

WEBVTT

NOTE duration:"01:11:21.7920000"

NOTE language:en-us

NOTE Confidence: 0.91492754

00:00:00.000 --> 00:00:01.290 Maybe?

NOTE Confidence: 0.75053555

00:00:06.910 --> 00:00:09.365 Very welcome to visiting lecture

NOTE Confidence: 0.75053555

00:00:09.365 --> 00:00:11.820 series Grand Round series today

NOTE Confidence: 0.75053555

00:00:11.904 --> 00:00:14.244 we're thrilled to have Professor

NOTE Confidence: 0.75053555

00:00:14.244 --> 00:00:18.360 Cason from Stanford with US, and.

NOTE Confidence: 0.75053555

00:00:18.360 --> 00:00:21.288 Doctor teams will introduce her in

NOTE Confidence: 0.75053555

00:00:21.288 --> 00:00:24.268 just a minute. I just wanted to.

NOTE Confidence: 0.8366192

00:00:28.020 --> 00:00:30.615 Thank everybody for thoughtful feedback

NOTE Confidence: 0.8366192

00:00:30.615 --> 00:00:34.280 about our prior grand rounds presentation.

NOTE Confidence: 0.8366192

00:00:34.280 --> 00:00:38.832 An and kind of a lively and really

NOTE Confidence: 0.8366192

00:00:38.832 --> 00:00:42.209 important discussion about about the

NOTE Confidence: 0.8366192

00:00:42.209 --> 00:00:45.049 presentation from Doctor Sattel.

NOTE Confidence: 0.8366192

00:00:45.050 --> 00:00:48.056 And with feedback that we've received

NOTE Confidence: 0.8366192

00:00:48.056 --> 00:00:50.920 where taking a number of steps,

NOTE Confidence: 0.8366192

00:00:50.920 --> 00:00:54.244 including looking at the composition of

NOTE Confidence: 0.8366192

00:00:54.244 --> 00:00:57.542 the visiting Lecture Series Committee and

NOTE Confidence: 0.8366192

00:00:57.542 --> 00:01:01.014 some of the practices of that committee.

NOTE Confidence: 0.8366192

00:01:01.020 --> 00:01:03.666 I think these changes will be very

NOTE Confidence: 0.8366192

00:01:03.666 --> 00:01:07.900 helpful for our Department. In the.

NOTE Confidence: 0.8366192

00:01:07.900 --> 00:01:11.368 Hoping our grand rounds venue be

NOTE Confidence: 0.8366192

00:01:11.368 --> 00:01:15.002 even more reflective of the efforts

NOTE Confidence: 0.8366192

00:01:15.002 --> 00:01:18.027 of our Department to develop.

NOTE Confidence: 0.8366192

00:01:18.030 --> 00:01:22.600 Community. But that is both diverse,

NOTE Confidence: 0.8366192

00:01:22.600 --> 00:01:24.016 equitable and inclusive,

NOTE Confidence: 0.8366192

00:01:24.016 --> 00:01:27.847 so I just want to thank everybody for

NOTE Confidence: 0.8366192

00:01:27.847 --> 00:01:30.499 the feedback that we received and.

NOTE Confidence: 0.8366192

00:01:30.500 --> 00:01:36.593 And with that Jack, once you take it away.

NOTE Confidence: 0.8366192

00:01:36.600 --> 00:01:38.780 Thanks John.

NOTE Confidence: 0.8366192

00:01:38.780 --> 00:01:40.718 I'm very pleased today to welcome

NOTE Confidence: 0.8366192

00:01:40.718 --> 00:01:43.036 Doctor Deborah Case and to give the
NOTE Confidence: 0.8366192

00:01:43.036 --> 00:01:44.974 annual lecture for the Division of
NOTE Confidence: 0.8366192

00:01:44.974 --> 00:01:46.520 Prevention and Community Research
NOTE Confidence: 0.8366192

00:01:46.520 --> 00:01:48.465 in the Department of Psychiatry.
NOTE Confidence: 0.8366192

00:01:48.470 --> 00:01:50.280 Doctor Cason is professor of
NOTE Confidence: 0.8366192

00:01:50.280 --> 00:01:51.728 psychiatry and behavioral Sciences
NOTE Confidence: 0.8366192

00:01:51.728 --> 00:01:53.872 in the section on bubbled mental
NOTE Confidence: 0.8366192

00:01:53.872 --> 00:01:56.088 health and population Sciences at the
NOTE Confidence: 0.8366192

00:01:56.088 --> 00:01:57.800 Stanford University Medical Center.
NOTE Confidence: 0.8366192

00:01:57.800 --> 00:01:59.780 She's leading researcher on the
NOTE Confidence: 0.8366192

00:01:59.780 --> 00:02:01.364 Inter relationship of trauma,
NOTE Confidence: 0.8366192

00:02:01.370 --> 00:02:02.766 PTSD and alcohol use.
NOTE Confidence: 0.8366192

00:02:02.766 --> 00:02:04.511 Doctor Kayson received her PhD
NOTE Confidence: 0.8366192

00:02:04.511 --> 00:02:06.627 in clinical psychology from the
NOTE Confidence: 0.8366192

00:02:06.627 --> 00:02:08.752 University of Missouri and completed
NOTE Confidence: 0.8366192

00:02:08.752 --> 00:02:11.049 a clinical internship and postdoc

NOTE Confidence: 0.8366192

00:02:11.049 --> 00:02:13.304 at the University of Washington.

NOTE Confidence: 0.8366192

00:02:13.310 --> 00:02:15.266 She then joined the Washington faculty

NOTE Confidence: 0.8366192

00:02:15.266 --> 00:02:17.376 in the Department of Psychiatry and

NOTE Confidence: 0.8366192

00:02:17.376 --> 00:02:19.231 Behavioral Sciences and founded a

NOTE Confidence: 0.8366192

00:02:19.231 --> 00:02:21.628 program to develop and test more

NOTE Confidence: 0.8366192

00:02:21.628 --> 00:02:22.855 iaccessible interventions for

NOTE Confidence: 0.8366192

00:02:22.855 --> 00:02:24.491 individuals with mental health

NOTE Confidence: 0.8366192

00:02:24.500 --> 00:02:26.370 symptoms following trauma in 2019,

NOTE Confidence: 0.8366192

00:02:26.370 --> 00:02:29.778 Doctor Cason joined the Stanford faculty.

NOTE Confidence: 0.8366192

00:02:29.780 --> 00:02:31.441 Doctor Caseness conducted critical

NOTE Confidence: 0.8366192

00:02:31.441 --> 00:02:34.360 studies on the treatment of PTSD and

NOTE Confidence: 0.8366192

00:02:34.432 --> 00:02:36.826 or substance use across a variety

NOTE Confidence: 0.8366192

00:02:36.826 --> 00:02:37.624 of populations.

NOTE Confidence: 0.8366192

00:02:37.630 --> 00:02:39.690 Sexual minority women, Native Americans,

NOTE Confidence: 0.8366192

00:02:39.690 --> 00:02:40.932 sexual assault survivors,

NOTE Confidence: 0.8366192

00:02:40.932 --> 00:02:42.996 torture survivors, active duty military,
NOTE Confidence: 0.8366192

00:02:42.996 --> 00:02:45.468 and in a variety of settings,
NOTE Confidence: 0.8366192

00:02:45.470 --> 00:02:47.540 such as in primary care,
NOTE Confidence: 0.8366192

00:02:47.540 --> 00:02:49.504 rural communities, an internationally,
NOTE Confidence: 0.8366192

00:02:49.504 --> 00:02:52.450 her research on PTSD and substance
NOTE Confidence: 0.8366192

00:02:52.521 --> 00:02:54.903 use is also focused on understanding
NOTE Confidence: 0.8366192

00:02:54.903 --> 00:02:57.368 how PTSD and substance use may
NOTE Confidence: 0.8366192

00:02:57.368 --> 00:02:58.580 influence one another.
NOTE Confidence: 0.8366192

00:02:58.580 --> 00:03:01.065 Doctor Kacian is the author of over
NOTE Confidence: 0.8366192

00:03:01.065 --> 00:03:03.281 130 publications and her research has
NOTE Confidence: 0.8366192

00:03:03.281 --> 00:03:05.447 been funded by the National Institute
NOTE Confidence: 0.8366192

00:03:05.447 --> 00:03:07.719 of Alcohol Abuse and Alcoholism,
NOTE Confidence: 0.8366192

00:03:07.720 --> 00:03:09.630 National Institute on Drug Abuse,
NOTE Confidence: 0.8366192

00:03:09.630 --> 00:03:11.154 National Institute on Minority
NOTE Confidence: 0.8366192

00:03:11.154 --> 00:03:12.678 Health and Health Disparities,
NOTE Confidence: 0.8366192

00:03:12.680 --> 00:03:14.960 the Department of Defense, Aquarian USAID.

NOTE Confidence: 0.8366192

00:03:14.960 --> 00:03:17.102 She is also the immediate past

NOTE Confidence: 0.8366192

00:03:17.102 --> 00:03:18.530 president of the International

NOTE Confidence: 0.8366192

00:03:18.596 --> 00:03:20.236 Society for Traumatic Stress Studies

NOTE Confidence: 0.8366192

00:03:20.236 --> 00:03:22.914 and a Fellow of the Association for

NOTE Confidence: 0.8366192

00:03:22.914 --> 00:03:24.866 Behavioral in Cognitive Therapies.

NOTE Confidence: 0.8366192

00:03:24.870 --> 00:03:27.348 The title of her talk today

NOTE Confidence: 0.8366192

00:03:27.348 --> 00:03:28.587 is comfortably numb.

NOTE Confidence: 0.8366192

00:03:28.590 --> 00:03:31.810 Research on the etiology and treatment of

NOTE Confidence: 0.8366192

00:03:31.810 --> 00:03:34.989 comorbid PTSD and alcohol use disorders.

NOTE Confidence: 0.8366192

00:03:34.990 --> 00:03:35.780 Doctor kayson

NOTE Confidence: 0.914051059999999

00:03:36.950 --> 00:03:39.512 thank you so much for that lovely

NOTE Confidence: 0.914051059999999

00:03:39.512 --> 00:03:41.527 introduction and thank you all for

NOTE Confidence: 0.914051059999999

00:03:41.527 --> 00:03:43.943 inviting me and for giving me a little

NOTE Confidence: 0.914051059999999

00:03:43.943 --> 00:03:46.575 bit of your time for this conversation.

NOTE Confidence: 0.914051059999999

00:03:46.580 --> 00:03:48.806 So just to start us off,

NOTE Confidence: 0.914051059999999

00:03:48.810 --> 00:03:51.435 I want to contextualize PTSD an why
NOTE Confidence: 0.9140510599999999

00:03:51.435 --> 00:03:54.424 my career is focused on this around 40
NOTE Confidence: 0.9140510599999999

00:03:54.424 --> 00:03:56.628 to 90% of Americans have experienced
NOTE Confidence: 0.9140510599999999

00:03:56.628 --> 00:03:58.860 dramatic stress things like car accidents,
NOTE Confidence: 0.9140510599999999

00:03:58.860 --> 00:04:00.720 assault, child abuse and combat.
NOTE Confidence: 0.9140510599999999

00:04:00.720 --> 00:04:02.946 At some point during their lives,
NOTE Confidence: 0.9140510599999999

00:04:02.950 --> 00:04:05.110 about 20% have experienced a
NOTE Confidence: 0.9140510599999999

00:04:05.110 --> 00:04:07.710 traumatic event within the past year.
NOTE Confidence: 0.9140510599999999

00:04:07.710 --> 00:04:09.924 And about 25 million Americans have
NOTE Confidence: 0.9140510599999999

00:04:09.924 --> 00:04:12.380 PTSD and that was pre pandemic.
NOTE Confidence: 0.9140510599999999

00:04:12.380 --> 00:04:13.378 Left untreated,
NOTE Confidence: 0.9140510599999999

00:04:13.378 --> 00:04:17.370 about half of those with PTSD don't recover.
NOTE Confidence: 0.9140510599999999

00:04:17.370 --> 00:04:19.785 In 2000, PTSD was estimated to cost
NOTE Confidence: 0.9140510599999999

00:04:19.785 --> 00:04:22.678 the US economy about \$40 billion per
NOTE Confidence: 0.9140510599999999

00:04:22.678 --> 00:04:24.903 year and increased healthcare costs,
NOTE Confidence: 0.9140510599999999

00:04:24.910 --> 00:04:26.101 decreased worker productivity

NOTE Confidence: 0.914051059999999

00:04:26.101 --> 00:04:27.689 and prescription drug costs.

NOTE Confidence: 0.914051059999999

00:04:27.690 --> 00:04:30.264 So this is a very expensive

NOTE Confidence: 0.914051059999999

00:04:30.264 --> 00:04:33.039 illness for us as a society.

NOTE Confidence: 0.914051059999999

00:04:33.040 --> 00:04:35.476 When we look beyond the United States,

NOTE Confidence: 0.914051059999999

00:04:35.480 --> 00:04:37.275 traumatic events and associated mental

NOTE Confidence: 0.914051059999999

00:04:37.275 --> 00:04:39.452 health consequences are a major contributor

NOTE Confidence: 0.914051059999999

00:04:39.452 --> 00:04:41.390 to the global Burden of Disease.

NOTE Confidence: 0.86412

00:04:43.700 --> 00:04:46.227 So, just briefly, in terms of disclosures,

NOTE Confidence: 0.86412

00:04:46.230 --> 00:04:48.390 I do have a commercial disclosures.

NOTE Confidence: 0.86412

00:04:48.390 --> 00:04:50.483 I have consulted as a Advisory Board

NOTE Confidence: 0.86412

00:04:50.483 --> 00:04:52.360 member for Jazz Pharmaceuticals.

NOTE Confidence: 0.86412

00:04:52.360 --> 00:04:54.712 I also have a book published on

NOTE Confidence: 0.86412

00:04:54.712 --> 00:04:56.125 Cognitive Processing Therapy from

NOTE Confidence: 0.86412

00:04:56.125 --> 00:04:58.177 Elsevier that in theory someday I

NOTE Confidence: 0.86412

00:04:58.177 --> 00:05:00.830 will receive royalties from and I do

NOTE Confidence: 0.86412

00:05:00.830 --> 00:05:02.398 occasionally receive honorarium for
NOTE Confidence: 0.86412

00:05:02.398 --> 00:05:04.273 conducting workshops or trainings on
NOTE Confidence: 0.86412

00:05:04.273 --> 00:05:05.717 fighting their processing therapy.
NOTE Confidence: 0.86412

00:05:05.720 --> 00:05:08.444 When I remember to build people
NOTE Confidence: 0.86412

00:05:08.444 --> 00:05:11.160 for having done the training.
NOTE Confidence: 0.86412

00:05:11.160 --> 00:05:13.574 Mom, I also want to thank all
NOTE Confidence: 0.86412

00:05:13.574 --> 00:05:14.606 of my collaborators.
NOTE Confidence: 0.86412

00:05:14.610 --> 00:05:17.130 This body of work that I'm going to be
NOTE Confidence: 0.86412

00:05:17.130 --> 00:05:19.555 talking about today really has taken a
NOTE Confidence: 0.86412

00:05:19.555 --> 00:05:21.860 village of wonderful smart collaborators,
NOTE Confidence: 0.86412

00:05:21.860 --> 00:05:24.956 many of whom are far smarter than I am,
NOTE Confidence: 0.86412

00:05:24.960 --> 00:05:27.375 and I want to thank my Thunder.
NOTE Confidence: 0.86412

00:05:27.380 --> 00:05:29.468 Is that the National Institutes of
NOTE Confidence: 0.86412

00:05:29.468 --> 00:05:31.580 Alcohol Abuse and Alcoholism and the
NOTE Confidence: 0.86412

00:05:31.580 --> 00:05:33.235 National Institutes of Drug Abuse?
NOTE Confidence: 0.8315282

00:05:35.940 --> 00:05:38.430 But when we talk about PTSD,

NOTE Confidence: 0.8315282

00:05:38.430 --> 00:05:41.342 PTSD is far more likely to present

NOTE Confidence: 0.8315282

00:05:41.342 --> 00:05:43.409 with comorbidity than by itself,

NOTE Confidence: 0.8315282

00:05:43.410 --> 00:05:45.912 so respondents with PTSD or substantially

NOTE Confidence: 0.8315282

00:05:45.912 --> 00:05:48.393 more likely to develop their anxiety,

NOTE Confidence: 0.8315282

00:05:48.393 --> 00:05:50.050 mood, and substance disorders

NOTE Confidence: 0.8315282

00:05:50.050 --> 00:05:51.711 than those without PTSD.

NOTE Confidence: 0.8315282

00:05:51.711 --> 00:05:53.766 And what's interesting is this

NOTE Confidence: 0.8315282

00:05:53.766 --> 00:05:56.280 is not a factor of trauma.

NOTE Confidence: 0.8315282

00:05:56.280 --> 00:05:57.940 Exposure really seems to

NOTE Confidence: 0.8315282

00:05:57.940 --> 00:06:00.430 be a factor of active PTSD,

NOTE Confidence: 0.8315282

00:06:00.430 --> 00:06:03.195 which is where you see the elevated

NOTE Confidence: 0.8315282

00:06:03.195 --> 00:06:05.210 risk of secondary disorders.

NOTE Confidence: 0.8315282

00:06:05.210 --> 00:06:07.394 Now I'm going to be focusing a

NOTE Confidence: 0.8315282

00:06:07.394 --> 00:06:09.215 bit on relationships between PTSD

NOTE Confidence: 0.8315282

00:06:09.215 --> 00:06:11.265 and substance use because they're

NOTE Confidence: 0.8315282

00:06:11.265 --> 00:06:13.159 commonly comorbid as we're going
NOTE Confidence: 0.8315282

00:06:13.159 --> 00:06:15.259 to discuss in just a second and
NOTE Confidence: 0.8315282

00:06:15.259 --> 00:06:17.285 their associated with a much more
NOTE Confidence: 0.8315282

00:06:17.285 --> 00:06:19.010 severe course for both disorders.
NOTE Confidence: 0.9086159

00:06:22.420 --> 00:06:24.596 So if we look at people with PTSD
NOTE Confidence: 0.9086159

00:06:24.596 --> 00:06:26.800 out of every hundred, about 52,
NOTE Confidence: 0.9086159

00:06:26.800 --> 00:06:30.247 so a little more than half of an alcohol use
NOTE Confidence: 0.9086159

00:06:30.247 --> 00:06:33.479 disorder and 35 have a drug use disorder.
NOTE Confidence: 0.9086159

00:06:33.480 --> 00:06:37.200 When we look at some more recent analysis,
NOTE Confidence: 0.9086159

00:06:37.200 --> 00:06:39.535 this is from recent epidemiological
NOTE Confidence: 0.9086159

00:06:39.535 --> 00:06:43.192 data from the new Spark data set that
NOTE Confidence: 0.9086159

00:06:43.192 --> 00:06:45.664 half of people with lifetime PTSD
NOTE Confidence: 0.9086159

00:06:45.664 --> 00:06:48.652 also have lifetime alcohol use to
NOTE Confidence: 0.9086159

00:06:48.652 --> 00:06:51.147 disorder when look among treatment
NOTE Confidence: 0.9086159

00:06:51.150 --> 00:06:53.480 seekers with substance use disorder,
NOTE Confidence: 0.9086159

00:06:53.480 --> 00:06:55.800 about 60% have comorbid PTSD.

NOTE Confidence: 0.9086159

00:06:55.800 --> 00:06:59.664 When we look within past year PTSD.

NOTE Confidence: 0.9086159

00:06:59.670 --> 00:07:03.020 What we find is about 1/3 of people have some

NOTE Confidence: 0.9086159

00:07:03.104 --> 00:07:06.086 type of comorbid substance use disorder,

NOTE Confidence: 0.9086159

00:07:06.090 --> 00:07:08.090 either an alcohol use disorder,

NOTE Confidence: 0.9086159

00:07:08.090 --> 00:07:09.694 a substance use disorder,

NOTE Confidence: 0.9086159

00:07:09.694 --> 00:07:12.100 severe drug use disorder, or both.

NOTE Confidence: 0.84543985

00:07:16.530 --> 00:07:19.474 Now, one of the challenges with this is

NOTE Confidence: 0.84543985

00:07:19.474 --> 00:07:22.469 that when these two disorders Co occur,

NOTE Confidence: 0.84543985

00:07:22.470 --> 00:07:24.046 patients struggle much more.

