:14.366 I think that the title tells
NOTE Confidence: 0.778064898571428
00:53:14.366 --> 00:53:15.910 you already a lot.
NOTE Confidence: 0.778064898571428
00:53:15.910 --> 00:53:16.816 You're informed,
NOTE Confidence: 0.778064898571428
00:53:16.816 --> 00:53:19.081 uplifted and unaware psychiatrist list
NOTE Confidence: 0.778064898571428
00:53:19.081 --> 00:53:21.638 with a condition under his purview.
NOTE Confidence: 0.778064898571428
00:53:21.640 --> 00:53:24.664 So I will end by reading a few
NOTE Confidence: 0.778064898571428
00:53:24.664 --> 00:53:29.080 words from these two papers, and.
NOTE Confidence: 0.778064898571428
00:53:29.080 --> 00:53:30.160 And we'll end on that.
NOTE Confidence: 0.778064898571428
00:53:30.160 --> 00:53:33.080 So, so here it goes.
NOTE Confidence: 0.778064898571428
00:53:33.080 --> 00:53:38.085 So the most potent antidote to the.
NOTE Confidence: 0.778064898571428
00:53:38.090 --> 00:53:39.894 Exclusionary distancing and shaming
NOTE Confidence: 0.778064898571428
00:53:39.894 --> 00:53:43.075 ways of stigma is social contact with
NOTE Confidence: 0.778064898571428
00:53:43.075 --> 00:53:45.120 members of the ostracized group.
NOTE Confidence: 0.778064898571428
00:53:45.120 --> 00:53:47.260 It is we imperfect healers,
NOTE Confidence: 0.778064898571428
00:53:47.260 --> 00:53:49.878 the aching and the recovering among us.
NOTE Confidence: 0.778064898571428

00:53:49.880 --> 00:53:51.764 Those of us who have experienced
NOTE Confidence: 0.778064898571428

00:53:51.764 --> 00:53:53.364 mental illness while dedicating our
NOTE Confidence: 0.778064898571428

00:53:53.364 --> 00:53:54.540 professional lives to improving
NOTE Confidence: 0.778064898571428

00:53:54.540 --> 00:53:55.716 the lot of others.
NOTE Confidence: 0.778064898571428

00:53:55.720 --> 00:53:58.120 It is we who can do so much.
NOTE Confidence: 0.778064898571428

00:53:58.120 --> 00:54:00.725 As experts synergize by both
NOTE Confidence: 0.778064898571428

00:54:00.725 --> 00:54:02.809 professional and personal experience,
NOTE Confidence: 0.778064898571428

00:54:02.810 --> 00:54:04.346 we have an opportunity,
NOTE Confidence: 0.778064898571428

00:54:04.346 --> 00:54:06.266 if not a moral obligation,
NOTE Confidence: 0.778064898571428

00:54:06.270 --> 00:54:07.890 to bring us closer,
NOTE Confidence: 0.778064898571428

00:54:07.890 --> 00:54:11.399 to demonstrate that no one is truly alone.
NOTE Confidence: 0.778064898571428

00:54:11.400 --> 00:54:13.810 Every instance of genuine sharing
NOTE Confidence: 0.778064898571428

00:54:13.810 --> 00:54:16.974 is a generous offering that opens
NOTE Confidence: 0.778064898571428

00:54:16.974 --> 00:54:18.990 off relieving conversations.
NOTE Confidence: 0.778064898571428

00:54:18.990 --> 00:54:21.252 That gives permission to share in
NOTE Confidence: 0.778064898571428