NOTE Confidence: 0.84543985

00:07:24.046 --> 00:07:26.914 So PTSD and substance use is associated

NOTE Confidence: 0.84543985

00:07:26.914 --> 00:07:29.917 with an earlier onset of the substance

NOTE Confidence: 0.84543985

00:07:29.917 --> 00:07:32.367 use disorder and more years of use.

NOTE Confidence: 0.84543985

00:07:32.370 --> 00:07:34.345 They also associated with more

NOTE Confidence: 0.84543985

00:07:34.345 --> 00:07:35.932 severe symptoms, fire, suicidality,

NOTE Confidence: 0.84543985

00:07:35.932 --> 00:07:37.120 more, psychiatric comorbidity,

NOTE Confidence: 0.84543985

00:07:37.120 --> 00:07:38.890 and worse treatment opens on
NOTE Confidence: 0.84543985

00:07:38.890 --> 00:07:41.589 that is both in terms of their
NOTE Confidence: 0.84543985

00:07:41.589 --> 00:07:44.139 reductions in substance use and their
NOTE Confidence: 0.84543985

00:07:44.139 --> 00:07:46.629 likelihood to drop out of treatment.
NOTE Confidence: 0.88738626

00:07:49.070 --> 00:07:50.996 So why do these two disorders
NOTE Confidence: 0.88738626

00:07:50.996 --> 00:07:52.280 tend to go together?
NOTE Confidence: 0.88738626

00:07:52.280 --> 00:07:55.820 Well, there are several different theories.
NOTE Confidence: 0.88738626

00:07:55.820 --> 00:07:58.748 The one theory is a high risk model.
NOTE Confidence: 0.88738626

00:07:58.750 --> 00:08:01.790 Which is that if you are using substances,
NOTE Confidence: 0.88738626

00:08:01.790 --> 00:08:04.070 it increases your risk of experience,
NOTE Confidence: 0.88738626

00:08:04.070 --> 00:08:05.162 a traumatic event,
NOTE Confidence: 0.88738626

00:08:05.162 --> 00:08:06.982 and that in turn influences
NOTE Confidence: 0.88738626

00:08:06.982 --> 00:08:09.008 your risk of developing PTSD.
NOTE Confidence: 0.88738626

00:08:09.010 --> 00:08:12.050 And there is data that supports this model.
NOTE Confidence: 0.88738626

00:08:12.050 --> 00:08:14.418 So for example, if you look at research
NOTE Confidence: 0.88738626

00:08:14.418 --> 00:08:16.055 around the relationship between

NOTE Confidence: 0.88738626

00:08:16.055 --> 00:08:18.510 alcohol use and sexual victimization,

NOTE Confidence: 0.88738626

00:08:18.510 --> 00:08:21.768 be if you look at some data that was

NOTE Confidence: 0.88738626

00:08:21.768 --> 00:08:24.251 collected at a daily level on days

NOTE Confidence: 0.88738626

00:08:24.251 --> 00:08:26.869 of why drinking so binge drinking,

NOTE Confidence: 0.88738626

00:08:26.870 --> 00:08:29.150 what we find is for women,

NOTE Confidence: 0.88738626

00:08:29.150 --> 00:08:31.550 their risk of being sexually assaulted

NOTE Confidence: 0.88738626

00:08:31.550 --> 00:08:33.760 on that day increases about 9.

NOTE Confidence: 0.88738626

00:08:33.760 --> 00:08:36.344 If all this compared to non drinking days

NOTE Confidence: 0.88738626

00:08:36.344 --> 00:08:39.296 when we look at these of lighter drinking,

NOTE Confidence: 0.88738626

00:08:39.300 --> 00:08:42.060 what we find is there's a fourfold increase.

NOTE Confidence: 0.88738626

00:08:42.060 --> 00:08:43.692 So the idea with this models

NOTE Confidence: 0.88738626

00:08:43.692 --> 00:08:45.652 you might be in situations or

NOTE Confidence: 0.88738626

00:08:45.652 --> 00:08:48.064 settings where you're more at risk

NOTE Confidence: 0.88738626

00:08:48.064 --> 00:08:49.679 for experiencing trauma that.

NOTE Confidence: 0.88738626

00:08:49.680 --> 00:08:51.756 Does it mean that the substance

NOTE Confidence: 0.88738626

00:08:51.756 --> 00:08:53.140 used caused the trauma,
NOTE Confidence: 0.88738626

00:08:53.140 --> 00:08:55.210 but it may have left you
NOTE Confidence: 0.88738626

00:08:55.210 --> 00:08:56.245 slightly more vulnerable.
NOTE Confidence: 0.87947947

00:08:58.560 --> 00:09:01.016 Now the model that has the most empirical
NOTE Confidence: 0.87947947

00:09:01.016 --> 00:09:03.218 support and also has been investigated the
NOTE Confidence: 0.87947947

00:09:03.218 --> 00:09:05.799 most often is the self medication model,
NOTE Confidence: 0.87947947

00:09:05.800 --> 00:09:08.320 which is that people use alcohol to cope
NOTE Confidence: 0.87947947

00:09:08.320 --> 00:09:11.291 with PTSD and this one is is a model that
NOTE Confidence: 0.87947947

00:09:11.291 --> 00:09:13.687 is frequently endorsed in popular culture.
NOTE Confidence: 0.87947947

00:09:13.690 --> 00:09:15.340 Many people have this belief.
NOTE Confidence: 0.87947947

00:09:15.340 --> 00:09:17.727 I had a flight that was cancelled
NOTE Confidence: 0.87947947

00:09:17.727 --> 00:09:19.618 once an everybody in the line,
NOTE Confidence: 0.87947947

00:09:19.620 --> 00:09:21.588 for example, was saying, you know,
NOTE Confidence: 0.87947947

00:09:21.590 --> 00:09:23.569 let's go get a drink, right?
NOTE Confidence: 0.87947947

00:09:23.569 --> 00:09:25.214 That's an example of the
NOTE Confidence: 0.87947947

00:09:25.214 --> 00:09:26.530 concept of self medication.

NOTE Confidence: 0.87947947

00:09:26.530 --> 00:09:28.550 This is distressing to me.

NOTE Confidence: 0.87947947

00:09:28.550 --> 00:09:31.478 And so I will call for alcohol use.

NOTE Confidence: 0.87947947

00:09:31.480 --> 00:09:34.440 The Despond slept with this model is that

NOTE Confidence: 0.87947947

00:09:34.440 --> 00:09:37.068 alcohol use is negatively reinforcing.

NOTE Confidence: 0.87947947

00:09:37.070 --> 00:09:40.342 What that means is so let's say this

NOTE Confidence: 0.87947947

00:09:40.342 --> 00:09:43.950 person has a memory of a tremendous event,

NOTE Confidence: 0.87947947

00:09:43.950 --> 00:09:46.100 right for distress goes up.

NOTE Confidence: 0.8895467

00:09:48.480 --> 00:09:50.180 She then thinks about drinking.

NOTE Confidence: 0.8895467

00:09:50.180 --> 00:09:53.880 Perhaps she has a drink.

NOTE Confidence: 0.8895467

00:09:53.880 --> 00:09:55.950 And their anxiety immediately decreases,

NOTE Confidence: 0.8895467

00:09:55.950 --> 00:09:57.606 so the negative reinforcement

NOTE Confidence: 0.8895467

00:09:57.606 --> 00:09:59.676 leads to reductions in anxiety.

NOTE Confidence: 0.8895467

00:09:59.680 --> 00:10:00.582 Now, unfortunately,

NOTE Confidence: 0.8895467

00:10:00.582 --> 00:10:03.739 what that does is it increases your

NOTE Confidence: 0.8895467

00:10:03.739 --> 00:10:05.684 likelihood of returning to drinking

NOTE Confidence: 0.8895467

00:10:05.684 --> 00:10:08.370 in the future with the same queues.
NOTE Confidence: 0.8323241

00:10:11.580 --> 00:10:14.555 So you can see then there's this
NOTE Confidence: 0.8323241

00:10:14.555 --> 00:10:16.390 reduction in drinking urges.
NOTE Confidence: 0.8323241

00:10:16.390 --> 00:10:18.898 Now there's another theory that has
NOTE Confidence: 0.8323241

00:10:18.898 --> 00:10:20.570 slightly less empirical support.
NOTE Confidence: 0.8323241

00:10:20.570 --> 00:10:23.078 It's also been looked at less
NOTE Confidence: 0.8323241

00:10:23.078 --> 00:10:24.750 frequently than self medication,
NOTE Confidence: 0.8323241

00:10:24.750 --> 00:10:27.174 which is the mutual maintenance model
NOTE Confidence: 0.8323241

00:10:27.174 --> 00:10:30.563 and the idea with this is that the
NOTE Confidence: 0.8323241

00:10:30.563 --> 00:10:32.683 two disorders maintain one another.
NOTE Confidence: 0.8323241

00:10:32.690 --> 00:10:35.754 So with PTSD that leads to both coping
NOTE Confidence: 0.8323241

00:10:35.754 --> 00:10:38.547 beliefs and also acute cravings, that
NOTE Confidence: 0.8323241

00:10:38.547 --> 00:10:41.049 increases the likelihood to use substance.
NOTE Confidence: 0.8323241

00:10:41.050 --> 00:10:42.738 Symptoms of substance use.
NOTE Confidence: 0.8323241

00:10:42.738 --> 00:10:44.004 Withdrawal can also
NOTE Confidence: 0.8323241

00:10:44.004 --> 00:10:45.650 resemble symptoms of PTSD.

NOTE Confidence: 0.8323241

00:10:45.650 --> 00:10:47.860 You could have increased anxiety.

NOTE Confidence: 0.8323241

00:10:47.860 --> 00:10:49.918 You can have an increased sleep

NOTE Confidence: 0.8323241

00:10:49.918 --> 00:10:51.697 disturbance and that can increase

NOTE Confidence: 0.8323241

00:10:51.697 --> 00:10:54.105 PTSD symptoms or can look like PTSD.

NOTE Confidence: 0.8323241

00:10:54.110 --> 00:10:55.494 You also get avoidance

NOTE Confidence: 0.8323241

00:10:55.494 --> 00:10:56.878 of trauma related cues.

NOTE Confidence: 0.8323241

00:10:56.880 --> 00:10:59.309 There is some data supporting this theory,

NOTE Confidence: 0.8323241

00:10:59.310 --> 00:11:00.339 but somewhat less,

NOTE Confidence: 0.8323241

00:11:00.339 --> 00:11:03.147 and the relationship seems to be less strong

NOTE Confidence: 0.8323241

00:11:03.147 --> 00:11:05.555 than what we see with self medication.

NOTE Confidence: 0.8323241

00:11:05.560 --> 00:11:05.906 Now.

NOTE Confidence: 0.8323241

00:11:05.906 --> 00:11:07.636 Why are these theories important?

NOTE Confidence: 0.8323241

00:11:07.640 --> 00:11:07.987 Well,

NOTE Confidence: 0.8323241

00:11:07.987 --> 00:11:10.069 they may drive approaches for treatment,

NOTE Confidence: 0.8323241

00:11:10.070 --> 00:11:13.220 and that's what we're going to be

NOTE Confidence: 0.8323241

00:11:13.220 --> 00:11:16.100 talking about in most of the top.

NOTE Confidence: 0.8323241

00:11:16.100 --> 00:11:18.350 Now I do want to acknowledge

NOTE Confidence: 0.8323241

00:11:18.350 --> 00:11:19.850 that it's also possible,

NOTE Confidence: 0.8323241

00:11:19.850 --> 00:11:22.370 and in fact likely that there are

NOTE Confidence: 0.8323241

00:11:22.370 --> 00:11:24.294 third variables that increase risk

NOTE Confidence: 0.8323241

00:11:24.294 --> 00:11:26.598 for both substance use and PTSD,

NOTE Confidence: 0.8323241

00:11:26.600 --> 00:11:28.480 so that might be helping.

NOTE Confidence: 0.8323241

00:11:28.480 --> 00:11:30.350 Skills deficits are coping skills,

NOTE Confidence: 0.8323241

00:11:30.350 --> 00:11:30.683 strategies.

NOTE Confidence: 0.8323241

00:11:30.683 --> 00:11:33.014 It might be a genetic or other

NOTE Confidence: 0.8323241

00:11:33.014 --> 00:11:34.480 committed biological vulnerability,

NOTE Confidence: 0.8323241

00:11:34.480 --> 00:11:36.355 and that might affect risk

NOTE Confidence: 0.8323241

00:11:36.355 --> 00:11:37.480 for both disorders.

NOTE Confidence: 0.87675273

00:11:39.650 --> 00:11:41.340 So let's move into talking

NOTE Confidence: 0.87675273

00:11:41.340 --> 00:11:43.453 about treatment and what do we

NOTE Confidence: 0.87675273

00:11:43.453 --> 00:11:45.228 know right now about treatment?

NOTE Confidence: 0.87675273

00:11:45.230 --> 00:11:47.846 So there are several ways that we can

NOTE Confidence: 0.87675273

00:11:47.846 --> 00:11:50.386 go forward with treating Co occurring

NOTE Confidence: 0.87675273

00:11:50.386 --> 00:11:52.656 PTSD and substance use disorders.

NOTE Confidence: 0.87675273

00:11:52.660 --> 00:11:55.764 The one option is to do an integrated

NOTE Confidence: 0.87675273

00:11:55.764 --> 00:11:57.994 treatment where you treat the substance

NOTE Confidence: 0.87675273

00:11:57.994 --> 00:12:00.869 used in the PTSD at the same time.

NOTE Confidence: 0.87675273

00:12:00.870 --> 00:12:02.358 These might be treatments,

NOTE Confidence: 0.87675273

00:12:02.358 --> 00:12:03.474 life seeking safety,

NOTE Confidence: 0.87675273

00:12:03.480 --> 00:12:06.696 which I'm going to talk about in just

NOTE Confidence: 0.87675273

00:12:06.696 --> 00:12:09.686 a second or two months like hope.

NOTE Confidence: 0.87675273

00:12:09.690 --> 00:12:11.290 Where the therapies are integrated,

NOTE Confidence: 0.87675273

00:12:11.290 --> 00:12:12.890 there are some advantages to

NOTE Confidence: 0.87675273

00:12:12.890 --> 00:12:14.170 these types of treatments.

NOTE Confidence: 0.87675273

00:12:14.170 --> 00:12:16.410 There is some data that patients prefer.

NOTE Confidence: 0.87675273

00:12:16.410 --> 00:12:18.865 The concept of integrated treatment

NOTE Confidence: 0.87675273

00:12:18.865 --> 00:12:21.760 where they're getting skills for both.
NOTE Confidence: 0.87675273

00:12:21.760 --> 00:12:24.320 I think there are a couple of challenges
NOTE Confidence: 0.87675273

00:12:24.320 --> 00:12:26.220 with these approaches as well,
NOTE Confidence: 0.87675273

00:12:26.220 --> 00:12:27.935 though often they are longer
NOTE Confidence: 0.87675273

00:12:27.935 --> 00:12:29.650 than the sole target treatments.
NOTE Confidence: 0.87675273

00:12:29.650 --> 00:12:32.086 They may be a little bit more
NOTE Confidence: 0.87675273

00:12:32.086 --> 00:12:33.770 complicated for providers to learn.
NOTE Confidence: 0.87675273

00:12:33.770 --> 00:12:36.470 They have to learn multiple behaviors.
NOTE Confidence: 0.87675273

00:12:36.470 --> 00:12:40.616 Farm and drop out his eye.
NOTE Confidence: 0.87675273

00:12:40.620 --> 00:12:42.846 So and what we find is,
NOTE Confidence: 0.87675273

00:12:42.850 --> 00:12:45.810 at least in some of the research studies,
NOTE Confidence: 0.87675273

00:12:45.810 --> 00:12:47.242 the integrated treatments do
NOTE Confidence: 0.87675273

00:12:47.242 --> 00:12:49.390 not always work better than the
NOTE Confidence: 0.87675273

00:12:49.456 --> 00:12:51.008 single treatments in PTSD.
NOTE Confidence: 0.87675273

00:12:51.010 --> 00:12:53.607 So this is a relatively recent paper,
NOTE Confidence: 0.87675273

00:12:53.610 --> 00:12:54.621 not super recent.

NOTE Confidence: 0.87675273

00:12:54.621 --> 00:12:56.643 This was looking at seeking safety

NOTE Confidence: 0.87675273

00:12:56.643 --> 00:12:59.034 as compared to treatment as usual

NOTE Confidence: 0.87675273

00:12:59.034 --> 00:13:01.024 as compared to relapse prevention,

NOTE Confidence: 0.87675273

00:13:01.030 --> 00:13:03.620 which is a substance use oriented treatment.

NOTE Confidence: 0.87675273

00:13:03.620 --> 00:13:06.098 And what we think of is actually

NOTE Confidence: 0.87675273

00:13:06.098 --> 00:13:07.620 relapse prevention work pretty

NOTE Confidence: 0.87675273

00:13:07.620 --> 00:13:09.188 well in addressing PTSD,

NOTE Confidence: 0.87675273

00:13:09.190 --> 00:13:11.040 slightly better than seeking safety.

NOTE Confidence: 0.8667833

00:13:15.000 --> 00:13:16.960 It did not significantly better.

NOTE Confidence: 0.8667833

00:13:16.960 --> 00:13:19.736 We also did not find that seeking safety

NOTE Confidence: 0.8667833

00:13:19.736 --> 00:13:22.039 worked better than relapse prevention.

NOTE Confidence: 0.8667833

00:13:22.040 --> 00:13:24.376 In addressing the substance

NOTE Confidence: 0.8667833

00:13:24.376 --> 00:13:27.296 use symptoms in this study.

NOTE Confidence: 0.8667833

00:13:27.300 --> 00:13:31.602 So it may not be always the best option.

NOTE Confidence: 0.8667833

00:13:31.610 --> 00:13:33.740 Now another option is to do

NOTE Confidence: 0.8667833

00:13:33.740 --> 00:13:34.805 two different treatments,
NOTE Confidence: 0.8667833

00:13:34.810 --> 00:13:37.880 so it used to be that back in the old
NOTE Confidence: 0.8667833

00:13:37.965 --> 00:13:40.870 days when I was in Graduate School,
NOTE Confidence: 0.8667833

00:13:40.870 --> 00:13:42.658 we were taught that what you
NOTE Confidence: 0.8667833

00:13:42.658 --> 00:13:45.574 need to do is have the person go
NOTE Confidence: 0.8667833

00:13:45.574 --> 00:13:47.629 have their substance use treated,
NOTE Confidence: 0.8667833

00:13:47.630 --> 00:13:50.115 stabilize them and then treat the PTSD.
NOTE Confidence: 0.8667833

00:13:50.120 --> 00:13:52.256 So the idea of sequential care,
NOTE Confidence: 0.8667833

00:13:52.260 --> 00:13:54.010 often therapists are quite concerned
NOTE Confidence: 0.8667833

00:13:54.010 --> 00:13:56.176 that patients are going to relapse
NOTE Confidence: 0.8667833

00:13:56.176 --> 00:13:57.956 or going to have difficulty
NOTE Confidence: 0.8667833

00:13:57.956 --> 00:13:59.380 tolerating a PTSD treatment,
NOTE Confidence: 0.8667833

00:13:59.380 --> 00:14:01.190 and so that's where some
NOTE Confidence: 0.8667833

00:14:01.190 --> 00:14:03.000 of this idea comes from.
NOTE Confidence: 0.8667833

00:14:03.000 --> 00:14:05.538 Now the challenge with this approach.
NOTE Confidence: 0.8667833

00:14:05.540 --> 00:14:07.520 Is that the data around it?

NOTE Confidence: 0.8667833

00:14:07.520 --> 00:14:10.866 This is what's often seen in practice.

NOTE Confidence: 0.8667833

00:14:10.870 --> 00:14:13.970 Is that?

NOTE Confidence: 0.8667833

00:14:13.970 --> 00:14:15.200 For some patients,

NOTE Confidence: 0.8667833

00:14:15.200 --> 00:14:17.250 with their saying is look,

NOTE Confidence: 0.8667833

00:14:17.250 --> 00:14:19.300 it's my PTSD that's triggering

NOTE Confidence: 0.8667833

00:14:19.300 --> 00:14:20.940 my desire to use,

NOTE Confidence: 0.8667833

00:14:20.940 --> 00:14:24.220 and so you're asking me to not use,

NOTE Confidence: 0.8667833

00:14:24.220 --> 00:14:26.680 but you're not giving me coping

NOTE Confidence: 0.8667833

00:14:26.680 --> 00:14:29.958 skills and so that can be a challenge.