00:54:21.252 --> 00:54:23.874 kind and that more often than not

NOTE Confidence: 0.778064898571428
00:54:23.874 --> 00:54:25.370 brings closeness and strengthens
NOTE Confidence: 0.778064898571428
00:54:25.432 --> 00:54:26.290 relationships,
NOTE Confidence: 0.778064898571428
00:54:26.290 --> 00:54:29.690 including relationships with our patients.
NOTE Confidence: 0.778064898571428
00:54:29.690 --> 00:54:32.295 Sharings reveals that we are
NOTE Confidence: 0.778064898571428
00:54:32.295 --> 00:54:34.900 not that different from they.
NOTE Confidence: 0.778064898571428
00:54:34.900 --> 00:54:37.546 Not all that removed and safely ensconced
NOTE Confidence: 0.778064898571428
00:54:37.546 --> 00:54:40.390 away on a higher doctorly plane.
NOTE Confidence: 0.778064898571428
00:54:40.390 --> 00:54:42.240 Sharing the trajectory of our
NOTE Confidence: 0.778064898571428
00:54:42.240 --> 00:54:44.090 psychopathology lays bare that this
NOTE Confidence: 0.824389233333333
00:54:44.147 --> 00:54:47.689 is personal, that it matters.
NOTE Confidence: 0.824389233333333
00:54:47.690 --> 00:54:50.090 And I will end.
NOTE Confidence: 0.824389233333333
00:54:50.090 --> 00:54:55.166 This other quote, little longer quote.
NOTE Confidence: 0.824389233333333
00:54:55.170 --> 00:54:57.284 Whether you have been depressed or not,
NOTE Confidence: 0.824389233333333
00:54:57.290 --> 00:54:58.922 whether you have been afflicted by
NOTE Confidence: 0.824389233333333
00:54:58.922 --> 00:55:00.500 any of the conditions we stray,
NOTE Confidence: 0.824389233333333

00:55:00.500 --> 00:55:03.056 we strive to treat every day.
NOTE Confidence: 0.8243892333333333

00:55:03.060 --> 00:55:06.720 I encourage you, yes you,
NOTE Confidence: 0.8243892333333333

00:55:06.720 --> 00:55:08.892 to take stock of your own
NOTE Confidence: 0.8243892333333333

00:55:08.892 --> 00:55:10.340 mental health and well-being.
NOTE Confidence: 0.8243892333333333

00:55:10.340 --> 00:55:12.295 The sobering statistics about physician
NOTE Confidence: 0.8243892333333333

00:55:12.295 --> 00:55:14.593 burnout and suicide provides stark reminders
NOTE Confidence: 0.8243892333333333

00:55:14.593 --> 00:55:17.203 that we ignore such matters at our own peril.
NOTE Confidence: 0.8243892333333333

00:55:17.210 --> 00:55:19.370 They remind us that part of the good fight
NOTE Confidence: 0.8243892333333333

00:55:19.370 --> 00:55:21.793 we put up every day is that against stigma.
NOTE Confidence: 0.8243892333333333

00:55:21.800 --> 00:55:23.608 And how could we claim to be fighting
NOTE Confidence: 0.8243892333333333

00:55:23.608 --> 00:55:25.669 the stigma of mental illness if not by
NOTE Confidence: 0.8243892333333333

00:55:25.669 --> 00:55:27.280 opening and normalizing the experience,
NOTE Confidence: 0.8243892333333333

00:55:27.280 --> 00:55:29.320 by coming out as afflicted,
NOTE Confidence: 0.8243892333333333

00:55:29.320 --> 00:55:31.165 wounded warriors ourselves?
NOTE Confidence: 0.8243892333333333

00:55:31.165 --> 00:55:33.625 Here it goes then.
NOTE Confidence: 0.8243892333333333

00:55:33.630 --> 00:55:36.798 I have suffered at least five bouts of major

NOTE Confidence: 0.8243892333333333

00:55:36.798 --> 00:55:39.221 depression in two episodes of mood disorder

NOTE Confidence: 0.8243892333333333

00:55:39.221 --> 00:55:41.967 and two episodes of hypomania in my life.

NOTE Confidence: 0.8243892333333333

00:55:41.970 --> 00:55:44.100 I proudly embrace my depressed persona

NOTE Confidence: 0.8243892333333333

00:55:44.100 --> 00:55:46.130 and my mood disorder heritage.

NOTE Confidence: 0.8243892333333333

00:55:46.130 --> 00:55:48.344 I'm observant of when personal demons

NOTE Confidence: 0.8243892333333333

00:55:48.344 --> 00:55:50.529 may become more liability than asset,

NOTE Confidence: 0.8243892333333333

00:55:50.530 --> 00:55:53.022 and I'm not shy to seek and

NOTE Confidence: 0.8243892333333333

00:55:53.022 --> 00:55:53.734 receive treatment.

NOTE Confidence: 0.8243892333333333

00:55:53.740 --> 00:55:55.088 I'm also becoming increasingly

NOTE Confidence: 0.8243892333333333

00:55:55.088 --> 00:55:56.773 comfortable in sharing my experience,

NOTE Confidence: 0.8243892333333333

00:55:56.780 --> 00:56:00.020 as I do hear and as I encourage you,

NOTE Confidence: 0.8243892333333333

00:56:00.020 --> 00:56:02.292 yes, you again you.

NOTE Confidence: 0.8243892333333333

00:56:02.292 --> 00:56:05.132 To consider doing as much.

NOTE Confidence: 0.8243892333333333

00:56:05.140 --> 00:56:06.960 Not in the name of self centeredness.

NOTE Confidence: 0.8243892333333333

00:56:06.960 --> 00:56:08.780 Certainly not of eliciting sympathy,

NOTE Confidence: 0.8243892333333333

00:56:08.780 --> 00:56:11.644 not even of presuming to be able to
NOTE Confidence: 0.8243892333333333

00:56:11.644 --> 00:56:13.579 better understand another's plight,
NOTE Confidence: 0.8243892333333333

00:56:13.580 --> 00:56:16.100 but simply to become a better
NOTE Confidence: 0.8243892333333333

00:56:16.100 --> 00:56:17.780 calibrated and humbler healer,
NOTE Confidence: 0.8243892333333333

00:56:17.780 --> 00:56:20.000 one who recognizes commonality with
NOTE Confidence: 0.8243892333333333

00:56:20.000 --> 00:56:22.730 those we are privileged to serve.
NOTE Confidence: 0.8243892333333333

00:56:22.730 --> 00:56:23.050 Thank you.
NOTE Confidence: 0.16489458

00:56:35.940 --> 00:56:36.380 Project.
NOTE Confidence: 0.847738633636364

00:56:39.790 --> 00:56:41.938 Thank you Doctor Martin for that
NOTE Confidence: 0.847738633636364

00:56:41.938 --> 00:56:43.900 wonderful example of generous sharing.
NOTE Confidence: 0.847738633636364

00:56:43.900 --> 00:56:45.100 Questions for Doctor Martin.
NOTE Confidence: 0.8007621

00:56:50.010 --> 00:56:51.487 Hi Doctor Martin, thank you for that.
NOTE Confidence: 0.8007621

00:56:51.490 --> 00:56:52.910 It was all very interesting.
NOTE Confidence: 0.8007621

00:56:52.910 --> 00:56:55.476 I had a question specifically about the
NOTE Confidence: 0.8007621

00:56:55.476 --> 00:56:57.946 choice because I noticed in the for example,
NOTE Confidence: 0.8007621

00:56:57.946 --> 00:56:59.818 like the when you were destigmatizing

NOTE Confidence: 0.8007621

00:56:59.818 --> 00:57:01.938 mental health like seeking among like young

NOTE Confidence: 0.8007621

00:57:01.938 --> 00:57:04.667 black people how you chose to use like or

NOTE Confidence: 0.8007621

00:57:04.667 --> 00:57:06.177 the vignette almost painted depression

NOTE Confidence: 0.8007621

00:57:06.180 --> 00:57:07.710 is like a social experience right.

NOTE Confidence: 0.8007621

00:57:07.710 --> 00:57:08.830 Like the going to school I don't

NOTE Confidence: 0.8007621

00:57:08.830 --> 00:57:09.988 look as like the popular girls.

NOTE Confidence: 0.8007621

00:57:09.990 --> 00:57:11.226 I don't like the pretty girls.

NOTE Confidence: 0.8007621

00:57:11.230 --> 00:57:12.862 I'm like super interested in that choice

NOTE Confidence: 0.8007621

00:57:12.862 --> 00:57:14.794 to portray depression is like a social

NOTE Confidence: 0.8007621

00:57:14.794 --> 00:57:16.188 experience and that like there's a

NOTE Confidence: 0.8007621

00:57:16.188 --> 00:57:17.796 super common discourse right now like.