NOTE Confidence: 0.8667833

00:14:29.960 --> 00:14:32.010 But data on whether substance

NOTE Confidence: 0.8667833

00:14:32.010 --> 00:14:33.650 use also reduces reduces.

NOTE Confidence: 0.8667833

00:14:33.650 --> 00:14:36.072 PTSD is a bit mixed at this

NOTE Confidence: 0.8667833

00:14:36.072 --> 00:14:38.160 point in the literature,

NOTE Confidence: 0.8667833

00:14:38.160 --> 00:14:40.729 and there is some data that unremitted

NOTE Confidence: 0.8667833

00:14:40.729 --> 00:14:43.980 PTSD is a predictor of later relapse.

NOTE Confidence: 0.8667833

00:14:43.980 --> 00:14:45.688 Following substance use treatment.

NOTE Confidence: 0.8452929

00:14:49.370 --> 00:14:51.694 Yeah, So what we know is that

NOTE Confidence: 0.8452929

00:14:51.694 --> 00:14:53.903 people with PTSD do appear to

NOTE Confidence: 0.8452929

00:14:53.903 --> 00:14:55.798 have some out worse outcomes.

NOTE Confidence: 0.8452929

00:14:55.800 --> 00:14:57.580 Generally in substance use treatment,

NOTE Confidence: 0.8452929

00:14:57.580 --> 00:14:59.956 although I do want to point out that

NOTE Confidence: 0.8452929

00:14:59.956 --> 00:15:01.481 substance use treatments defined

NOTE Confidence: 0.8452929

00:15:01.481 --> 00:15:03.646 fairly broadly in these studies,

NOTE Confidence: 0.8452929

00:15:03.650 --> 00:15:05.078 so it's not necessarily

NOTE Confidence: 0.8452929

00:15:05.078 --> 00:15:06.149 always manualized treatments,

NOTE Confidence: 0.8452929

00:15:06.150 --> 00:15:08.397 but we do see that people with

NOTE Confidence: 0.8452929

00:15:08.397 --> 00:15:10.217 PTSD and substance use treatment

NOTE Confidence: 0.8452929

00:15:10.217 --> 00:15:12.575 have higher rates of re admission.

NOTE Confidence: 0.8452929

00:15:12.580 --> 00:15:14.484 Lower adherence, mayor dropout.

NOTE Confidence: 0.8452929

00:15:14.484 --> 00:15:16.864 They have shorter periods of

NOTE Confidence: 0.8452929

00:15:16.864 --> 00:15:19.219 abstinence and higher use of services.

NOTE Confidence: 0.8452929

00:15:19.220 --> 00:15:20.966 For compassion, for patience as well,

NOTE Confidence: 0.8452929

00:15:20.970 --> 00:15:22.686 with this approach is that patients

NOTE Confidence: 0.8452929

00:15:22.686 --> 00:15:24.180 can get bounced around right?

NOTE Confidence: 0.8452929

00:15:24.180 --> 00:15:26.516 So they try to get treatment for PTSD.

NOTE Confidence: 0.8452929

00:15:26.520 --> 00:15:28.382 They are told they need to get

NOTE Confidence: 0.8452929

00:15:28.382 --> 00:15:30.020 the substance use treated first,

NOTE Confidence: 0.8452929

00:15:30.020 --> 00:15:31.520 but the substance use provider

NOTE Confidence: 0.8452929

00:15:31.520 --> 00:15:33.918 may not know what to do with the

NOTE Confidence: 0.8452929

00:15:33.918 --> 00:15:35.857 trauma and that can be a challenge.

NOTE Confidence: 0.88496494

00:15:38.470 --> 00:15:40.420 Now another option is to do

NOTE Confidence: 0.88496494

00:15:40.420 --> 00:15:41.395 two different treatments,

NOTE Confidence: 0.88496494

00:15:41.400 --> 00:15:43.444 so to treat the PTSD and then

NOTE Confidence: 0.88496494

00:15:43.444 --> 00:15:45.320 perhaps be the substance use.

NOTE Confidence: 0.88496494

00:15:45.320 --> 00:15:47.595 If it's still an area of concern.

NOTE Confidence: 0.8703456

00:15:50.000 --> 00:15:52.316 So there is data that treating

NOTE Confidence: 0.8703456

00:15:52.316 --> 00:15:54.913 the PTSD directly does appear to
NOTE Confidence: 0.8703456

00:15:54.913 --> 00:15:56.857 reduce substance use symptoms.
NOTE Confidence: 0.8703456

00:15:56.860 --> 00:15:59.142 And there hasn't been data supporting the
NOTE Confidence: 0.8703456

00:15:59.142 --> 00:16:01.590 idea that people have yatra genic effects.
NOTE Confidence: 0.8703456

00:16:01.590 --> 00:16:03.957 Now I do want to put in a caveat
NOTE Confidence: 0.8703456

00:16:03.957 --> 00:16:05.949 that these studies also still
NOTE Confidence: 0.8703456

00:16:05.949 --> 00:16:08.009 have high rates of dropout,
NOTE Confidence: 0.8703456

00:16:08.010 --> 00:16:10.714 which is problem one of the PTSD substance.
NOTE Confidence: 0.8703456

00:16:10.720 --> 00:16:13.396 Use treatment literature as you're going
NOTE Confidence: 0.8703456

00:16:13.396 --> 00:16:17.418 to see as I show you some later data.
NOTE Confidence: 0.8703456

00:16:17.420 --> 00:16:19.702 But what I want to do now
NOTE Confidence: 0.8703456

00:16:19.702 --> 00:16:21.250 is actually 50 years,
NOTE Confidence: 0.8703456

00:16:21.250 --> 00:16:24.050 just a little bit and talk about some
NOTE Confidence: 0.8703456

00:16:24.050 --> 00:16:26.467 research that crazy Simpson and I did.
NOTE Confidence: 0.8703456

00:16:26.470 --> 00:16:28.899 Basically was the Pi for this study,
NOTE Confidence: 0.8703456

00:16:28.900 --> 00:16:31.054 and this was actually not designed

NOTE Confidence: 0.8703456

00:16:31.054 --> 00:16:33.080 to be clinical trial per say.

NOTE Confidence: 0.8703456

00:16:33.080 --> 00:16:35.192 This was actually an experimental study

NOTE Confidence: 0.8703456

00:16:35.192 --> 00:16:37.333 to try to understand mechanisms of

NOTE Confidence: 0.8703456

00:16:37.333 --> 00:16:39.671 change in PTSD alcohol treatments to try

NOTE Confidence: 0.8703456

00:16:39.671 --> 00:16:42.125 to look at a very condensed treatment,

NOTE Confidence: 0.8703456

00:16:42.130 --> 00:16:43.850 and whether that could affect

NOTE Confidence: 0.8703456

00:16:43.850 --> 00:16:45.570 day-to-day symptoms as well as

NOTE Confidence: 0.8703456

00:16:45.633 --> 00:16:47.697 whether skill use made a difference.

NOTE Confidence: 0.8703456

00:16:47.700 --> 00:16:48.624 Now the concept.

NOTE Confidence: 0.8703456

00:16:48.624 --> 00:16:50.780 Find this study is when we talk

NOTE Confidence: 0.8703456

00:16:50.853 --> 00:16:52.589 about mechanisms of change.

NOTE Confidence: 0.8703456

00:16:52.590 --> 00:16:54.599 Often we will say here's the treatment

NOTE Confidence: 0.8703456

00:16:54.599 --> 00:16:56.932 and we may have theories about what's

NOTE Confidence: 0.8703456

00:16:56.932 --> 00:16:59.690 effective or not effective in the treatment,

NOTE Confidence: 0.8703456

00:16:59.690 --> 00:17:02.723 and then we do as we study the outcomes.

NOTE Confidence: 0.8703456

00:17:02.730 --> 00:17:05.258 But we don't tend to study the magic
NOTE Confidence: 0.8703456

00:17:05.258 --> 00:17:07.795 in the middle to really evaluate
NOTE Confidence: 0.8703456

00:17:07.795 --> 00:17:10.531 whether that is what is contributing
NOTE Confidence: 0.8703456

00:17:10.613 --> 00:17:12.968 to making the behavioral change.
NOTE Confidence: 0.8703456

00:17:12.970 --> 00:17:13.957 For this study,
NOTE Confidence: 0.8703456

00:17:13.957 --> 00:17:16.260 we recruited 78 people who had comorbid
NOTE Confidence: 0.8703456

00:17:16.324 --> 00:17:18.179 PTSD and alcohol use disorders.
NOTE Confidence: 0.8703456

00:17:18.180 --> 00:17:20.948 This was a fairly chronic and severe sample.
NOTE Confidence: 0.8703456

00:17:20.950 --> 00:17:23.026 Most people had tried other treatments.
NOTE Confidence: 0.8703456

00:17:23.030 --> 00:17:25.966 We also had a fair amount who tried
NOTE Confidence: 0.8703456

00:17:25.966 --> 00:17:27.538 residential treatment in the past.
NOTE Confidence: 0.8703456

00:17:27.540 --> 00:17:30.648 It was a mix of community members
NOTE Confidence: 0.8703456

00:17:30.648 --> 00:17:31.536 and veterans.
NOTE Confidence: 0.8703456

00:17:31.540 --> 00:17:34.048 30 two people got cognitive restructuring,
NOTE Confidence: 0.8703456

00:17:34.050 --> 00:17:34.884 26 data.
NOTE Confidence: 0.8703456

00:17:34.884 --> 00:17:35.718 Very brief,

NOTE Confidence: 0.8703456

00:17:35.718 --> 00:17:36.969 experiential acceptance intervention,

NOTE Confidence: 0.8703456

00:17:36.970 --> 00:17:39.286 and 20 had a nutrition control

NOTE Confidence: 0.8703456

00:17:39.286 --> 00:17:41.372 who's teaching people about bottom

NOTE Confidence: 0.8703456

00:17:41.372 --> 00:17:43.240 image portion portion sizes.

NOTE Confidence: 0.8703456

00:17:43.240 --> 00:17:44.030 For example,

NOTE Confidence: 0.8703456

00:17:44.030 --> 00:17:47.190 I'm going to mostly focus on the cognitive

NOTE Confidence: 0.8703456

00:17:47.268 --> 00:17:49.926 restructuring data for this talk now.

NOTE Confidence: 0.8703456

00:17:49.930 --> 00:17:51.654 The cognitive restructuring intervention.

NOTE Confidence: 0.8703456

00:17:51.654 --> 00:17:53.378 Actually all of the

NOTE Confidence: 0.8703456

00:17:53.378 --> 00:17:54.950 interventions were quite brief.

NOTE Confidence: 0.8703456

00:17:54.950 --> 00:17:58.102 It was a 90 minute scripted intervention fit

NOTE Confidence: 0.8703456

00:17:58.102 --> 00:18:01.546 off the basic skills of cognitive therapy.

NOTE Confidence: 0.8703456

00:18:01.550 --> 00:18:04.750 So how do you notice when something happens?

NOTE Confidence: 0.8703456

00:18:04.750 --> 00:18:07.855 What you tell yourself and how you feel and

NOTE Confidence: 0.8703456

00:18:07.855 --> 00:18:11.148 then some basic challenging of those beliefs.

NOTE Confidence: 0.8703456

00:18:11.150 --> 00:18:13.866 People also got for follow up 20
NOTE Confidence: 0.8703456

00:18:13.866 --> 00:18:15.917 minute booster sessions to just
NOTE Confidence: 0.8703456

00:18:15.917 --> 00:18:17.947 help them with skill maintenance.
NOTE Confidence: 0.8703456

00:18:17.950 --> 00:18:18.750 Light, brief.
NOTE Confidence: 0.8703456

00:18:18.750 --> 00:18:19.950 As an aside,
NOTE Confidence: 0.8703456

00:18:19.950 --> 00:18:21.550 we consulted a doctor.
NOTE Confidence: 0.8703456

00:18:21.550 --> 00:18:23.950 Reset was the developer of CPT,
NOTE Confidence: 0.8703456

00:18:23.950 --> 00:18:26.624 was a consultant on this study and
NOTE Confidence: 0.8703456

00:18:26.624 --> 00:18:29.411 she had quite a bit of skepticism
NOTE Confidence: 0.8703456

00:18:29.411 --> 00:18:31.751 that we would see any changes
NOTE Confidence: 0.8703456

00:18:31.831 --> 00:18:34.056 in behavior with this brief.
NOTE Confidence: 0.8703456

00:18:34.060 --> 00:18:35.998 In light attached with this kind
NOTE Confidence: 0.8703456

00:18:35.998 --> 00:18:36.967 of clinical population.
NOTE Confidence: 0.8385067

00:18:40.960 --> 00:18:43.708 So here is what we found,
NOTE Confidence: 0.8385067

00:18:43.710 --> 00:18:47.130 so this was a daily diary study so people
NOTE Confidence: 0.8385067

00:18:47.130 --> 00:18:50.526 used IVR to look at relationship between

NOTE Confidence: 0.8385067

00:18:50.526 --> 00:18:54.546 drinking PTSD and still use for about 30

NOTE Confidence: 0.8385067

00:18:54.546 --> 00:18:57.026 plus days following the intervention.

NOTE Confidence: 0.8385067

00:18:57.030 --> 00:19:00.024 We also collected baseline data which

NOTE Confidence: 0.8385067

00:19:00.024 --> 00:19:03.500 is controlled for in these analysis to

NOTE Confidence: 0.8385067

00:19:03.500 --> 00:19:06.748 get a sense of what they're drinking

NOTE Confidence: 0.8385067

00:19:06.841 --> 00:19:10.001 was like and what their level of PTSD

NOTE Confidence: 0.8385067

00:19:10.001 --> 00:19:12.144 was like before the intervention.

NOTE Confidence: 0.8385067

00:19:12.144 --> 00:19:14.832 So what you can see here?

NOTE Confidence: 0.8385067

00:19:14.840 --> 00:19:17.400 Yes that we had some some various effects.

NOTE Confidence: 0.8385067

00:19:17.400 --> 00:19:19.404 We've done that alcohol consumption just

NOTE Confidence: 0.8385067

00:19:19.404 --> 00:19:21.858 in terms of covariates was greater for men,

NOTE Confidence: 0.8385067

00:19:21.860 --> 00:19:23.618 which we would expect greater for

NOTE Confidence: 0.8385067

00:19:23.618 --> 00:19:25.896 those who are older and higher on

NOTE Confidence: 0.8385067

00:19:25.896 --> 00:19:27.288 weekends compared to weekdays.

NOTE Confidence: 0.8385067

00:19:27.290 --> 00:19:29.656 None of that. Is a particular surprise.

NOTE Confidence: 0.8385067

00:19:29.660 --> 00:19:32.006 We found that heavier basement drinking
NOTE Confidence: 0.8385067

00:19:32.006 --> 00:19:34.583 was associated with more drinking on a
NOTE Confidence: 0.8385067

00:19:34.583 --> 00:19:36.802 given day during the follow up period.
NOTE Confidence: 0.8385067

00:19:36.810 --> 00:19:39.150 And having completed more coaching calls
NOTE Confidence: 0.8385067

00:19:39.150 --> 00:19:41.706 was associated with less drinking on a
NOTE Confidence: 0.8385067

00:19:41.706 --> 00:19:43.890 given day during the follow up period,
NOTE Confidence: 0.8385067

00:19:43.890 --> 00:19:46.586 we had a main effect for the cognitive
NOTE Confidence: 0.8385067

00:19:46.586 --> 00:19:48.054 restructuring condition compared to
NOTE Confidence: 0.8385067

00:19:48.054 --> 00:19:50.256 control and had a significant interaction.
NOTE Confidence: 0.8385067

00:19:50.260 --> 00:19:53.412 So what we found was for the cognitive
NOTE Confidence: 0.8385067

00:19:53.412 --> 00:19:55.051 restructuring group they had about
NOTE Confidence: 0.8385067

00:19:55.051 --> 00:19:57.340 a 2% decrease in drinking per day
NOTE Confidence: 0.8385067

00:19:57.340 --> 00:19:59.674 as compared to control. That's 2%.
NOTE Confidence: 0.8385067

00:19:59.674 --> 00:20:01.959 Doesn't sound like very much.
NOTE Confidence: 0.8385067

00:20:01.960 --> 00:20:04.319 Although again with a very light touch
NOTE Confidence: 0.8385067

00:20:04.319 --> 00:20:05.780 intervention, it is quite pleasing.

NOTE Confidence: 0.8385067

00:20:05.780 --> 00:20:07.867 But what this means is that an

NOTE Confidence: 0.8385067

00:20:07.867 --> 00:20:09.582 individual who consumed 10 drinks

NOTE Confidence: 0.8385067

00:20:09.582 --> 00:20:11.775 the day after receiving the cognitive

NOTE Confidence: 0.8385067

00:20:11.775 --> 00:20:13.287 restructuring intervention would have

NOTE Confidence: 0.8385067

00:20:13.287 --> 00:20:16.152 been down to 5 drinks during the final

NOTE Confidence: 0.8385067

00:20:16.152 --> 00:20:18.180 day of the follow up period,

NOTE Confidence: 0.8385067

00:20:18.180 --> 00:20:20.884 and that is a notable decrease in drinking.

NOTE Confidence: 0.91151

00:20:24.110 --> 00:20:26.686 What we thought was even more impressive.

NOTE Confidence: 0.91151

00:20:26.690 --> 00:20:28.642 An interesting in terms

NOTE Confidence: 0.91151

00:20:28.642 --> 00:20:30.594 of informing our thinking.

NOTE Confidence: 0.91151

00:20:30.600 --> 00:20:33.995 Was that we could see a clear

NOTE Confidence: 0.91151

00:20:33.995 --> 00:20:35.450 relationship between skill

NOTE Confidence: 0.91151

00:20:35.542 --> 00:20:37.967 use and changes in drinking,

NOTE Confidence: 0.91151

00:20:37.970 --> 00:20:40.360 so we were really interested

NOTE Confidence: 0.91151

00:20:40.360 --> 00:20:42.272 in the Association requirement

NOTE Confidence: 0.91151

00:20:42.272 --> 00:20:44.348 around mechanisms of change.
NOTE Confidence: 0.91151

00:20:44.350 --> 00:20:47.598 What we found was that using more
NOTE Confidence: 0.91151

00:20:47.598 --> 00:20:48.990 cognitive restructuring coping
NOTE Confidence: 0.91151

00:20:49.062 --> 00:20:51.452 skills was associated with even
NOTE Confidence: 0.91151

00:20:51.452 --> 00:20:53.364 greater reductions in drinking
NOTE Confidence: 0.91151

00:20:53.364 --> 00:20:55.804 for the cognitive restructuring
NOTE Confidence: 0.91151

00:20:55.804 --> 00:20:57.688 condition in particular.
NOTE Confidence: 0.91151

00:20:57.690 --> 00:20:59.585 So these are some relationship
NOTE Confidence: 0.91151

00:20:59.585 --> 00:21:02.170 between skill use in our controls,
NOTE Confidence: 0.91151

00:21:02.170 --> 00:21:04.200 which is not entirely surprising,
NOTE Confidence: 0.91151

00:21:04.200 --> 00:21:06.195 but really an Association between
NOTE Confidence: 0.91151

00:21:06.195 --> 00:21:08.668 use of skills for those who
NOTE Confidence: 0.91151

00:21:08.668 --> 00:21:10.708 are actually taught the skills.
NOTE Confidence: 0.91151

00:21:10.710 --> 00:21:12.850 Now this is incredibly important
NOTE Confidence: 0.91151

00:21:12.850 --> 00:21:14.990 because it identifies an active
NOTE Confidence: 0.91151

00:21:15.062 --> 00:21:16.846 ingredient in treatments for

NOTE Confidence: 0.91151

00:21:16.846 --> 00:21:19.076 PTSD and alcohol use disorders.

NOTE Confidence: 0.91151

00:21:19.080 --> 00:21:21.354 And demonstrates that you can see

NOTE Confidence: 0.91151

00:21:21.354 --> 00:21:23.964 an Association and the use of that

NOTE Confidence: 0.91151

00:21:23.964 --> 00:21:25.998 skill and changes in alcohol use.