NOTE Confidence: 0.8007621

00:57:17.800 --> 00:57:18.868 Oh, I have a chemical imbalance.

NOTE Confidence: 0.8007621

00:57:18.870 --> 00:57:19.820 Oh, I have this that.

NOTE Confidence: 0.8007621

00:57:19.820 --> 00:57:20.890 And I'm like very confident.

NOTE Confidence: 0.8007621

00:57:20.890 --> 00:57:22.296 Like, I read other papers about how,

NOTE Confidence: 0.8007621

00:57:22.300 --> 00:57:24.660 like when people, people respond very
NOTE Confidence: 0.8007621

00:57:24.660 --> 00:57:25.610 differently to a person who says,
NOTE Confidence: 0.8007621

00:57:25.610 --> 00:57:26.810 I experience this traumatic event,
NOTE Confidence: 0.8007621

00:57:26.810 --> 00:57:28.644 therefore I'm depressed versus I have a
NOTE Confidence: 0.8007621

00:57:28.644 --> 00:57:30.330 chemical imbalance and therefore depressed.
NOTE Confidence: 0.8007621

00:57:30.330 --> 00:57:31.134 I'd be super curious.
NOTE Confidence: 0.8007621

00:57:31.134 --> 00:57:32.885 Like if you were to recreate the study
NOTE Confidence: 0.8007621

00:57:32.885 --> 00:57:34.145 with those two separate vignettes,
NOTE Confidence: 0.8007621

00:57:34.150 --> 00:57:35.650 what that would show in terms
NOTE Confidence: 0.8007621

00:57:35.650 --> 00:57:36.150 of destigmatization.
NOTE Confidence: 0.8007621

00:57:36.150 --> 00:57:37.305 I have a great answer for you,
NOTE Confidence: 0.8007621

00:57:37.310 --> 00:57:37.532 Matt.
NOTE Confidence: 0.8007621

00:57:37.532 --> 00:57:39.308 You're going to be here for eight years,
NOTE Confidence: 0.8007621

00:57:39.310 --> 00:57:39.710 right?
NOTE Confidence: 0.833020487619048

00:57:43.110 --> 00:57:45.021 You, you are recruited and and we
NOTE Confidence: 0.833020487619048

00:57:45.021 --> 00:57:47.118 will do all sorts of fun things

NOTE Confidence: 0.833020487619048

00:57:47.118 --> 00:57:49.310 because I think that those are very,

NOTE Confidence: 0.833020487619048

00:57:49.310 --> 00:57:50.801 very important questions and I I agree

NOTE Confidence: 0.833020487619048

00:57:50.801 --> 00:57:52.490 we we talked about it just yesterday,

NOTE Confidence: 0.833020487619048

00:57:52.490 --> 00:57:55.730 our kind of unhappiness with the

NOTE Confidence: 0.833020487619048

00:57:55.730 --> 00:57:56.810 biopsychosocial reductionism.

NOTE Confidence: 0.833020487619048

00:57:56.810 --> 00:57:58.266 So yeah we could talk more about it,

NOTE Confidence: 0.833020487619048

00:57:58.270 --> 00:57:59.170 but rather talk about it,

NOTE Confidence: 0.833020487619048

00:57:59.170 --> 00:58:00.240 let's plan the next step.

NOTE Confidence: 0.838700816923077

00:58:14.940 --> 00:58:16.464 Thanks, Andre. It was just a

NOTE Confidence: 0.838700816923077

00:58:16.464 --> 00:58:18.279 fabulous talk and I feel so proud.

NOTE Confidence: 0.838700816923077

00:58:18.280 --> 00:58:19.672 When you think of the work you've done

NOTE Confidence: 0.838700816923077

00:58:19.672 --> 00:58:22.160 with your PhD thesis, it's excellent.

NOTE Confidence: 0.838700816923077

00:58:22.160 --> 00:58:24.620 And when you think now, especially

NOTE Confidence: 0.838700816923077

00:58:24.620 --> 00:58:27.620 with working and having the Qual lab,

NOTE Confidence: 0.838700816923077

00:58:27.620 --> 00:58:29.012 what do you think some of the next

NOTE Confidence: 0.838700816923077

00:58:29.012 --> 00:58:30.370 steps are that we can be moving

NOTE Confidence: 0.838700816923077

00:58:30.370 --> 00:58:31.936 some of this excellent work forward?

NOTE Confidence: 0.838700816923077

00:58:31.936 --> 00:58:33.522 Because you've really started to

NOTE Confidence: 0.838700816923077

00:58:33.522 --> 00:58:35.959 uncover it for us, and it's tough.

NOTE Confidence: 0.838700816923077

00:58:35.959 --> 00:58:38.024 These are really tough conversations.

NOTE Confidence: 0.838700816923077

00:58:38.030 --> 00:58:39.134 And So what do you think some

NOTE Confidence: 0.838700816923077

00:58:39.134 --> 00:58:39.698 of the next steps

NOTE Confidence: 0.904916414

00:58:39.710 --> 00:58:41.860 will be? You know, I,

NOTE Confidence: 0.904916414

00:58:41.860 --> 00:58:44.704 I have been so excited with with the

NOTE Confidence: 0.904916414

00:58:44.704 --> 00:58:46.314 master students and medical education,

NOTE Confidence: 0.904916414

00:58:46.320 --> 00:58:49.116 the program that Doctor Heffler started,

NOTE Confidence: 0.904916414

00:58:49.120 --> 00:58:50.200 the tremendous interest

NOTE Confidence: 0.904916414

00:58:50.200 --> 00:58:51.280 in qualitative methods.

NOTE Confidence: 0.904916414

00:58:51.280 --> 00:58:53.716 I think that there's a laden hunger

NOTE Confidence: 0.904916414

00:58:53.716 --> 00:58:55.300 in medicine that people say, oh,

NOTE Confidence: 0.904916414

00:58:55.300 --> 00:58:56.920 I didn't know you can do that.

NOTE Confidence: 0.904916414

00:58:56.920 --> 00:58:58.336 I didn't know you know I

NOTE Confidence: 0.904916414

00:58:58.336 --> 00:58:59.640 thought you needed AP value.

NOTE Confidence: 0.904916414

00:58:59.640 --> 00:59:00.868 It's like well sometimes.

NOTE Confidence: 0.904916414

00:59:00.868 --> 00:59:03.183 So I think that if we could

NOTE Confidence: 0.904916414

00:59:03.183 --> 00:59:05.198 just continue building on that.

NOTE Confidence: 0.904916414

00:59:05.200 --> 00:59:06.761 I think the number of thesis in

NOTE Confidence: 0.904916414

00:59:06.761 --> 00:59:08.528 the short time that I've seen that

NOTE Confidence: 0.904916414

00:59:08.528 --> 00:59:10.100 are qualitative has been going up,

NOTE Confidence: 0.904916414

00:59:10.100 --> 00:59:11.964 these are you know.

NOTE Confidence: 0.904916414

00:59:11.964 --> 00:59:14.110 Fabulous folks in all sorts of specialties.

NOTE Confidence: 0.904916414

00:59:14.110 --> 00:59:15.650 So I think that would be great.

NOTE Confidence: 0.904916414

00:59:15.650 --> 00:59:17.540 I actually feel that in in psychiatry

NOTE Confidence: 0.904916414

00:59:17.540 --> 00:59:18.861 and child psychiatry we're a

NOTE Confidence: 0.904916414

00:59:18.861 --> 00:59:20.253 little behind the 8 ball that

NOTE Confidence: 0.904916414

00:59:20.253 --> 00:59:21.610 we're behind other specialties.