NOTE Confidence: 0.91151

00:21:26.000 --> 00:21:27.890 This has led directly to a body

NOTE Confidence: 0.91151

00:21:27.890 --> 00:21:29.819 of research trying to look at a

NOTE Confidence: 0.91151

00:21:29.819 --> 00:21:31.144 higher dose of cognitive therapy

NOTE Confidence: 0.91151

00:21:31.144 --> 00:21:33.083 for the treatment of PTSD and

NOTE Confidence: 0.91151

00:21:33.083 --> 00:21:34.055 alcohol use disorders,

NOTE Confidence: 0.91151

00:21:34.060 --> 00:21:36.364 which is what I'm going to focus on.

NOTE Confidence: 0.8568764

00:21:39.710 --> 00:21:42.095 So for those of you who are not familiar

NOTE Confidence: 0.8568764

00:21:42.095 --> 00:21:44.140 with cognitive processing therapy,

NOTE Confidence: 0.8568764

00:21:44.140 --> 00:21:46.868 CPT is an evidence based therapy for PTSD.

NOTE Confidence: 0.8568764

00:21:46.870 --> 00:21:49.621 It's been evaluated more than 20 randomized

NOTE Confidence: 0.8568764

00:21:49.621 --> 00:21:51.597 clinical trials and multiple other

NOTE Confidence: 0.8568764

00:21:51.597 --> 00:21:54.166 types of less rigorous trials as well.
NOTE Confidence: 0.8568764

00:21:54.170 --> 00:21:56.576 It is a 12 session therapy.
NOTE Confidence: 0.8568764

00:21:56.580 --> 00:21:59.292 It can be delivered in groups or individually
NOTE Confidence: 0.8568764

00:21:59.292 --> 00:22:01.809 and it is predominantly cognitive.
NOTE Confidence: 0.8568764

00:22:01.810 --> 00:22:04.006 It's focused on trauma processing mostly
NOTE Confidence: 0.8568764

00:22:04.006 --> 00:22:06.421 through the use of Socratic dialogue
NOTE Confidence: 0.8568764

00:22:06.421 --> 00:22:08.636 or asking really good questions.
NOTE Confidence: 0.8568764

00:22:08.640 --> 00:22:12.152 And I'm done helping the person evaluate and
NOTE Confidence: 0.8568764

00:22:12.152 --> 00:22:15.378 shift beliefs about why the trauma happened.
NOTE Confidence: 0.8568764

00:22:15.380 --> 00:22:17.823 As well as overgeneralized beliefs from the
NOTE Confidence: 0.8568764

00:22:17.823 --> 00:22:20.288 traumatic event to their present or future.
NOTE Confidence: 0.8568764

00:22:20.290 --> 00:22:22.130 We were particularly interested in
NOTE Confidence: 0.8568764

00:22:22.130 --> 00:22:24.346 looking at this therapy because it
NOTE Confidence: 0.8568764

00:22:24.346 --> 00:22:26.254 does not contain an exposure element.
NOTE Confidence: 0.8523333999999999

00:22:28.600 --> 00:22:30.448 So the first today I'm going to
NOTE Confidence: 0.8523333999999999

00:22:30.448 --> 00:22:32.872 talk about is in the talk about

NOTE Confidence: 0.8523333999999999

00:22:32.872 --> 00:22:34.444 our longstanding collaboration and

NOTE Confidence: 0.8523333999999999

00:22:34.444 --> 00:22:36.724 research trial with a rural Native

NOTE Confidence: 0.8523333999999999

00:22:36.724 --> 00:22:38.514 American tribe in Washington state.

NOTE Confidence: 0.8411079

00:22:40.890 --> 00:22:43.008 So, just to contextualize this research,

NOTE Confidence: 0.8411079

00:22:43.010 --> 00:22:45.140 study as we move into this,

NOTE Confidence: 0.8411079

00:22:45.140 --> 00:22:47.632 I want to talk this briefly about

NOTE Confidence: 0.8411079

00:22:47.632 --> 00:22:49.969 the concept of syndemic theory.

NOTE Confidence: 0.8411079

00:22:49.970 --> 00:22:52.124 So within the context of historical

NOTE Confidence: 0.8411079

00:22:52.124 --> 00:22:54.087 trauma from high levels of

NOTE Confidence: 0.8411079

00:22:54.087 --> 00:22:55.458 poverty and discrimination,

NOTE Confidence: 0.8411079

00:22:55.460 --> 00:22:58.563 what you can see ***** endemics of trauma,

NOTE Confidence: 0.8411079

00:22:58.563 --> 00:23:00.849 exposure, substance use in HIV risk

NOTE Confidence: 0.8411079

00:23:00.849 --> 00:23:03.136 behavior so it's endemic is the

NOTE Confidence: 0.8411079

00:23:03.136 --> 00:23:04.981 aggregation of concurrent or sequential

NOTE Confidence: 0.8411079

00:23:05.043 --> 00:23:06.827 epidemics or disease clusters,

NOTE Confidence: 0.8411079

00:23:06.830 --> 00:23:08.394 which exacerbate the prognosis
NOTE Confidence: 0.8411079

00:23:08.394 --> 00:23:09.958 and burden of disease.
NOTE Confidence: 0.8411079

00:23:09.960 --> 00:23:12.725 So when we talk about comorbidity research
NOTE Confidence: 0.8411079

00:23:12.725 --> 00:23:15.122 like the research I've been talking
NOTE Confidence: 0.8411079

00:23:15.122 --> 00:23:17.402 about with PTSD and substance use,
NOTE Confidence: 0.8411079

00:23:17.410 --> 00:23:20.224 we tend to focus on the boundaries
NOTE Confidence: 0.8411079

00:23:20.224 --> 00:23:22.340 and overlap of diagnosis.
NOTE Confidence: 0.8411079

00:23:22.340 --> 00:23:24.340 Syndemic theory focuses on communities
NOTE Confidence: 0.8411079

00:23:24.340 --> 00:23:26.340 that are experiencing Co occurring
NOTE Confidence: 0.8411079

00:23:26.399 --> 00:23:28.403 epidemics that additively increase
NOTE Confidence: 0.8411079

00:23:28.403 --> 00:23:29.906 negative health consequences.
NOTE Confidence: 0.8411079

00:23:29.910 --> 00:23:31.570 So for this community,
NOTE Confidence: 0.8411079

00:23:31.570 --> 00:23:34.585 what we see is PTSD concurrent with
NOTE Confidence: 0.8411079

00:23:34.585 --> 00:23:37.707 HIV that leads to more rapid HIV
NOTE Confidence: 0.8411079

00:23:37.707 --> 00:23:39.700 disease progression for survival,
NOTE Confidence: 0.8411079

00:23:39.700 --> 00:23:42.890 greater costs and services and

NOTE Confidence: 0.8411079

00:23:42.890 --> 00:23:45.442 lower adherence to medical.

NOTE Confidence: 0.8411079

00:23:45.450 --> 00:23:47.640 Very few HIV interventions address some

NOTE Confidence: 0.8411079

00:23:47.640 --> 00:23:50.100 of the risk factors such as trauma,

NOTE Confidence: 0.8411079

00:23:50.100 --> 00:23:52.980 exposure, mental health and substance use.

NOTE Confidence: 0.8411079

00:23:52.980 --> 00:23:55.125 An other researchers found that

NOTE Confidence: 0.8411079

00:23:55.125 --> 00:23:58.047 interventions that failed to do so have

NOTE Confidence: 0.8411079

00:23:58.047 --> 00:24:00.879 poor rates of condom use in health outcomes.

NOTE Confidence: 0.8411079

00:24:00.880 --> 00:24:03.645 Outcomes are worse for those with PTSD.

NOTE Confidence: 0.8411079

00:24:03.650 --> 00:24:06.610 This image is an odds the boarding schools

NOTE Confidence: 0.8411079

00:24:06.610 --> 00:24:09.570 which did affect this community as well,

NOTE Confidence: 0.8411079

00:24:09.570 --> 00:24:11.150 were Native American children

NOTE Confidence: 0.8411079

00:24:11.150 --> 00:24:13.125 were removed from their phones,

NOTE Confidence: 0.8411079

00:24:13.130 --> 00:24:16.070 isolated from their communities.

NOTE Confidence: 0.8411079

00:24:16.070 --> 00:24:18.368 And were rates of child abuse

NOTE Confidence: 0.8411079

00:24:18.368 --> 00:24:19.900 for actually extremely high.

NOTE Confidence: 0.8527862

00:24:22.330 --> 00:24:24.472 So this particular project was was
NOTE Confidence: 0.8527862

00:24:24.472 --> 00:24:25.900 a community based participatory
NOTE Confidence: 0.8527862

00:24:25.957 --> 00:24:27.310 research project address,
NOTE Confidence: 0.8527862

00:24:27.310 --> 00:24:28.297 comma related symptoms,
NOTE Confidence: 0.8527862

00:24:28.297 --> 00:24:30.271 and improve the health and well
NOTE Confidence: 0.8527862

00:24:30.271 --> 00:24:32.143 being of Native American women
NOTE Confidence: 0.8527862

00:24:32.143 --> 00:24:33.631 whose community initiative initiated
NOTE Confidence: 0.8527862

00:24:33.631 --> 00:24:35.303 so they approached University
NOTE Confidence: 0.8527862

00:24:35.303 --> 00:24:37.483 of Washington at the Indigenous
NOTE Confidence: 0.8527862

00:24:37.483 --> 00:24:39.313 Wellness Research Institute and
NOTE Confidence: 0.8527862

00:24:39.313 --> 00:24:41.878 asked for help with addressing
NOTE Confidence: 0.8527862

00:24:41.878 --> 00:24:43.930 trauma within their community.
NOTE Confidence: 0.8527862

00:24:43.930 --> 00:24:44.814 In partnership,
NOTE Confidence: 0.8527862

00:24:44.814 --> 00:24:47.466 we went through and talked about
NOTE Confidence: 0.8527862

00:24:47.466 --> 00:24:49.033 various treatment options and
NOTE Confidence: 0.8527862

00:24:49.033 --> 00:24:51.189 they felt that CPT would be a

NOTE Confidence: 0.8527862

00:24:51.189 --> 00:24:53.369 good option for them based on

NOTE Confidence: 0.8527862

00:24:53.369 --> 00:24:55.635 international work that I had done

NOTE Confidence: 0.8527862

00:24:55.635 --> 00:24:57.910 with evaluating adapted CPT in

NOTE Confidence: 0.8527862

00:24:57.910 --> 00:25:00.650 Northern and Southern Rock and in

NOTE Confidence: 0.8527862

00:25:00.650 --> 00:25:02.750 the Democratic Republic of Congo.

NOTE Confidence: 0.8527862

00:25:02.750 --> 00:25:04.676 So the idea behind this project

NOTE Confidence: 0.8527862

00:25:04.676 --> 00:25:06.660 is if we treat the PTSD,

NOTE Confidence: 0.8527862

00:25:06.660 --> 00:25:08.616 do we see reductions in alcohol

NOTE Confidence: 0.8527862

00:25:08.616 --> 00:25:09.594 and substance use,

NOTE Confidence: 0.8527862

00:25:09.600 --> 00:25:11.328 and can we also see reductions

NOTE Confidence: 0.8527862

00:25:11.328 --> 00:25:13.510 then in high risk sexual behavior?

NOTE Confidence: 0.8649958

00:25:16.430 --> 00:25:18.390 So for this particular study,

NOTE Confidence: 0.8649958

00:25:18.390 --> 00:25:21.742 in part because it was the first clinical

NOTE Confidence: 0.8649958

00:25:21.742 --> 00:25:25.100 trial to evaluate treatments for PTSD.

NOTE Confidence: 0.8649958

00:25:25.100 --> 00:25:26.840 Within the Native American community,

NOTE Confidence: 0.8649958

00:25:26.840 --> 00:25:29.983 to think about that for a minute
NOTE Confidence: 0.8649958

00:25:29.983 --> 00:25:32.559 with this community is the first
NOTE Confidence: 0.8649958

00:25:32.559 --> 00:25:35.219 novel file in a very high risk.
NOTE Confidence: 0.8649958

00:25:35.220 --> 00:25:38.251 Collation we had 70 three women from
NOTE Confidence: 0.8649958

00:25:38.251 --> 00:25:40.480 Pacific Northwest Travel Reservation.
NOTE Confidence: 0.8649958

00:25:40.480 --> 00:25:43.072 About 71% had a high school degree about
NOTE Confidence: 0.8649958

00:25:43.072 --> 00:25:45.349 Path had a primary partner baseline
NOTE Confidence: 0.8649958

00:25:45.349 --> 00:25:48.124 with high rates of palm exposure and
NOTE Confidence: 0.8649958

00:25:48.124 --> 00:25:49.944 substance use disorders which I'm
NOTE Confidence: 0.8649958

00:25:49.944 --> 00:25:52.852 going to show you in just a sack.
NOTE Confidence: 0.8649958

00:25:52.852 --> 00:25:55.072 About 35% of the individuals in
NOTE Confidence: 0.8649958

00:25:55.072 --> 00:25:56.937 this particular County or below
NOTE Confidence: 0.8649958

00:25:56.937 --> 00:25:59.069 the poverty line as compared to
NOTE Confidence: 0.8649958

00:25:59.069 --> 00:26:03.160 14% in the state of Washington.
NOTE Confidence: 0.8649958

00:26:03.160 --> 00:26:05.323 So in terms of comics Ledger we
NOTE Confidence: 0.8649958

00:26:05.323 --> 00:26:08.047 had was about three and four had

NOTE Confidence: 0.8649958

00:26:08.047 --> 00:26:09.767 experienced child sexual abuse,

NOTE Confidence: 0.8649958

00:26:09.770 --> 00:26:12.164 about three and four reported lifetime

NOTE Confidence: 0.8649958

00:26:12.164 --> 00:26:14.794 physical assault and two out of every

NOTE Confidence: 0.8649958

00:26:14.794 --> 00:26:16.732 three met full criteria for PTSD.

NOTE Confidence: 0.8649958

00:26:16.740 --> 00:26:19.515 We did take subthreshold PTSD

NOTE Confidence: 0.8649958

00:26:19.515 --> 00:26:21.735 in this particular trial.

NOTE Confidence: 0.8649958

00:26:21.740 --> 00:26:24.526 70% my criteria for substance abuse or

NOTE Confidence: 0.8649958

00:26:24.526 --> 00:26:27.145 dependence and 60 four reported binge

NOTE Confidence: 0.8649958

00:26:27.145 --> 00:26:29.845 drinking in terms of substance abuse.

NOTE Confidence: 0.8649958

00:26:29.850 --> 00:26:32.412 At 60% my criteria for dependence

NOTE Confidence: 0.8649958

00:26:32.412 --> 00:26:34.062 and 10% for abused.

NOTE Confidence: 0.8649958

00:26:34.062 --> 00:26:36.042 Predominantly alcohol with a smaller

NOTE Confidence: 0.8649958

00:26:36.042 --> 00:26:38.389 subset that were misusing cannabis.

NOTE Confidence: 0.85942477

00:26:41.990 --> 00:26:44.240 So couple things to point out.

NOTE Confidence: 0.85942477

00:26:44.240 --> 00:26:48.220 In this we had about a 43% dropout from CPT.

NOTE Confidence: 0.85942477

00:26:48.220 --> 00:26:50.920 That's fairly comparable with other PTSD

NOTE Confidence: 0.85942477

00:26:50.920 --> 00:26:53.074 substance use trials and we had about

NOTE Confidence: 0.85942477

00:26:53.074 --> 00:26:55.120 a 33% dropout for delayed treatment.

NOTE Confidence: 0.85942477

00:26:55.120 --> 00:26:57.370 We had much greater problems in

NOTE Confidence: 0.85942477

00:26:57.430 --> 00:26:59.644 this study with loss to follow

NOTE Confidence: 0.85942477

00:26:59.644 --> 00:27:01.120 up around assessment measures,

NOTE Confidence: 0.85942477

00:27:01.120 --> 00:27:03.738 even over a very brief follow-up period.

NOTE Confidence: 0.85942477

00:27:03.740 --> 00:27:06.064 I think in part because that that

NOTE Confidence: 0.85942477

00:27:06.064 --> 00:27:08.620 piece of it was less compelling.

NOTE Confidence: 0.8195491

00:27:12.710 --> 00:27:15.326 So the dig into some of the results.

NOTE Confidence: 0.8195491

00:27:15.330 --> 00:27:17.507 So this is the data on CPT

NOTE Confidence: 0.8195491

00:27:17.507 --> 00:27:19.580 as compared to the wait list.

NOTE Confidence: 0.8195491

00:27:19.580 --> 00:27:21.708 What we found out was that among the

NOTE Confidence: 0.8195491

00:27:21.708 --> 00:27:23.391 participants in the immediate intervention

NOTE Confidence: 0.8195491

00:27:23.391 --> 00:27:25.211 condition as compared to participants

NOTE Confidence: 0.8195491

00:27:25.211 --> 00:27:27.429 in the wait list control condition,

NOTE Confidence: 0.8195491

00:27:27.430 --> 00:27:29.750 we had an 8 point greater post baseline

NOTE Confidence: 0.8195491

00:27:29.750 --> 00:27:31.678 reduction in PTSD symptoms severity.

NOTE Confidence: 0.8195491

00:27:31.680 --> 00:27:33.885 This is miss somewhat lower drop in

NOTE Confidence: 0.8195491

00:27:33.885 --> 00:27:36.579 PTSD and then we see another CPT trials.

NOTE Confidence: 0.8195491

00:27:36.580 --> 00:27:38.404 I think reflecting the level of

NOTE Confidence: 0.8195491

00:27:38.404 --> 00:27:40.510 severity of distress in the population,

NOTE Confidence: 0.8195491

00:27:40.510 --> 00:27:42.918 we also found a dose effect where.

NOTE Confidence: 0.8195491

00:27:42.920 --> 00:27:45.988 Each additional CPT session

NOTE Confidence: 0.8195491

00:27:45.988 --> 00:27:49.823 attended was associated with 1.3.

NOTE Confidence: 0.8195491

00:27:49.830 --> 00:27:52.002 Greater reduction in PTSD symptoms and

NOTE Confidence: 0.8195491

00:27:52.002 --> 00:27:54.488 just to clarify everyone in the wait list.

NOTE Confidence: 0.8195491

00:27:54.490 --> 00:27:55.790 Then received the PT.

NOTE Confidence: 0.8195491

00:27:55.790 --> 00:27:58.160 We didn't leave people dressed in white.

NOTE Confidence: 0.8165198

00:28:00.460 --> 00:28:02.452 In terms of our hypotheses around

NOTE Confidence: 0.8165198

00:28:02.452 --> 00:28:04.695 substance use, what we saw was a

NOTE Confidence: 0.8165198

00:28:04.695 --> 00:28:06.689 significant decrease in alcohol use for

NOTE Confidence: 0.8165198

00:28:06.689 --> 00:28:08.412 the people received, CPT announced.

NOTE Confidence: 0.8165198

00:28:08.412 --> 00:28:10.368 There was a 1.4 greater reduction

NOTE Confidence: 0.8165198

00:28:10.368 --> 00:28:12.439 in the frequency of alcohol use

NOTE Confidence: 0.8165198

00:28:12.439 --> 00:28:14.846 and a .8 point greater reduction in

NOTE Confidence: 0.8165198

00:28:14.846 --> 00:28:16.730 the frequency of illicit drug use.

NOTE Confidence: 0.8165198

00:28:16.730 --> 00:28:17.804 A smaller effect.

NOTE Confidence: 0.8165198

00:28:17.804 --> 00:28:19.952 But we also have fewer people

NOTE Confidence: 0.8165198

00:28:19.952 --> 00:28:21.329 using illicit drugs.

NOTE Confidence: 0.8165198

00:28:21.330 --> 00:28:23.796 We felt we had no significant

NOTE Confidence: 0.8165198

00:28:23.796 --> 00:28:25.440 differences in alcohol problems,

NOTE Confidence: 0.8165198

00:28:25.440 --> 00:28:27.785 total sexual risk behaviors and

NOTE Confidence: 0.8165198

00:28:27.785 --> 00:28:30.578 rates of non condom protected sex

NOTE Confidence: 0.8165198

00:28:30.578 --> 00:28:32.750 and we saw fewer effects than

NOTE Confidence: 0.8165198

00:28:32.750 --> 00:28:35.297 we would have liked on HIV risk.

NOTE Confidence: 0.8165198

00:28:35.300 --> 00:28:38.284 We did see again a dose effect for

NOTE Confidence: 0.8165198

00:28:38.284 --> 00:28:40.514 each additional CPT session attended

NOTE Confidence: 0.8165198

00:28:40.514 --> 00:28:43.334 was associated with a .4 greater

NOTE Confidence: 0.8165198

00:28:43.334 --> 00:28:45.369 reduction in alcohol problems.

NOTE Confidence: 0.8165198

00:28:45.370 --> 00:28:48.403 Now just to follow up on this where we

NOTE Confidence: 0.8165198

00:28:48.403 --> 00:28:51.317 are now with this body of research,

NOTE Confidence: 0.8165198

00:28:51.320 --> 00:28:53.805 we found that on average the women

NOTE Confidence: 0.8165198

00:28:53.805 --> 00:28:56.332 attended about 6 missions and so based

NOTE Confidence: 0.8165198

00:28:56.332 --> 00:28:58.892 on this right now what we're looking

NOTE Confidence: 0.8165198

00:28:58.892 --> 00:29:02.108 at is the use of narrative exposure therapy,

NOTE Confidence: 0.8165198

00:29:02.110 --> 00:29:03.594 which does not involve

NOTE Confidence: 0.8165198

00:29:03.594 --> 00:29:04.707 practice between sessions.

NOTE Confidence: 0.8165198

00:29:04.710 --> 00:29:06.570 It has no writing component.

NOTE Confidence: 0.8165198

00:29:06.570 --> 00:29:09.060 It's been used extensively with refugees

NOTE Confidence: 0.8165198

00:29:09.060 --> 00:29:11.096 and was developed predominantly for

NOTE Confidence: 0.8165198

00:29:11.096 --> 00:29:13.266 use in low and middle income countries,

NOTE Confidence: 0.8165198

00:29:13.270 --> 00:29:15.628 and we're comparing that to motivational
NOTE Confidence: 0.8165198

00:29:15.628 --> 00:29:17.200 interviewing versus skills training.
NOTE Confidence: 0.8165198

00:29:17.200 --> 00:29:20.590 To try to dig in a little bit more about how,
NOTE Confidence: 0.8165198

00:29:20.590 --> 00:29:23.137 how can we help get some at HIV risk
NOTE Confidence: 0.8165198

00:29:23.137 --> 00:29:25.520 behaviors down as well with this community?
NOTE Confidence: 0.8165198

00:29:25.520 --> 00:29:26.800 And that trial is,
NOTE Confidence: 0.8165198

00:29:26.800 --> 00:29:28.400 I think about five artist.
NOTE Confidence: 0.8165198

00:29:28.400 --> 00:29:28.670 Spence,
NOTE Confidence: 0.8165198

00:29:28.670 --> 00:29:29.750 short of being completed,
NOTE Confidence: 0.8165198

00:29:29.750 --> 00:29:31.682 so I have answers for you about
NOTE Confidence: 0.8165198

00:29:31.682 --> 00:29:33.510 how that worked in a little bit.
NOTE Confidence: 0.84488165

00:29:36.060 --> 00:29:39.012 So I'm going to shift gears just yet
NOTE Confidence: 0.84488165

00:29:39.012 --> 00:29:41.878 again and talk about another child where
NOTE Confidence: 0.84488165

00:29:41.878 --> 00:29:45.579 we really did try to dig in on this
NOTE Confidence: 0.84488165

00:29:45.579 --> 00:29:48.334 question of which roots might help the
NOTE Confidence: 0.84488165

00:29:48.334 --> 00:29:51.092 most based on the body of literature

NOTE Confidence: 0.84488165

00:29:51.092 --> 00:29:53.477 around treatment of PTSD and substance.

NOTE Confidence: 0.84488165

00:29:53.480 --> 00:29:57.044 Use the based on this prior body of work.

NOTE Confidence: 0.84488165

00:29:57.050 --> 00:29:57.998 It's worth evaluating.

NOTE Confidence: 0.84488165

00:29:57.998 --> 00:30:00.210 At least we felt it was the

NOTE Confidence: 0.84488165

00:30:00.281 --> 00:30:02.153 alternative approach of predominantly

NOTE Confidence: 0.84488165

00:30:02.153 --> 00:30:04.961 targeting one or the other disorder.

NOTE Confidence: 0.84488165

00:30:04.970 --> 00:30:06.550 The field of PTSD,

NOTE Confidence: 0.84488165

00:30:06.550 --> 00:30:07.745 substance use, comorbidity,

NOTE Confidence: 0.84488165

00:30:07.745 --> 00:30:10.175 move very quickly to integrated treatments.

NOTE Confidence: 0.84488165

00:30:10.180 --> 00:30:12.330 Without many studies focused on

NOTE Confidence: 0.84488165

00:30:12.330 --> 00:30:14.480 PTSD treatments as a potential

NOTE Confidence: 0.84488165

00:30:14.552 --> 00:30:15.938 pathway to recovery,

NOTE Confidence: 0.84488165

00:30:15.940 --> 00:30:18.621 So what we were interested in is

NOTE Confidence: 0.84488165

00:30:18.621 --> 00:30:21.826 if you use a high quality PTSD

NOTE Confidence: 0.84488165

00:30:21.826 --> 00:30:24.766 therapy as compared to high quality

NOTE Confidence: 0.84488165

00:30:24.862 --> 00:30:27.450 alcohol use disorder therapy.
NOTE Confidence: 0.84488165

00:30:27.450 --> 00:30:30.294 What happens with both the primary
NOTE Confidence: 0.84488165

00:30:30.294 --> 00:30:32.862 target disorder and the secondary
NOTE Confidence: 0.84488165

00:30:32.862 --> 00:30:36.366 disorder during the course of treatment?
NOTE Confidence: 0.84488165

00:30:36.370 --> 00:30:38.400 And our idea with this is that
NOTE Confidence: 0.84488165

00:30:38.400 --> 00:30:40.529 this may help improve treatment.
NOTE Confidence: 0.84488165

00:30:40.530 --> 00:30:41.882 An informed standard practice.
NOTE Confidence: 0.84488165

00:30:41.882 --> 00:30:44.327 So we recruited from the VA and
NOTE Confidence: 0.84488165

00:30:44.327 --> 00:30:46.427 Community and randomize people to CPT,
NOTE Confidence: 0.84488165

00:30:46.430 --> 00:30:48.170 relapse prevention or daily assessments.
NOTE Confidence: 0.84488165

00:30:48.170 --> 00:30:49.900 Let me show you that.
NOTE Confidence: 0.89056444

00:30:52.540 --> 00:30:53.980 So individuals randomized now
NOTE Confidence: 0.89056444

00:30:53.980 --> 00:30:55.420 for this particular study,
NOTE Confidence: 0.89056444

00:30:55.420 --> 00:30:57.490 and there are some results that
NOTE Confidence: 0.89056444

00:30:57.490 --> 00:30:59.686 I'm not going to delve into
NOTE Confidence: 0.89056444

00:30:59.686 --> 00:31:01.900 just in the interests of time.

NOTE Confidence: 0.89056444

00:31:01.900 --> 00:31:05.099 During this phase of the trial here.

NOTE Confidence: 0.89056444

00:31:05.100 --> 00:31:07.780 People were conducting IVR assessments

NOTE Confidence: 0.89056444

00:31:07.780 --> 00:31:11.425 daily both through two week baseline and

NOTE Confidence: 0.89056444

00:31:11.425 --> 00:31:14.519 then over the 12 weeks of treatment.

NOTE Confidence: 0.89056444

00:31:14.520 --> 00:31:18.370 Six weeks for assessment only.

NOTE Confidence: 0.89056444

00:31:18.370 --> 00:31:20.116 So that we could actually study

NOTE Confidence: 0.89056444

00:31:20.116 --> 00:31:21.810 over the course of therapy.

NOTE Confidence: 0.89056444

00:31:21.810 --> 00:31:23.861 Some of those questions that we looked

NOTE Confidence: 0.89056444

00:31:23.861 --> 00:31:26.235 at in that smaller trial of are we

NOTE Confidence: 0.89056444

00:31:26.235 --> 00:31:28.423 seeing skills use make a difference and

NOTE Confidence: 0.89056444

00:31:28.423 --> 00:31:30.845 how can we understand the process of

NOTE Confidence: 0.89056444

00:31:30.845 --> 00:31:32.770 change during the course of therapy?

NOTE Confidence: 0.89056444

00:31:32.770 --> 00:31:35.587 I'm not going to go into those results today,

NOTE Confidence: 0.89056444

00:31:35.590 --> 00:31:38.662 but I do want you to be aware

NOTE Confidence: 0.89056444

00:31:38.662 --> 00:31:41.519 of that part of this study.

NOTE Confidence: 0.89056444

00:31:41.520 --> 00:31:43.296 So in terms of this child,
NOTE Confidence: 0.89056444

00:31:43.300 --> 00:31:44.872 what I'm going to be talking
NOTE Confidence: 0.89056444

00:31:44.872 --> 00:31:46.550 about is this initial comparison,
NOTE Confidence: 0.89056444

00:31:46.550 --> 00:31:49.214 and then also the results for the long term.
NOTE Confidence: 0.89056444

00:31:49.220 --> 00:31:51.824 Follow up for the group that
NOTE Confidence: 0.89056444

00:31:51.824 --> 00:31:53.126 were collapsed in.
NOTE Confidence: 0.89056444

00:31:53.130 --> 00:31:57.108 Randomized so with this particular project,
NOTE Confidence: 0.89056444

00:31:57.110 --> 00:31:59.270 randomization was stratified by gender.
NOTE Confidence: 0.89056444

00:31:59.270 --> 00:32:01.856 PTSD severity and alcohol use severity.
NOTE Confidence: 0.89056444

00:32:01.860 --> 00:32:05.964 People had to meet full criteria for PTSD.
NOTE Confidence: 0.89056444

00:32:05.970 --> 00:32:08.777 On an for an alcohol use disorder.
NOTE Confidence: 0.89056444

00:32:08.780 --> 00:32:11.300 And they needed to be willing to
NOTE Confidence: 0.89056444

00:32:11.300 --> 00:32:13.470 think about changing their drinking.
NOTE Confidence: 0.89056444

00:32:13.470 --> 00:32:15.490 The exclusion criteria were uncontrolled,
NOTE Confidence: 0.89056444

00:32:15.490 --> 00:32:16.696 psychotic manic symptoms,
NOTE Confidence: 0.89056444

00:32:16.696 --> 00:32:18.304 recent suicide outer homicide,

NOTE Confidence: 0.89056444
00:32:18.310 --> 00:32:20.320 ality if they were currently
NOTE Confidence: 0.89056444
00:32:20.320 --> 00:32:21.928 in a violent relationship,
NOTE Confidence: 0.89056444
00:32:21.930 --> 00:32:23.940 or if they were experiencing
NOTE Confidence: 0.89056444
00:32:23.940 --> 00:32:24.744 withdrawal symptoms,
NOTE Confidence: 0.89056444
00:32:24.750 --> 00:32:27.578 and if their medications have been changed.
NOTE Confidence: 0.89056444
00:32:27.580 --> 00:32:31.610 If they had taken an abuse in the past month,
NOTE Confidence: 0.89056444
00:32:31.610 --> 00:32:34.554 or if they were already in an evidence
NOTE Confidence: 0.89056444
00:32:34.554 --> 00:32:37.250 based PTSD or alcohol use treatment.
NOTE Confidence: 0.69702333
00:32:39.750 --> 00:32:42.690 With this therapy for this trial.
NOTE Confidence: 0.69702333
00:32:42.690 --> 00:32:45.732 What we did is we ask that each treatment
NOTE Confidence: 0.69702333
00:32:45.732 --> 00:32:48.530 be delivered in a non adapted way.
NOTE Confidence: 0.69702333
00:32:48.530 --> 00:32:50.798 So what that means for CPT is
NOTE Confidence: 0.69702333
00:32:50.798 --> 00:32:52.550 the drinking was addressed.
NOTE Confidence: 0.69702333
00:32:52.550 --> 00:32:54.614 It was addressed when it functioned
NOTE Confidence: 0.69702333
00:32:54.614 --> 00:32:56.930 as avoidance and it was addressed.
NOTE Confidence: 0.69702333

00:32:56.930 --> 00:32:59.110 If there were particular cognitive
NOTE Confidence: 0.69702333

00:32:59.110 --> 00:33:01.290 distortions about drinking that were
NOTE Confidence: 0.69702333

00:33:01.359 --> 00:33:03.809 getting in the way of recovery from
NOTE Confidence: 0.69702333

00:33:03.809 --> 00:33:05.517 PTSD and participants were encouraged
NOTE Confidence: 0.69702333

00:33:05.517 --> 00:33:08.380 to use the CPT skills to work on alcohol
NOTE Confidence: 0.69702333

00:33:08.380 --> 00:33:11.380 related thoughts when they came up.
NOTE Confidence: 0.69702333

00:33:11.380 --> 00:33:13.180 But it wasn't a major focus
NOTE Confidence: 0.69702333

00:33:13.180 --> 00:33:14.380 in the therapy sessions,
NOTE Confidence: 0.69702333

00:33:14.380 --> 00:33:16.168 except in these cases.
NOTE Confidence: 0.69702333

00:33:16.168 --> 00:33:17.509 In relapse prevention,
NOTE Confidence: 0.69702333

00:33:17.510 --> 00:33:20.126 PTSD was addressed as a trigger
NOTE Confidence: 0.69702333

00:33:20.126 --> 00:33:21.870 for craving or drinking.
NOTE Confidence: 0.69702333

00:33:21.870 --> 00:33:24.348 And was addressed when excuse me,
NOTE Confidence: 0.69702333

00:33:24.350 --> 00:33:26.840 but in explicit discussion of trauma,
NOTE Confidence: 0.69702333

00:33:26.840 --> 00:33:28.079 memories was prohibited.
NOTE Confidence: 0.88707733

00:33:31.590 --> 00:33:35.019 So in terms of what we controlled for and

NOTE Confidence: 0.88707733

00:33:35.019 --> 00:33:38.309 just the demographics about the sample,

NOTE Confidence: 0.88707733

00:33:38.310 --> 00:33:42.958 the sample on average was about 42.

NOTE Confidence: 0.88707733

00:33:42.960 --> 00:33:45.172 101 participants most of

NOTE Confidence: 0.88707733

00:33:45.172 --> 00:33:47.384 our participants were white,

NOTE Confidence: 0.88707733

00:33:47.390 --> 00:33:49.698 followed by African Americans.

NOTE Confidence: 0.88707733

00:33:49.698 --> 00:33:52.583 Individuals who were multiracial in

NOTE Confidence: 0.88707733

00:33:52.583 --> 00:33:55.844 a smaller subset were Asian Native

NOTE Confidence: 0.88707733

00:33:55.844 --> 00:34:01.460 American and about 21% were Hispanic or.

NOTE Confidence: 0.88707733

00:34:01.460 --> 00:34:03.584 Most the single and never married

NOTE Confidence: 0.88707733

00:34:03.584 --> 00:34:05.710 33% were college graduates and 38%

NOTE Confidence: 0.88707733

00:34:05.710 --> 00:34:07.828 were working full or part time,

NOTE Confidence: 0.88707733

00:34:07.830 --> 00:34:11.508 so it's a fairly impoverished sample.

NOTE Confidence: 0.88707733

00:34:11.510 --> 00:34:14.240 I did find that associate different

NOTE Confidence: 0.88707733

00:34:14.240 --> 00:34:16.060 demographic variables were nonsignificant,

NOTE Confidence: 0.88707733

00:34:16.060 --> 00:34:18.736 but a higher proportion of individuals

NOTE Confidence: 0.88707733

00:34:18.736 --> 00:34:21.050 in the relapse prevention condition
NOTE Confidence: 0.88707733

00:34:21.050 --> 00:34:24.178 were employed about 58% and had
NOTE Confidence: 0.88707733

00:34:24.178 --> 00:34:27.398 annual household incomes above 40%.
NOTE Confidence: 0.88707733

00:34:27.400 --> 00:34:30.379 All of our models that I'm going to be
NOTE Confidence: 0.88707733

00:34:30.379 --> 00:34:32.193 discussing controlled for differences
NOTE Confidence: 0.88707733

00:34:32.193 --> 00:34:34.553 in PTSD and drinking outcome.
NOTE Confidence: 0.88707733

00:34:34.560 --> 00:34:35.766 Or excuse me.
NOTE Confidence: 0.88707733

00:34:35.766 --> 00:34:38.178 All of the models controlled for
NOTE Confidence: 0.88707733

00:34:38.178 --> 00:34:39.739 sociodemographic variables of sex,
NOTE Confidence: 0.88707733

00:34:39.740 --> 00:34:41.332 age, race, and ethnicity,
NOTE Confidence: 0.88707733

00:34:41.332 --> 00:34:45.100 employment status, and treatment site.
NOTE Confidence: 0.88707733

00:34:45.100 --> 00:34:48.472 Treatment was conducted at a community
NOTE Confidence: 0.88707733

00:34:48.472 --> 00:34:52.480 trauma clinics as well as the Seattle VA.
NOTE Confidence: 0.88707733

00:34:52.480 --> 00:34:54.960 So let's look at how each active condition
NOTE Confidence: 0.88707733

00:34:54.960 --> 00:34:57.477 did as compared to daily monitoring.
NOTE Confidence: 0.88707733

00:34:57.480 --> 00:34:58.908 With weekly Checkins or

NOTE Confidence: 0.88707733

00:34:58.908 --> 00:34:59.979 the control condition.

NOTE Confidence: 0.88707733

00:34:59.980 --> 00:35:02.479 Now these are intent to treat analysis.

NOTE Confidence: 0.88707733

00:35:02.480 --> 00:35:05.684 The first set that I'm going to show you,

NOTE Confidence: 0.88707733

00:35:05.690 --> 00:35:08.687 it looks at the effects of CPT and relapse

NOTE Confidence: 0.88707733

00:35:08.687 --> 00:35:11.039 prevention as compared to assessment only.

NOTE Confidence: 0.88707733

00:35:11.040 --> 00:35:12.645 These are mixed effects models

NOTE Confidence: 0.88707733

00:35:12.645 --> 00:35:14.250 that include fixed effects for

NOTE Confidence: 0.88707733

00:35:14.308 --> 00:35:15.888 covariate condition and condition

NOTE Confidence: 0.88707733

00:35:15.888 --> 00:35:17.468 by time interaction terms.

NOTE Confidence: 0.77729976

00:35:19.570 --> 00:35:22.002 So what we saw in this initial this

NOTE Confidence: 0.77729976

00:35:22.002 --> 00:35:24.599 is just baseline to post treatment.

NOTE Confidence: 0.77729976

00:35:24.600 --> 00:35:28.164 Was that there was a significant

NOTE Confidence: 0.77729976

00:35:28.164 --> 00:35:31.660 improvement overtime across all conditions.

NOTE Confidence: 0.77729976

00:35:31.660 --> 00:35:33.706 We also did find an interaction

NOTE Confidence: 0.77729976

00:35:33.706 --> 00:35:35.533 with time by condition effects

NOTE Confidence: 0.77729976

00:35:35.533 --> 00:35:37.523 that were significant for CPT
NOTE Confidence: 0.77729976

00:35:37.523 --> 00:35:40.106 versus assessment only in the model
NOTE Confidence: 0.77729976

00:35:40.106 --> 00:35:41.958 predicting PTSD symptoms severity.
NOTE Confidence: 0.77729976

00:35:41.960 --> 00:35:43.572 Now it wasn't significant,
NOTE Confidence: 0.77729976

00:35:43.572 --> 00:35:45.990 but relapse prevention also was associated
NOTE Confidence: 0.77729976

00:35:46.056 --> 00:35:47.986 with decreases in PTSD symptoms
NOTE Confidence: 0.77729976

00:35:47.986 --> 00:35:50.270 severity as compared to assessment only.
NOTE Confidence: 0.77729976

00:35:50.270 --> 00:35:52.720 But as I say, it didn't actually
NOTE Confidence: 0.77729976

00:35:52.720 --> 00:35:55.020 hit the mark for statistics.
NOTE Confidence: 0.838773

00:35:59.460 --> 00:36:01.826 We did find that both active treatment
NOTE Confidence: 0.838773

00:36:01.826 --> 00:36:03.655 and dish conditions were associated
NOTE Confidence: 0.838773

00:36:03.655 --> 00:36:05.525 with reductions in drinking and
NOTE Confidence: 0.838773

00:36:05.525 --> 00:36:07.639 as compared with assessment only.
NOTE Confidence: 0.838773

00:36:07.640 --> 00:36:09.788 But this interaction boots.
NOTE Confidence: 0.838773

00:36:09.788 --> 00:36:12.473 Did not reach statistical significance.
NOTE Confidence: 0.8286228

00:36:15.480 --> 00:36:17.228 In terms of reductions

NOTE Confidence: 0.8286228

00:36:17.228 --> 00:36:18.976 in heavy drinking days,

NOTE Confidence: 0.8286228

00:36:18.980 --> 00:36:21.860 what we found was a statistically

NOTE Confidence: 0.8286228

00:36:21.860 --> 00:36:23.780 significant difference from baseline

NOTE Confidence: 0.8286228

00:36:23.854 --> 00:36:25.990 to post treatment for both their

NOTE Confidence: 0.8286228

00:36:25.990 --> 00:36:28.590 face as compared to assessment only.