NOTE Confidence: 0.904916414

00:59:21.610 --> 00:59:23.620 So we have probably more
NOTE Confidence: 0.904916414

00:59:23.620 --> 00:59:25.228 paradoxically room to go.
NOTE Confidence: 0.904916414

00:59:25.230 --> 00:59:27.533 But I think that the future is
NOTE Confidence: 0.904916414

00:59:27.533 --> 00:59:29.688 very bright and and you know we
NOTE Confidence: 0.904916414

00:59:29.688 --> 00:59:32.112 look to you how we can get more
NOTE Confidence: 0.904916414

00:59:32.112 --> 00:59:33.991 involved in in bringing TLC.
NOTE Confidence: 0.904916414

00:59:33.991 --> 00:59:37.582 I I know the last point is that we
NOTE Confidence: 0.904916414

00:59:37.582 --> 00:59:40.282 now export our trainees to go do
NOTE Confidence: 0.904916414

00:59:40.282 --> 00:59:42.172 qualitative other parts of campus.
NOTE Confidence: 0.904916414

00:59:42.180 --> 00:59:43.510 I think that we have enough that
NOTE Confidence: 0.904916414

00:59:43.510 --> 00:59:44.690 we could start doing our own,
NOTE Confidence: 0.904916414

00:59:44.690 --> 00:59:46.578 and I think that that would be fabulous,
NOTE Confidence: 0.904916414

00:59:46.580 --> 00:59:47.632 you know,
NOTE Confidence: 0.904916414

00:59:47.632 --> 00:59:50.788 because there's some medical special stuff.
NOTE Confidence: 0.904916414

00:59:50.790 --> 00:59:52.398 I believe we have Doctor Chilton
NOTE Confidence: 0.904916414

00:59:52.398 --> 00:59:53.470 who's raised her hand.

NOTE Confidence: 0.94253093

00:59:56.610 --> 01:00:00.610 Can you hear me OK? Yeah. All right.

NOTE Confidence: 0.94253093

01:00:00.610 --> 01:00:04.050 Well, dear friend and mentor,

NOTE Confidence: 0.94253093

01:00:04.050 --> 01:00:06.354 that was wonderful.

NOTE Confidence: 0.94253093

01:00:06.354 --> 01:00:10.628 And I think. You know as the.

NOTE Confidence: 0.94253093

01:00:10.630 --> 01:00:14.890 As the grandfather to your grandchildren

NOTE Confidence: 0.94253093

01:00:14.890 --> 01:00:19.270 so famously said, life is with others.

NOTE Confidence: 0.94253093

01:00:19.270 --> 01:00:21.890 Or Donald Cohen and my.

NOTE Confidence: 0.94253093

01:00:21.890 --> 01:00:24.170 Own grandfather always said the

NOTE Confidence: 0.94253093

01:00:24.170 --> 01:00:28.282 meaning to life his relationships.

NOTE Confidence: 0.94253093

01:00:28.282 --> 01:00:33.386 And until Doctor Martin.

NOTE Confidence: 0.94253093

01:00:33.390 --> 01:00:36.600 Took the lead in reducing stigma

NOTE Confidence: 0.94253093

01:00:36.600 --> 01:00:39.980 and and sharing his experience.

NOTE Confidence: 0.94253093

01:00:39.980 --> 01:00:44.580 I felt so alone and.

NOTE Confidence: 0.94253093

01:00:44.580 --> 01:00:47.290 I think that.

NOTE Confidence: 0.94253093

01:00:47.290 --> 01:00:50.344 What you've done has been so helpful

NOTE Confidence: 0.94253093

01:00:50.344 --> 01:00:53.765 to make so many people not feel alone,

NOTE Confidence: 0.94253093

01:00:53.765 --> 01:00:54.980 so thank you.

NOTE Confidence: 0.9095914333333333

01:00:56.470 --> 01:00:59.230 Thank you, Julie.

NOTE Confidence: 0.9095914333333333

01:00:59.230 --> 01:01:01.210 And thank you everyone I know.

NOTE Confidence: 0.9095914333333333

01:01:01.210 --> 01:01:02.398 Just gonna say I don't think

NOTE Confidence: 0.9095914333333333

01:01:02.398 --> 01:01:03.190 there's any better way

NOTE Confidence: 0.9095914333333333

01:01:03.229 --> 01:01:04.197 to conclude grand Rounds.

NOTE Confidence: 0.9095914333333333

01:01:04.200 --> 01:01:05.230 Thank you very much, Andreas.

NOTE Confidence: 0.9095914333333333

01:01:05.230 --> 01:01:06.082 That was wonderful.

NOTE Confidence: 0.9095914333333333

01:01:06.082 --> 01:01:08.000 Thank you, everyone.