NOTE Confidence: 0.8286228

00:36:28.590 --> 00:36:32.748 What we found was that those in CPT had

NOTE Confidence: 0.8286228

00:36:32.748 --> 00:36:35.590 about a 50% greater decrease in heavy

NOTE Confidence: 0.8286228

00:36:35.590 --> 00:36:38.640 drinking days as compared to assessment only.

NOTE Confidence: 0.8286228

00:36:38.640 --> 00:36:41.256 Relapse prevention participants had a 66%

NOTE Confidence: 0.8286228

00:36:41.260 --> 00:36:43.450 greater difference or greater decrease.

NOTE Confidence: 0.8568843

00:36:45.770 --> 00:36:48.266 So let's talk about change overtime.

NOTE Confidence: 0.8568843

00:36:48.270 --> 00:36:51.054 One of our primary questions was

NOTE Confidence: 0.8568843

00:36:51.054 --> 00:36:53.930 would these changes be maintained?

NOTE Confidence: 0.8568843

00:36:53.930 --> 00:36:56.093 And so for this second set of

NOTE Confidence: 0.8568843

00:36:56.093 --> 00:36:57.880 analysis with this includes the

NOTE Confidence: 0.8568843

00:36:57.880 --> 00:36:59.860 people who were re randomized,
NOTE Confidence: 0.8568843

00:36:59.860 --> 00:37:02.170 what initially got an assessment
NOTE Confidence: 0.8568843

00:37:02.170 --> 00:37:04.480 only were re randomized after
NOTE Confidence: 0.8568843

00:37:04.560 --> 00:37:06.348 their initial follow up.
NOTE Confidence: 0.8568843

00:37:06.350 --> 00:37:08.174 And so for those originally in
NOTE Confidence: 0.8568843

00:37:08.174 --> 00:37:10.050 the assessment on my condition,
NOTE Confidence: 0.8568843

00:37:10.050 --> 00:37:11.725 the first follow-up was treated
NOTE Confidence: 0.8568843

00:37:11.725 --> 00:37:13.065 as their pretreatment timepoint.
NOTE Confidence: 0.8555591

00:37:15.860 --> 00:37:18.490 The treatment and assessment completion
NOTE Confidence: 0.8555591

00:37:18.490 --> 00:37:21.120 rates were definitely not optimal,
NOTE Confidence: 0.8555591

00:37:21.120 --> 00:37:25.852 so about 52% as compared to 58% of CPT
NOTE Confidence: 0.8555591

00:37:25.852 --> 00:37:29.008 versus relapse spread to people attended
NOTE Confidence: 0.8555591

00:37:29.008 --> 00:37:33.590 75% or more of treatment sessions.
NOTE Confidence: 0.8555591

00:37:33.590 --> 00:37:36.152 On what you can see is really
NOTE Confidence: 0.8555591

00:37:36.152 --> 00:37:37.250 a substantive decrease,
NOTE Confidence: 0.8555591

00:37:37.250 --> 00:37:40.535 and people are making it to that one year.

NOTE Confidence: 0.8555591

00:37:40.540 --> 00:37:43.468 Follow up. Wait for that final follow up,

NOTE Confidence: 0.8555591

00:37:43.470 --> 00:37:45.355 but this is unfortunately pretty

NOTE Confidence: 0.8555591

00:37:45.355 --> 00:37:47.985 consistent with what we see in the

NOTE Confidence: 0.8555591

00:37:47.985 --> 00:37:49.690 PTSD stuff into the literature.

NOTE Confidence: 0.8555591

00:37:49.690 --> 00:37:51.435 Which is, it's really hard

NOTE Confidence: 0.8555591

00:37:51.435 --> 00:37:53.720 to hang on to these folks.

NOTE Confidence: 0.8555591

00:37:53.720 --> 00:37:55.142 Treatment completion rates.

NOTE Confidence: 0.8555591

00:37:55.142 --> 00:37:57.512 Actually, I think it's interesting

NOTE Confidence: 0.8555591

00:37:57.512 --> 00:38:00.244 that they are quite similar for

NOTE Confidence: 0.8555591

00:38:00.244 --> 00:38:01.956 CPT versus relapse prevention.

NOTE Confidence: 0.8555591

00:38:01.960 --> 00:38:02.598 And again,

NOTE Confidence: 0.8555591

00:38:02.598 --> 00:38:04.831 I think it argues that people can

NOTE Confidence: 0.8555591

00:38:04.831 --> 00:38:06.720 tolerate trauma focused therapies,

NOTE Confidence: 0.8555591

00:38:06.720 --> 00:38:08.910 or at least in anymore *****.

NOTE Confidence: 0.8555591

00:38:08.910 --> 00:38:10.378 Then another effective treatment.

NOTE Confidence: 0.8778383

00:38:14.920 --> 00:38:18.084 So what we found is that both
NOTE Confidence: 0.8778383

00:38:18.084 --> 00:38:20.057 treatments were associated with
NOTE Confidence: 0.8778383

00:38:20.057 --> 00:38:22.189 reductions in PTSD overtime.
NOTE Confidence: 0.8778383

00:38:22.190 --> 00:38:23.918 These were substantial reductions
NOTE Confidence: 0.8778383

00:38:23.918 --> 00:38:25.646 in PTSD symptoms severity,
NOTE Confidence: 0.8778383

00:38:25.650 --> 00:38:27.602 prevalence of meeting criteria
NOTE Confidence: 0.8778383

00:38:27.602 --> 00:38:30.042 for PTSD remission ranged from
NOTE Confidence: 0.8778383

00:38:30.042 --> 00:38:33.222 about 23 to 41% across the follow
NOTE Confidence: 0.8778383

00:38:33.222 --> 00:38:37.146 up time to meet some conditions.
NOTE Confidence: 0.8778383

00:38:37.150 --> 00:38:39.352 We also found that both treatments
NOTE Confidence: 0.8778383

00:38:39.352 --> 00:38:40.453 were associated reductions
NOTE Confidence: 0.8778383

00:38:40.453 --> 00:38:42.367 in days of drinking overtime.
NOTE Confidence: 0.84680575

00:38:45.350 --> 00:38:47.465 And that both treatments were
NOTE Confidence: 0.84680575

00:38:47.465 --> 00:38:49.157 associated with substantial reductions
NOTE Confidence: 0.84680575

00:38:49.157 --> 00:38:51.547 in days of heavy drinking overtime.
NOTE Confidence: 0.84680575

00:38:51.550 --> 00:38:54.574 We did see that those in relapse

NOTE Confidence: 0.84680575

00:38:54.574 --> 00:38:55.870 prevention showed statistically

NOTE Confidence: 0.84680575

00:38:55.946 --> 00:38:57.702 significant greater reductions in

NOTE Confidence: 0.84680575

00:38:57.702 --> 00:39:01.099 heavy days of drinking from pre to post

NOTE Confidence: 0.84680575

00:39:01.099 --> 00:39:03.514 treatment as compared to those in CPT.

NOTE Confidence: 0.84680575

00:39:03.520 --> 00:39:06.430 So it's about a 45% greater reduction

NOTE Confidence: 0.84680575

00:39:06.430 --> 00:39:09.370 in heavy drinking days and the ranges

NOTE Confidence: 0.84680575

00:39:09.370 --> 00:39:12.521 of those meeting criteria for low risk

NOTE Confidence: 0.84680575

00:39:12.521 --> 00:39:15.088 drinking range from about 42 to 52%.

NOTE Confidence: 0.8654976

00:39:18.140 --> 00:39:19.790 Now, with this particular study,

NOTE Confidence: 0.8654976

00:39:19.790 --> 00:39:22.430 what I would say in terms of take,

NOTE Confidence: 0.8654976

00:39:22.430 --> 00:39:25.034 some take home messages is that both

NOTE Confidence: 0.8654976

00:39:25.034 --> 00:39:26.608 treatments had significant significant

NOTE Confidence: 0.8654976

00:39:26.608 --> 00:39:29.394 effects on both primary and secondary tar.

NOTE Confidence: 0.8654976

00:39:29.400 --> 00:39:31.906 So more people assigned to CPT than

NOTE Confidence: 0.8654976

00:39:31.906 --> 00:39:32.980 relapse prevention experienced

NOTE Confidence: 0.8654976

00:39:33.043 --> 00:39:34.618 in early remission from PTSD,
NOTE Confidence: 0.8654976

00:39:34.620 --> 00:39:37.116 which may be helpful for some
NOTE Confidence: 0.8654976

00:39:37.116 --> 00:39:39.220 patients in reducing relapse risk.
NOTE Confidence: 0.8654976

00:39:39.220 --> 00:39:41.250 Don't treatments were associated with
NOTE Confidence: 0.8654976

00:39:41.250 --> 00:39:43.280 reductions in drinking relative to
NOTE Confidence: 0.8654976

00:39:43.339 --> 00:39:45.916 assessment, only at post treatment,
NOTE Confidence: 0.8654976

00:39:45.916 --> 00:39:48.361 and those early reductions in
NOTE Confidence: 0.8654976

00:39:48.361 --> 00:39:50.988 drinking or the sustained overtime.
NOTE Confidence: 0.8654976

00:39:50.990 --> 00:39:51.821 As you noted,
NOTE Confidence: 0.8654976

00:39:51.821 --> 00:39:53.483 I'm sure that there were challenges
NOTE Confidence: 0.8654976

00:39:53.483 --> 00:39:55.358 both with recruitment and drop out.
NOTE Confidence: 0.8654976

00:39:55.360 --> 00:39:57.142 We were able to recruit about
NOTE Confidence: 0.8654976

00:39:57.142 --> 00:39:59.224 half of the sample that we had
NOTE Confidence: 0.8654976

00:39:59.224 --> 00:40:00.874 hoped to get for this trial,
NOTE Confidence: 0.8654976

00:40:00.880 --> 00:40:02.536 so we were underpowered
NOTE Confidence: 0.8654976

00:40:02.536 --> 00:40:03.778 to detect differences.

NOTE Confidence: 0.8654976

00:40:03.780 --> 00:40:05.520 We had stricter entry criteria than

NOTE Confidence: 0.8654976

00:40:05.520 --> 00:40:07.320 many such studies which may have

NOTE Confidence: 0.8654976

00:40:07.320 --> 00:40:09.090 affected our ability to recruit people.

NOTE Confidence: 0.8654976

00:40:09.090 --> 00:40:11.450 Had to have an active alcohol use disorder.

NOTE Confidence: 0.8654976

00:40:11.450 --> 00:40:13.382 They had to have recent drinking and

NOTE Confidence: 0.8654976

00:40:13.382 --> 00:40:15.879 they had to have full criteria for PTSD.

NOTE Confidence: 0.8654976

00:40:15.880 --> 00:40:18.244 We should not take some threshold

NOTE Confidence: 0.8654976

00:40:18.244 --> 00:40:19.426 for this study.

NOTE Confidence: 0.8654976

00:40:19.430 --> 00:40:22.142 Then people had to be willing to treat

NOTE Confidence: 0.8654976

00:40:22.142 --> 00:40:23.947 either disorder or wait for care.

NOTE Confidence: 0.8654976

00:40:23.950 --> 00:40:25.602 We also found that some people had

NOTE Confidence: 0.8654976

00:40:25.602 --> 00:40:27.239 already reduced their drinking by baseline.

NOTE Confidence: 0.8654976

00:40:27.240 --> 00:40:28.758 They were primed and ready to

NOTE Confidence: 0.8654976

00:40:28.758 --> 00:40:29.517 make those changes,

NOTE Confidence: 0.8654976

00:40:29.520 --> 00:40:31.506 and those were folks that we

NOTE Confidence: 0.8654976

00:40:31.506 --> 00:40:33.649 had to take from the trial.
NOTE Confidence: 0.8654976

00:40:33.650 --> 00:40:35.894 And some people anecdotally needed seem
NOTE Confidence: 0.8654976

00:40:35.894 --> 00:40:38.248 to need one treatment or the other.
NOTE Confidence: 0.8654976

00:40:38.250 --> 00:40:41.005 It was very interesting in
NOTE Confidence: 0.8654976

00:40:41.005 --> 00:40:42.658 our consultation calls.
NOTE Confidence: 0.8654976

00:40:42.660 --> 00:40:43.848 Their therapist would sometimes
NOTE Confidence: 0.8654976

00:40:43.848 --> 00:40:46.028 say I wish this person have gotten
NOTE Confidence: 0.8654976

00:40:46.028 --> 00:40:47.748 randomized to the other condition,
NOTE Confidence: 0.8654976

00:40:47.750 --> 00:40:49.696 and I do think that that begs
NOTE Confidence: 0.8654976

00:40:49.696 --> 00:40:51.560 the question for future research.
NOTE Confidence: 0.8654976

00:40:51.560 --> 00:40:54.638 To really look that treatment matching.
NOTE Confidence: 0.8654976

00:40:54.640 --> 00:40:55.489 Ann about anecdotally,
NOTE Confidence: 0.8654976

00:40:55.489 --> 00:40:57.187 about a third of those assigned
NOTE Confidence: 0.8654976

00:40:57.187 --> 00:40:58.469 to relapse prevention,
NOTE Confidence: 0.8654976

00:40:58.470 --> 00:41:00.895 or disappointed because they wanted
NOTE Confidence: 0.8654976

00:41:00.895 --> 00:41:04.080 to work on the trunick of that.

NOTE Confidence: 0.8654976

00:41:04.080 --> 00:41:05.635 The bigger picture take home

NOTE Confidence: 0.8654976

00:41:05.635 --> 00:41:07.460 messages on PTSD and substance use.

NOTE Confidence: 0.8654976

00:41:07.460 --> 00:41:09.788 Go hand in hand so we gotta figure

NOTE Confidence: 0.8654976

00:41:09.788 --> 00:41:11.758 out how best to treat this.

NOTE Confidence: 0.8654976

00:41:11.760 --> 00:41:14.568 And there is a high burden of disease

NOTE Confidence: 0.8654976

00:41:14.568 --> 00:41:16.399 associated with these disorders.

NOTE Confidence: 0.8654976

00:41:16.400 --> 00:41:19.358 Patients often do have a preference

NOTE Confidence: 0.8654976

00:41:19.358 --> 00:41:22.070 for one treatment versus another.

NOTE Confidence: 0.8654976

00:41:22.070 --> 00:41:23.985 And cognitive trauma focused therapies

NOTE Confidence: 0.8654976

00:41:23.985 --> 00:41:26.403 may have some promise for addressing

NOTE Confidence: 0.8654976

00:41:26.403 --> 00:41:28.598 PTSD and substance use disorders,

NOTE Confidence: 0.8654976

00:41:28.600 --> 00:41:31.258 so they're worth pursuing as an

NOTE Confidence: 0.8654976

00:41:31.258 --> 00:41:33.503 additional option for treatment to

NOTE Confidence: 0.8654976

00:41:33.503 --> 00:41:35.909 increase our our range of interventions

NOTE Confidence: 0.8654976

00:41:35.909 --> 00:41:39.007 over and above some of the non trauma

NOTE Confidence: 0.8654976

00:41:39.007 --> 00:41:41.272 focused therapies and some of the
NOTE Confidence: 0.8654976

00:41:41.272 --> 00:41:43.432 more exposure focused therapies and
NOTE Confidence: 0.8654976

00:41:43.432 --> 00:41:46.957 overall drop that is a problem in this field.
NOTE Confidence: 0.8654976

00:41:46.960 --> 00:41:49.834 So we've gotta find some interventions
NOTE Confidence: 0.8654976

00:41:49.834 --> 00:41:52.870 that are a little more sticky.
NOTE Confidence: 0.8654976

00:41:52.870 --> 00:41:55.630 Or some strategies to help people stay in,
NOTE Confidence: 0.8654976

00:41:55.630 --> 00:41:57.610 especially given some of the findings
NOTE Confidence: 0.8654976

00:41:57.610 --> 00:41:59.770 that we had about dose effects.
NOTE Confidence: 0.8654976

00:41:59.770 --> 00:42:01.342 I would say overall,
NOTE Confidence: 0.8654976

00:42:01.342 --> 00:42:02.914 there's increasing evidence that
NOTE Confidence: 0.8654976

00:42:02.914 --> 00:42:05.540 there is no wrong door for treatment.
NOTE Confidence: 0.8654976

00:42:05.540 --> 00:42:08.340 An providers might be able to have
NOTE Confidence: 0.8654976

00:42:08.340 --> 00:42:10.459 good treatment outcomes on both
NOTE Confidence: 0.8654976

00:42:10.459 --> 00:42:12.159 disorders using high quality,
NOTE Confidence: 0.8654976

00:42:12.160 --> 00:42:13.816 evidence based interventions targeting
NOTE Confidence: 0.8654976

00:42:13.816 --> 00:42:18.190 either PTSD or substance use, or both.

NOTE Confidence: 0.8654976

00:42:18.190 --> 00:42:20.050 And with that.

NOTE Confidence: 0.8654976

00:42:20.050 --> 00:42:21.000 Any questions?

NOTE Confidence: 0.7999375

00:42:26.570 --> 00:42:29.099 Thank you, Deborah.

NOTE Confidence: 0.7999375

00:42:29.100 --> 00:42:31.464 Very, very interesting and

NOTE Confidence: 0.7999375

00:42:31.464 --> 00:42:33.828 important conclusions where you

NOTE Confidence: 0.7999375

00:42:33.828 --> 00:42:37.305 you for your talk and so want to

NOTE Confidence: 0.7999375

00:42:37.305 --> 00:42:40.388 open this up for questions to you.

NOTE Confidence: 0.7999375

00:42:40.390 --> 00:42:42.845 Maybe I can begin with

NOTE Confidence: 0.7999375

00:42:42.845 --> 00:42:44.809 with just the observation.

NOTE Confidence: 0.7999375

00:42:44.810 --> 00:42:48.044 So it suggests that you that that

NOTE Confidence: 0.7999375

00:42:48.044 --> 00:42:51.570 individuals be given a choice of evidence

NOTE Confidence: 0.7999375

00:42:51.570 --> 00:42:54.135 based treatments when they enter.

NOTE Confidence: 0.7999375

00:42:54.140 --> 00:42:57.577 When they have Co occurring PTSD in

NOTE Confidence: 0.7999375

00:42:57.577 --> 00:43:00.888 a substance use disorder and then.

NOTE Confidence: 0.7999375

00:43:00.890 --> 00:43:01.318 Clinicians,

NOTE Confidence: 0.7999375

00:43:01.318 --> 00:43:03.030 are you recommending Christians
NOTE Confidence: 0.7999375

00:43:03.030 --> 00:43:05.959 follow that choice as as long as
NOTE Confidence: 0.7999375

00:43:05.959 --> 00:43:07.759 the treatment is evidence based?
NOTE Confidence: 0.8910238

00:43:08.870 --> 00:43:11.886 I mean, I think that's an empirical question.
NOTE Confidence: 0.8910238

00:43:11.890 --> 00:43:14.257 Right, but I think it's one that we need
NOTE Confidence: 0.8910238

00:43:14.257 --> 00:43:16.797 to ask Lori Zoellner and Orfini have
NOTE Confidence: 0.8910238

00:43:16.797 --> 00:43:18.643 done some really wonderful research
NOTE Confidence: 0.8910238

00:43:18.643 --> 00:43:20.827 looking at the impact of choice on
NOTE Confidence: 0.8910238

00:43:20.827 --> 00:43:23.374 when we give people with PTSD a choice
NOTE Confidence: 0.8910238

00:43:23.374 --> 00:43:24.650 between medication versus psychotherapy.
NOTE Confidence: 0.8910238

00:43:24.650 --> 00:43:26.158 How many choose medication?
NOTE Confidence: 0.8910238

00:43:26.158 --> 00:43:28.043 How many choose psychotherapy and
NOTE Confidence: 0.8910238

00:43:28.043 --> 00:43:30.103 then what's the implication if people
NOTE Confidence: 0.8910238

00:43:30.103 --> 00:43:32.420 don't get what they what they chose?
NOTE Confidence: 0.8910238

00:43:32.420 --> 00:43:34.492 That kind of research has not happened to
NOTE Confidence: 0.8910238

00:43:34.492 --> 00:43:36.969 date as far as I know in the PTSD substance.

NOTE Confidence: 0.8910238

00:43:36.970 --> 00:43:38.374 Do you feel that patients often

NOTE Confidence: 0.8910238

00:43:38.374 --> 00:43:40.260 have an idea or have a preference,

NOTE Confidence: 0.8910238

00:43:40.260 --> 00:43:42.438 and I think that is the next natural step

NOTE Confidence: 0.8910238

00:43:42.438 --> 00:43:44.554 in the field is what would you pick?

NOTE Confidence: 0.8910238

00:43:44.560 --> 00:43:46.078 What do you want to do?

NOTE Confidence: 0.8910238

00:43:46.080 --> 00:43:48.236 And then does that make a difference

NOTE Confidence: 0.8910238

00:43:48.236 --> 00:43:50.769 in how likely you are to stick with it?

NOTE Confidence: 0.8910238

00:43:50.770 --> 00:43:53.186 Right and I can see arguments either way.

NOTE Confidence: 0.8910238

00:43:53.190 --> 00:43:55.241 It may be that the PTSD avoidance

NOTE Confidence: 0.8910238

00:43:55.241 --> 00:43:57.063 is compelling and people say, oh,

NOTE Confidence: 0.8910238

00:43:57.063 --> 00:43:58.834 I don't want to talk about that

NOTE Confidence: 0.8910238

00:43:58.834 --> 00:44:00.799 and maybe those the people actually

NOTE Confidence: 0.8910238

00:44:00.799 --> 00:44:02.549 need a trauma focused therapy.

NOTE Confidence: 0.8910238

00:44:02.550 --> 00:44:04.839 Or it may be that people actually

NOTE Confidence: 0.8910238

00:44:04.839 --> 00:44:07.344 have a good idea about what they're

NOTE Confidence: 0.8910238

00:44:07.344 --> 00:44:10.432 able to do or what pathway to recovery

NOTE Confidence: 0.8910238

00:44:10.432 --> 00:44:12.934 may be most approachable for them.

NOTE Confidence: 0.8910238

00:44:12.940 --> 00:44:15.100 Identification.

NOTE Confidence: 0.8910238

00:44:15.100 --> 00:44:15.370 Hi

NOTE Confidence: 0.82369524

00:44:15.370 --> 00:44:17.674 my name is Sophia and I'm a fourth

NOTE Confidence: 0.82369524

00:44:17.674 --> 00:44:19.448 year psychiatry resident who's really

NOTE Confidence: 0.82369524

00:44:19.448 --> 00:44:21.716 really interested in trauma and PTSD.

NOTE Confidence: 0.82369524

00:44:21.720 --> 00:44:23.556 And I also listen to hear

NOTE Confidence: 0.82369524

00:44:23.556 --> 00:44:24.780 this merican life quadcast,

NOTE Confidence: 0.82369524

00:44:24.780 --> 00:44:26.915 the one with twelve sessions on CPT,

NOTE Confidence: 0.82369524

00:44:26.920 --> 00:44:27.838 which was really,

NOTE Confidence: 0.82369524

00:44:27.838 --> 00:44:28.755 really insightful. Honestly,

NOTE Confidence: 0.82369524

00:44:28.755 --> 00:44:30.585 to hear from a patient's perspective,

NOTE Confidence: 0.82369524

00:44:30.590 --> 00:44:32.120 just going along with choice.

NOTE Confidence: 0.82369524

00:44:32.120 --> 00:44:35.000 I also just wanted to ask you about like

NOTE Confidence: 0.82369524

00:44:35.000 --> 00:44:37.630 group CPT versus 1 to one CPT as well,

NOTE Confidence: 0.82369524

00:44:37.630 --> 00:44:39.160 because you know in groups

NOTE Confidence: 0.82369524

00:44:39.160 --> 00:44:40.690 there's a group stare right?

NOTE Confidence: 0.82369524

00:44:40.690 --> 00:44:43.138 And a lot of group modalities for this,

NOTE Confidence: 0.82369524

00:44:43.140 --> 00:44:47.286 and I guess I'm in my research I I guess I

NOTE Confidence: 0.82369524

00:44:47.286 --> 00:44:51.048 don't have a great sense of like does group.

NOTE Confidence: 0.82369524

00:44:51.050 --> 00:44:52.658 If someone also prefers group like,

NOTE Confidence: 0.82369524

00:44:52.660 --> 00:44:56.228 is it as helpful as one to one?

NOTE Confidence: 0.82369524

00:44:56.230 --> 00:44:57.721 I've also heard that you know a

NOTE Confidence: 0.82369524

00:44:57.721 --> 00:44:59.234 lot of trouble like healing from

NOTE Confidence: 0.82369524

00:44:59.234 --> 00:45:00.599 trauma happens in groups too.

NOTE Confidence: 0.82369524

00:45:00.600 --> 00:45:02.210 When you feel really seen and heard

NOTE Confidence: 0.82369524

00:45:02.210 --> 00:45:03.519 and validated by other people.

NOTE Confidence: 0.82369524

00:45:03.520 --> 00:45:05.950 So I just want to ask your opinion on that.

NOTE Confidence: 0.8307535

00:45:06.800 --> 00:45:09.336 Yeah, I love it and I'm happy to

NOTE Confidence: 0.8307535

00:45:09.336 --> 00:45:11.858 take questions about anything I I am

NOTE Confidence: 0.8307535

00:45:11.858 --> 00:45:14.112 absolutely fearful to talk about any
NOTE Confidence: 0.8307535

00:45:14.112 --> 00:45:16.660 kinds of topics that you're curious about
NOTE Confidence: 0.8307535

00:45:16.660 --> 00:45:18.878 in terms of group versus individual.
NOTE Confidence: 0.8307535

00:45:18.878 --> 00:45:21.110 I have an empirical answer and
NOTE Confidence: 0.8307535

00:45:21.178 --> 00:45:23.038 then I have a broader answer,
NOTE Confidence: 0.8307535

00:45:23.040 --> 00:45:25.158 so there just was a trial.
NOTE Confidence: 0.8307535

00:45:25.160 --> 00:45:27.897 I think they just presented the outcome
NOTE Confidence: 0.8307535

00:45:27.897 --> 00:45:29.750 data relatively recently at IST SS,
NOTE Confidence: 0.8307535

00:45:29.750 --> 00:45:31.510 where they looked at individual
NOTE Confidence: 0.8307535

00:45:31.510 --> 00:45:32.566 versus group CBT.
NOTE Confidence: 0.8307535

00:45:32.570 --> 00:45:34.688 It's actually the first trial that's
NOTE Confidence: 0.8307535

00:45:34.688 --> 00:45:37.220 done that head to head comparison.
NOTE Confidence: 0.8307535

00:45:37.220 --> 00:45:39.327 To answer exactly the kind of questions
NOTE Confidence: 0.8307535

00:45:39.327 --> 00:45:40.920 Sofia that you're bringing on.
NOTE Confidence: 0.8307535

00:45:40.920 --> 00:45:44.084 And what they found was that individual
NOTE Confidence: 0.8307535

00:45:44.084 --> 00:45:46.320 was slightly more effective.

NOTE Confidence: 0.8307535

00:45:46.320 --> 00:45:49.857 And I think there are some reasons for that.

NOTE Confidence: 0.8307535

00:45:49.860 --> 00:45:51.021 With individual therapy,

NOTE Confidence: 0.8307535

00:45:51.021 --> 00:45:52.956 you're getting more airtime for

NOTE Confidence: 0.8307535

00:45:52.956 --> 00:45:55.357 working on your specific stuck points,

NOTE Confidence: 0.8307535

00:45:55.360 --> 00:45:58.104 and the therapist can help guide you.

NOTE Confidence: 0.8307535

00:45:58.110 --> 00:46:00.468 If you're getting a little bit

NOTE Confidence: 0.8307535

00:46:00.468 --> 00:46:01.647 more avoidant directly,

NOTE Confidence: 0.8307535

00:46:01.650 --> 00:46:04.786 easier to get missed in a group setting.

NOTE Confidence: 0.8307535

00:46:04.790 --> 00:46:05.148 Now.

NOTE Confidence: 0.8307535

00:46:05.148 --> 00:46:06.222 That being said,

NOTE Confidence: 0.8307535

00:46:06.222 --> 00:46:09.304 I think for some clients group is an

NOTE Confidence: 0.8307535

00:46:09.304 --> 00:46:11.464 incredibly powerful way of recovering.

NOTE Confidence: 0.835421045714286

00:46:13.600 --> 00:46:16.156 Asians? Sometimes listen to each other

NOTE Confidence: 0.835421045714286

00:46:16.156 --> 00:46:19.219 much more deeply than they listen to us.

NOTE Confidence: 0.835421045714286

00:46:19.220 --> 00:46:21.062 People have had the same to

NOTE Confidence: 0.835421045714286

00:46:21.062 --> 00:46:22.660 live the experiences of them,
NOTE Confidence: 0.835421045714286

00:46:22.660 --> 00:46:25.299 and it's also great for them to
NOTE Confidence: 0.835421045714286

00:46:25.299 --> 00:46:28.278 get to be in the healer mode.
NOTE Confidence: 0.835421045714286

00:46:28.280 --> 00:46:30.490 In Congo, CPT was delivered
NOTE Confidence: 0.835421045714286

00:46:30.490 --> 00:46:33.280 entirely by group and it was
NOTE Confidence: 0.835421045714286

00:46:33.280 --> 00:46:35.745 wonderful hearing our group members
NOTE Confidence: 0.835421045714286

00:46:35.745 --> 00:46:38.910 have to meet other staff points.
NOTE Confidence: 0.8586236

00:46:41.080 --> 00:46:42.760 And that's a way of learning and
NOTE Confidence: 0.8586236

00:46:42.760 --> 00:46:44.210 we learn through teaching, right?
NOTE Confidence: 0.8586236

00:46:44.210 --> 00:46:45.650 And so that's also a very
NOTE Confidence: 0.8586236

00:46:45.650 --> 00:46:46.870 powerful kind of learning.
NOTE Confidence: 0.8586236

00:46:46.870 --> 00:46:48.704 The other thing that's great about great,
NOTE Confidence: 0.8586236

00:46:48.710 --> 00:46:50.930 this is cost effective.
NOTE Confidence: 0.8586236

00:46:50.930 --> 00:46:52.585 Right, so you know if
NOTE Confidence: 0.8586236

00:46:52.585 --> 00:46:53.909 you have two therapists,
NOTE Confidence: 0.8586236

00:46:53.910 --> 00:46:56.277 an 8 people in a group as a whole

NOTE Confidence: 0.8586236
00:46:56.277 --> 00:46:58.283 lot more people in two hours
NOTE Confidence: 0.8586236
00:46:58.283 --> 00:47:00.524 than you would do with everybody
NOTE Confidence: 0.8586236
00:47:00.524 --> 00:47:01.850 seeing them individually.
NOTE Confidence: 0.92817694
00:47:04.620 --> 00:47:08.300 Thank you. Muscle. I
NOTE Confidence: 0.8783213
00:47:08.300 --> 00:47:10.488 wonder Doctor case and if the
NOTE Confidence: 0.8783213
00:47:10.490 --> 00:47:11.946 combination of both wouldn't
NOTE Confidence: 0.8783213
00:47:11.946 --> 00:47:13.770 be really effective, you know?
NOTE Confidence: 0.8783213
00:47:13.770 --> 00:47:15.965 I mean, for the person who
NOTE Confidence: 0.8783213
00:47:15.965 --> 00:47:17.425 wants the mutual support,
NOTE Confidence: 0.8783213
00:47:17.425 --> 00:47:19.615 maybe you start with group and
NOTE Confidence: 0.8783213
00:47:19.615 --> 00:47:22.249 you don't get into the intensive.
NOTE Confidence: 0.8783213
00:47:22.249 --> 00:47:23.788 Trauma is much,
NOTE Confidence: 0.8783213
00:47:23.790 --> 00:47:26.276 but you gain the coping skills.
NOTE Confidence: 0.8783213
00:47:26.276 --> 00:47:28.564 You know that can help you
NOTE Confidence: 0.8783213
00:47:28.564 --> 00:47:30.572 address it in a deeper way,
NOTE Confidence: 0.8783213

00:47:30.572 --> 00:47:32.580 or vice versa for someone who
NOTE Confidence: 0.8783213

00:47:32.580 --> 00:47:34.256 doesn't want to expose themselves
NOTE Confidence: 0.8783213

00:47:34.256 --> 00:47:35.935 to a group experience because
NOTE Confidence: 0.8783213

00:47:35.935 --> 00:47:37.945 of their shame and other issues
NOTE Confidence: 0.8783213

00:47:37.945 --> 00:47:39.620 around the trauma you know.
NOTE Confidence: 0.8783213

00:47:39.620 --> 00:47:40.956 And they do that.
NOTE Confidence: 0.8783213

00:47:40.956 --> 00:47:42.830 And then with some confidence can
NOTE Confidence: 0.8783213

00:47:42.830 --> 00:47:45.167 go into the group and gain that
NOTE Confidence: 0.8783213

00:47:45.167 --> 00:47:47.007 mutual support that will really
NOTE Confidence: 0.8783213

00:47:47.007 --> 00:47:49.036 reinforce 'cause as we know, PTSD.
NOTE Confidence: 0.8783213

00:47:49.036 --> 00:47:50.916 And you know the trauma.
NOTE Confidence: 0.8783213

00:47:50.920 --> 00:47:52.796 It takes a long time to heal.
NOTE Confidence: 0.8783213

00:47:52.796 --> 00:47:55.480 It's not going to be just one session of IOP,
NOTE Confidence: 0.8783213

00:47:55.480 --> 00:47:57.418 or you know.
NOTE Confidence: 0.8783213

00:47:57.420 --> 00:47:58.617 You know that's going to help them,
NOTE Confidence: 0.8783213

00:47:58.620 --> 00:48:01.388 and that's going to be a done deal.

NOTE Confidence: 0.8783213

00:48:01.390 --> 00:48:03.806 Damn you are so wise and I absolutely

NOTE Confidence: 0.8783213

00:48:03.806 --> 00:48:05.668 agree with what you're saying.

NOTE Confidence: 0.8783213

00:48:05.670 --> 00:48:07.638 And there is some great work

NOTE Confidence: 0.8783213

00:48:07.638 --> 00:48:08.622 that's being done.

NOTE Confidence: 0.8783213

00:48:08.630 --> 00:48:09.314 For example,

NOTE Confidence: 0.8783213

00:48:09.314 --> 00:48:09.998 it's rubbish.

NOTE Confidence: 0.8783213

00:48:09.998 --> 00:48:12.778 They have a two week that that like

NOTE Confidence: 0.8783213

00:48:12.778 --> 00:48:14.752 so when people talk about like

NOTE Confidence: 0.8783213

00:48:14.752 --> 00:48:16.857 what's an advance in the field,

NOTE Confidence: 0.8783213

00:48:16.860 --> 00:48:18.756 you're super excited about this program.

NOTE Confidence: 0.8783213

00:48:18.760 --> 00:48:20.650 I am over the moon with.

NOTE Confidence: 0.8783213

00:48:20.650 --> 00:48:22.794 I think it's so cool and Pam it

NOTE Confidence: 0.8783213

00:48:22.794 --> 00:48:25.452 comes in with some of the types of

NOTE Confidence: 0.8783213

00:48:25.452 --> 00:48:27.290 ideas that you're talking about.

NOTE Confidence: 0.8783213

00:48:27.290 --> 00:48:28.238 It's mask treatment,

NOTE Confidence: 0.8783213

00:48:28.238 --> 00:48:29.818 so it's intensive outpatient program.
NOTE Confidence: 0.8783213

00:48:29.820 --> 00:48:34.898 It's it is not for comorbid, it is for PTSD.
NOTE Confidence: 0.8783213

00:48:34.900 --> 00:48:36.248 People can have comorbidities,
NOTE Confidence: 0.8783213

00:48:36.248 --> 00:48:39.019 but it's not focused on PTSD alcohol use,
NOTE Confidence: 0.8783213

00:48:39.020 --> 00:48:42.548 but people get daily CPT for two weeks.
NOTE Confidence: 0.8783213

00:48:42.550 --> 00:48:46.638 And they get both group an individual.
NOTE Confidence: 0.8783213

00:48:46.640 --> 00:48:49.020 And the results they're getting.
NOTE Confidence: 0.8783213

00:48:49.020 --> 00:48:52.338 It's for active duty military or veterans.
NOTE Confidence: 0.8783213

00:48:52.340 --> 00:48:54.878 The results they're getting in an
NOTE Confidence: 0.8783213

00:48:54.878 --> 00:48:57.212 active duty and veteran population
NOTE Confidence: 0.8783213

00:48:57.212 --> 00:48:59.468 look like civilian samples.
NOTE Confidence: 0.8783213

00:48:59.470 --> 00:49:02.320 Typically we get smaller effect sizes,
NOTE Confidence: 0.8783213

00:49:02.320 --> 00:49:04.752 smaller benefits from treatment
NOTE Confidence: 0.8783213

00:49:04.752 --> 00:49:07.792 when we have military members.
NOTE Confidence: 0.8783213

00:49:07.800 --> 00:49:09.972 And So what they're getting with
NOTE Confidence: 0.8783213

00:49:09.972 --> 00:49:11.970 doing that kind of intensive

NOTE Confidence: 0.8783213

00:49:11.970 --> 00:49:14.335 treatment is very low dropout,

NOTE Confidence: 0.8783213

00:49:14.340 --> 00:49:15.957 less than 10%,

NOTE Confidence: 0.8783213

00:49:15.957 --> 00:49:19.730 and huge treatment gains in two weeks.

NOTE Confidence: 0.8783213

00:49:19.730 --> 00:49:21.050 I think that's just fabulous,

NOTE Confidence: 0.8783213

00:49:21.050 --> 00:49:22.849 but I also think that that combination

NOTE Confidence: 0.8783213

00:49:22.849 --> 00:49:24.219 of individual and group helps.

NOTE Confidence: 0.8783213

00:49:24.220 --> 00:49:26.587 I see that Deborah has a hand up number.

NOTE Confidence: 0.8783213

00:49:26.590 --> 00:49:28.536 You are much more polite than me.

NOTE Confidence: 0.8783213

00:49:28.540 --> 00:49:29.880 I'm a jumping in person,

NOTE Confidence: 0.8783213

00:49:29.880 --> 00:49:32.283 but I want to reinforce lovely day of yours.

NOTE Confidence: 0.7933176

00:49:34.410 --> 00:49:35.418 Oh, you're muted though.

NOTE Confidence: 0.8138832

00:49:38.070 --> 00:49:40.150 Forgive me if you addressed this,

NOTE Confidence: 0.8138832

00:49:40.150 --> 00:49:42.054 but how do you rate EMDR with

NOTE Confidence: 0.8138832

00:49:42.054 --> 00:49:44.299 CPT in the other interventions?

NOTE Confidence: 0.8138832

00:49:44.300 --> 00:49:46.376 'cause I know in this community

NOTE Confidence: 0.8138832

00:49:46.376 --> 00:49:48.452 I often I'm working with someone
NOTE Confidence: 0.8138832

00:49:48.452 --> 00:49:50.870 who's had trauma and I'm a dynamic,
NOTE Confidence: 0.8138832

00:49:50.870 --> 00:49:53.815 is psychiatrist, and I do can calm and
NOTE Confidence: 0.8138832

00:49:53.815 --> 00:49:56.650 send them to someone who does EMDR.
NOTE Confidence: 0.8138832

00:49:56.650 --> 00:49:59.020 But I don't know the outcome
NOTE Confidence: 0.8138832

00:49:59.020 --> 00:50:00.920 literature and comparatively with CPT,
NOTE Confidence: 0.8138832

00:50:00.920 --> 00:50:01.690 so that'd
NOTE Confidence: 0.842931

00:50:01.690 --> 00:50:02.854 be great. Thanks.
NOTE Confidence: 0.842931

00:50:02.854 --> 00:50:05.570 Yeah, I'm happy to talk to that.
NOTE Confidence: 0.842931

00:50:05.570 --> 00:50:07.898 There are no EMDR to CPT
NOTE Confidence: 0.842931

00:50:07.898 --> 00:50:09.450 head to head comparisons,
NOTE Confidence: 0.842931

00:50:09.450 --> 00:50:11.778 so I can't directly speak to,
NOTE Confidence: 0.842931

00:50:11.780 --> 00:50:14.884 you know, if there was a horse race,
NOTE Confidence: 0.842931

00:50:14.890 --> 00:50:18.793 I would they do what I can say is ISTSS just
NOTE Confidence: 0.842931

00:50:18.793 --> 00:50:21.868 did a comprehensive analysis of the data.
NOTE Confidence: 0.842931

00:50:21.868 --> 00:50:24.350 It was beautifully done, project all

NOTE Confidence: 0.842931

00:50:24.350 --> 00:50:26.675 of the questions were preregistered.

NOTE Confidence: 0.842931

00:50:26.680 --> 00:50:29.520 We had people from all of the different

NOTE Confidence: 0.842931

00:50:29.520 --> 00:50:31.519 therapies represented as people approached.

NOTE Confidence: 0.842931

00:50:31.520 --> 00:50:33.674 Looking at the literature and the

NOTE Confidence: 0.842931

00:50:33.674 --> 00:50:36.306 three therapies that got our sort of

NOTE Confidence: 0.842931

00:50:36.306 --> 00:50:38.191 strongest recommendation in terms of

NOTE Confidence: 0.842931

00:50:38.191 --> 00:50:40.439 the strength of the literature work,

NOTE Confidence: 0.842931

00:50:40.440 --> 00:50:41.559 a long exposure.

NOTE Confidence: 0.842931

00:50:41.559 --> 00:50:42.678 CPT and EMDR,

NOTE Confidence: 0.842931

00:50:42.680 --> 00:50:45.360 and so it is a I don't do

NOTE Confidence: 0.842931

00:50:45.360 --> 00:50:47.510 EMDR not trained in it,

NOTE Confidence: 0.842931

00:50:47.510 --> 00:50:50.516 but it is a therapy that I feel very

NOTE Confidence: 0.842931

00:50:50.516 --> 00:50:52.515 comfortable referring people to because

NOTE Confidence: 0.842931

00:50:52.515 --> 00:50:55.320 it is an effective therapy as well.

NOTE Confidence: 0.8417622

00:50:58.660 --> 00:51:01.630 Did that answer your question, Deborah?

NOTE Confidence: 0.8417622

00:51:01.630 --> 00:51:04.054 Yes, now if we're going back to the
NOTE Confidence: 0.8417622

00:51:04.054 --> 00:51:05.949 issue about comorbidity though,
NOTE Confidence: 0.8417622

00:51:05.950 --> 00:51:08.428 I don't know of any child's that
NOTE Confidence: 0.8417622

00:51:08.428 --> 00:51:10.629 have looked at EMDR for PTSD,
NOTE Confidence: 0.8417622

00:51:10.630 --> 00:51:11.710 substance use comorbidity,
NOTE Confidence: 0.8417622

00:51:11.710 --> 00:51:14.230 so I think that's an open question.
NOTE Confidence: 0.8417622

00:51:14.230 --> 00:51:16.030 We know PE works right,
NOTE Confidence: 0.8417622

00:51:16.030 --> 00:51:17.830 and we know that cope,
NOTE Confidence: 0.8417622

00:51:17.830 --> 00:51:19.830 which is PE overlaid with
NOTE Confidence: 0.8417622

00:51:19.830 --> 00:51:21.670 substance use treatment works.
NOTE Confidence: 0.8417622

00:51:21.670 --> 00:51:23.188 And we know that CPT works,
NOTE Confidence: 0.8417622

00:51:23.190 --> 00:51:24.954 but I don't know about EMDR because
NOTE Confidence: 0.8417622

00:51:24.954 --> 00:51:26.219 the studies haven't been done.
NOTE Confidence: 0.8238336

00:51:28.690 --> 00:51:31.509 Doctor Kayson yeah can I ask you another
NOTE Confidence: 0.8238336

00:51:31.510 --> 00:51:33.970 question about like Centers of excellence? I
NOTE Confidence: 0.8238336

00:51:33.970 --> 00:51:36.076 am all yours, I'm all yours.

NOTE Confidence: 0.8238336

00:51:36.080 --> 00:51:39.260 Thank you. Appreciate it.

NOTE Confidence: 0.82909125

00:51:39.260 --> 00:51:41.556 So you know I've been trying to find

NOTE Confidence: 0.82909125

00:51:41.556 --> 00:51:43.711 like centers of excellence for PTSD care

NOTE Confidence: 0.82909125

00:51:43.711 --> 00:51:46.159 that they are outside of the VA and

NOTE Confidence: 0.82909125

00:51:46.159 --> 00:51:48.168 like it for civilians instead of vets.

NOTE Confidence: 0.82909125

00:51:48.170 --> 00:51:49.844 'cause you mentioned it like an

NOTE Confidence: 0.82909125

00:51:49.844 --> 00:51:51.440 example of our really awesome,

NOTE Confidence: 0.82909125

00:51:51.440 --> 00:51:53.582 more intensive like IOP sort of program

NOTE Confidence: 0.82909125

00:51:53.582 --> 00:51:55.892 for that are that is still for vets

NOTE Confidence: 0.82909125

00:51:55.892 --> 00:51:58.200 like I know about like you know the

NOTE Confidence: 0.82909125

00:51:58.200 --> 00:52:00.036 Trauma Recovery Center at UCSF but

NOTE Confidence: 0.82909125

00:52:00.036 --> 00:52:02.174 like are there that many programs out

NOTE Confidence: 0.82909125

00:52:02.174 --> 00:52:03.959 there that provide different types of

NOTE Confidence: 0.82909125

00:52:03.959 --> 00:52:05.772 like choice in PTSD care and multiple

NOTE Confidence: 0.82909125

00:52:05.772 --> 00:52:07.480 types of treatments for civilians.

NOTE Confidence: 0.8794769

00:52:08.410 --> 00:52:11.154 Yeah, so so here this is actually
NOTE Confidence: 0.8794769

00:52:11.154 --> 00:52:13.949 in many ways mild life mission,
NOTE Confidence: 0.8794769

00:52:13.950 --> 00:52:17.107 which is that we've done an outstanding
NOTE Confidence: 0.8794769

00:52:17.107 --> 00:52:18.905 job disseminating therapies for
NOTE Confidence: 0.8794769

00:52:18.905 --> 00:52:20.755 PTSD for our service members.
NOTE Confidence: 0.8794769

00:52:20.760 --> 00:52:24.267 And there are so many people have
NOTE Confidence: 0.8794769

00:52:24.267 --> 00:52:26.739 experienced these types of events.
NOTE Confidence: 0.8794769

00:52:26.740 --> 00:52:30.452 Who are not service members and for them
NOTE Confidence: 0.8794769

00:52:30.452 --> 00:52:33.568 getting good care is really murdered.
NOTE Confidence: 0.8794769

00:52:33.570 --> 00:52:35.058 What I can tell you is,
NOTE Confidence: 0.8794769

00:52:35.060 --> 00:52:36.806 so there are definitely some places
NOTE Confidence: 0.8794769

00:52:36.806 --> 00:52:38.370 Emory's got a wonderful clinic.
NOTE Confidence: 0.8794769

00:52:38.370 --> 00:52:41.862 Um, so I would put Emory on that list.
NOTE Confidence: 0.8794769

00:52:41.870 --> 00:52:42.983 You're exactly right.
NOTE Confidence: 0.8794769

00:52:42.983 --> 00:52:45.580 UCSF does a beautiful job and then
NOTE Confidence: 0.8794769

00:52:45.653 --> 00:52:47.708 you can find individual places,

NOTE Confidence: 0.8794769

00:52:47.710 --> 00:52:50.426 but it's there isn't like a network.

NOTE Confidence: 0.8794769

00:52:50.430 --> 00:52:53.158 So for example, and I know a lot

NOTE Confidence: 0.8794769

00:52:53.158 --> 00:52:55.100 of Washington state resources,

NOTE Confidence: 0.8794769

00:52:55.100 --> 00:52:58.592 'cause that's where I was for 17 years case.

NOTE Confidence: 0.8794769

00:52:58.600 --> 00:53:01.316 ARC is the King County sexual assault,

NOTE Confidence: 0.8794769

00:53:01.320 --> 00:53:02.100 something something?

NOTE Confidence: 0.8794769

00:53:02.100 --> 00:53:03.660 There are wonderful program.

NOTE Confidence: 0.8794769

00:53:03.660 --> 00:53:06.708 They provide either sliding fee or free QR

NOTE Confidence: 0.8794769

00:53:06.708 --> 00:53:09.916 for sexual assault survivors in King County.

NOTE Confidence: 0.8794769

00:53:09.920 --> 00:53:12.034 Whole age range from 6 to whatever

NOTE Confidence: 0.8794769

00:53:12.034 --> 00:53:14.129 and they provide various treatments.

NOTE Confidence: 0.8794769

00:53:14.130 --> 00:53:15.885 The Harborview Center for Sexual

NOTE Confidence: 0.8794769

00:53:15.885 --> 00:53:17.289 Assault and Traumatic Stress,

NOTE Confidence: 0.8794769

00:53:17.290 --> 00:53:19.050 so you'll find these places.

NOTE Confidence: 0.8794769

00:53:19.050 --> 00:53:20.625 Stanford now has started up

NOTE Confidence: 0.8794769

00:53:20.625 --> 00:53:23.063 a PTSD clinic where we have a

NOTE Confidence: 0.8794769

00:53:23.063 --> 00:53:24.659 whole variety of interventions,

NOTE Confidence: 0.8794769

00:53:24.660 --> 00:53:26.064 but the problem is,

NOTE Confidence: 0.8794769

00:53:26.064 --> 00:53:27.468 is that enough time?

NOTE Confidence: 0.8794769

00:53:27.470 --> 00:53:29.960 There isn't a great network.

NOTE Confidence: 0.8794769

00:53:29.960 --> 00:53:31.072 Around centers of excellence

NOTE Confidence: 0.8794769

00:53:31.072 --> 00:53:32.184 as you're talking about,

NOTE Confidence: 0.8794769

00:53:32.190 --> 00:53:33.968 so I hope you maybe pick that

NOTE Confidence: 0.8794769

00:53:33.968 --> 00:53:35.818 up as your mission in life.

NOTE Confidence: 0.79229045

00:53:36.720 --> 00:53:37.712 Thanks, Patrick. Listen I'm

NOTE Confidence: 0.79229045

00:53:37.712 --> 00:53:39.698 going to send you an email if you

NOTE Confidence: 0.79229045

00:53:39.698 --> 00:53:40.830 don't mind about this. 'cause

NOTE Confidence: 0.79229045

00:53:40.830 --> 00:53:42.502 I got really obsessed but I don't mind

NOTE Confidence: 0.79229045

00:53:42.502 --> 00:53:44.331 at all and and you can feel free to

NOTE Confidence: 0.79229045

00:53:44.331 --> 00:53:45.953 nag me 'cause periodically my inbox

NOTE Confidence: 0.79229045

00:53:45.953 --> 00:53:47.603 becomes something that is aversive.

NOTE Confidence: 0.79229045

00:53:47.610 --> 00:53:51.194 And so if I don't respond right away.

NOTE Confidence: 0.79229045

00:53:51.200 --> 00:53:53.468 Von, it looks like you've got

NOTE Confidence: 0.8227373

00:53:53.470 --> 00:53:56.130 a question. I think that's great talk.

NOTE Confidence: 0.8227373

00:53:56.130 --> 00:53:57.646 I think understanding the

NOTE Confidence: 0.8227373

00:53:57.646 --> 00:53:58.780 overlap with comorbidities,

NOTE Confidence: 0.8227373

00:53:58.780 --> 00:54:00.292 especially in substance use

NOTE Confidence: 0.8227373

00:54:00.292 --> 00:54:01.804 disorders not well understood.

NOTE Confidence: 0.8227373

00:54:01.810 --> 00:54:04.842 So it's really good to see the overlap

NOTE Confidence: 0.8227373

00:54:04.842 --> 00:54:07.120 and trying to tease them apart,

NOTE Confidence: 0.8227373

00:54:07.120 --> 00:54:09.010 and that more treatment in

NOTE Confidence: 0.8227373

00:54:09.010 --> 00:54:10.144 general is effective.

NOTE Confidence: 0.8227373

00:54:10.150 --> 00:54:12.424 I'm I'm curious if you have

NOTE Confidence: 0.8227373

00:54:12.424 --> 00:54:14.320 thoughts on on two topics.

NOTE Confidence: 0.8227373

00:54:14.320 --> 00:54:17.165 One, what brain functions do you think

NOTE Confidence: 0.8227373

00:54:17.165 --> 00:54:19.250 are changing with your interventions

NOTE Confidence: 0.8227373

00:54:19.322 --> 00:54:21.482 and are they similar and different
NOTE Confidence: 0.8227373

00:54:21.482 --> 00:54:23.500 that are driving PTSD and Sud?
NOTE Confidence: 0.8227373

00:54:23.500 --> 00:54:25.265 Improvement and then with the
NOTE Confidence: 0.8227373

00:54:25.265 --> 00:54:27.858 comorbidities of PTSD and STD and the
NOTE Confidence: 0.8227373

00:54:27.858 --> 00:54:29.773 use of transcranial magnetic stimulation
NOTE Confidence: 0.8227373

00:54:29.773 --> 00:54:32.060 to treat either of those diseases.
NOTE Confidence: 0.8227373

00:54:32.060 --> 00:54:33.986 What are your thoughts on maybe
NOTE Confidence: 0.8227373

00:54:33.986 --> 00:54:36.389 adding TMS as an add event to
NOTE Confidence: 0.8227373

00:54:36.389 --> 00:54:38.129 your ongoing interview base or
NOTE Confidence: 0.8227373

00:54:38.129 --> 00:54:40.239 or group based interventions?
NOTE Confidence: 0.8227373

00:54:40.240 --> 00:54:42.472 And you think that might so
NOTE Confidence: 0.8227373

00:54:42.472 --> 00:54:43.960 for your first question,
NOTE Confidence: 0.8227373

00:54:43.960 --> 00:54:44.330 what
NOTE Confidence: 0.8111724

00:54:44.330 --> 00:54:46.498 I will say is I am far more
NOTE Confidence: 0.8111724

00:54:46.498 --> 00:54:49.169 of a public health community.
NOTE Confidence: 0.8111724

00:54:49.170 --> 00:54:51.030 Health services kind of researcher,

NOTE Confidence: 0.8111724

00:54:51.030 --> 00:54:53.682 so I leave the neurobiology to

NOTE Confidence: 0.8111724

00:54:53.682 --> 00:54:56.199 people who are smarter than me.

NOTE Confidence: 0.8111724

00:54:56.200 --> 00:54:58.081 So I have no idea I'd have to go

NOTE Confidence: 0.8111724

00:54:58.081 --> 00:55:00.048 and delve and really think about

NOTE Confidence: 0.8111724

00:55:00.048 --> 00:55:01.738 what we think are mechanisms.

NOTE Confidence: 0.8111724

00:55:01.740 --> 00:55:03.956 I'm a mentor right now on a K,

NOTE Confidence: 0.8111724

00:55:03.960 --> 00:55:05.538 where I'm hoping that that person

NOTE Confidence: 0.8111724

00:55:05.538 --> 00:55:07.785 will be the person to help me figure

NOTE Confidence: 0.8111724

00:55:07.785 --> 00:55:09.215 that out during these treatments.

NOTE Confidence: 0.8111724

00:55:09.220 --> 00:55:10.954 Brilliant scientist is a mechanical engineer

NOTE Confidence: 0.8111724

00:55:10.954 --> 00:55:12.818 who is now interested in our science.

NOTE Confidence: 0.8111724

00:55:12.820 --> 00:55:14.820 I hope the grant funds.

NOTE Confidence: 0.8111724

00:55:14.820 --> 00:55:16.848 Um, in terms of the transcranial

NOTE Confidence: 0.8111724

00:55:16.848 --> 00:55:17.524 magnetic stimulation,

NOTE Confidence: 0.8111724

00:55:17.530 --> 00:55:19.570 that is a really exciting direction.

NOTE Confidence: 0.8111724

00:55:19.570 --> 00:55:22.234 I think in the field there is a study
NOTE Confidence: 0.8111724

00:55:22.234 --> 00:55:25.223 that is going on right now that's looking
NOTE Confidence: 0.8111724

00:55:25.223 --> 00:55:28.037 at that combined with CPT just for PTSD,
NOTE Confidence: 0.8111724

00:55:28.040 --> 00:55:30.406 so we'll find out soon whether we
NOTE Confidence: 0.8111724

00:55:30.406 --> 00:55:32.110 get additive effects with that.
NOTE Confidence: 0.8111724

00:55:32.110 --> 00:55:34.406 So I can say that you're thinking
NOTE Confidence: 0.8111724

00:55:34.406 --> 00:55:36.776 right in the same lines as some
NOTE Confidence: 0.8111724

00:55:36.776 --> 00:55:39.164 of the other people in this field
NOTE Confidence: 0.8111724

00:55:39.164 --> 00:55:41.593 when we add in the substance use,
NOTE Confidence: 0.8111724

00:55:41.600 --> 00:55:43.966 I think that's a really interesting question,
NOTE Confidence: 0.8111724

00:55:43.970 --> 00:55:44.558 especially with.
NOTE Confidence: 0.8111724

00:55:44.558 --> 00:55:46.910 High rates of drop out of can we
NOTE Confidence: 0.8111724

00:55:46.976 --> 00:55:49.016 get people better a little faster?
NOTE Confidence: 0.8111724

00:55:49.020 --> 00:55:50.987 Maybe that'll make it easier for people
NOTE Confidence: 0.8111724

00:55:50.987 --> 00:55:53.047 to stick with the therapies as well.
NOTE Confidence: 0.8111724

00:55:53.050 --> 00:55:53.914 Good question thanks.

NOTE Confidence: 0.8111724
00:55:53.914 --> 00:55:54.490 I look
NOTE Confidence: 0.8504458
00:55:54.490 --> 00:55:55.642 forward to seeing the
NOTE Confidence: 0.8504458
00:55:55.642 --> 00:55:57.090 results of that. Yeah, yeah,
NOTE Confidence: 0.8504458
00:55:57.090 --> 00:55:58.238 keep an eye out.
NOTE Confidence: 0.6366801
00:55:59.510 --> 00:56:03.815 Labria I gotta question in the chat.
NOTE Confidence: 0.6366801
00:56:03.820 --> 00:56:05.520 That was sent to me.
NOTE Confidence: 0.6366801
00:56:05.520 --> 00:56:07.134 Person was intrigued by the use
NOTE Confidence: 0.6366801
00:56:07.134 --> 00:56:09.368 of CPR in the development of the
NOTE Confidence: 0.6366801
00:56:09.368 --> 00:56:11.193 trial for American Indian for
NOTE Confidence: 0.6366801
00:56:11.193 --> 00:56:12.999 the American Indian community.
NOTE Confidence: 0.6366801
00:56:13.000 --> 00:56:13.606 You described.
NOTE Confidence: 0.6366801
00:56:13.606 --> 00:56:15.727 What do you think would was the
NOTE Confidence: 0.6366801
00:56:15.727 --> 00:56:17.601 impact of allowing the community
NOTE Confidence: 0.6366801
00:56:17.601 --> 00:56:19.113 to choose the intervention?
NOTE Confidence: 0.6366801
00:56:19.120 --> 00:56:21.227 And how do you think CPR can
NOTE Confidence: 0.6366801

00:56:21.227 --> 00:56:22.973 continue to inform work with
NOTE Confidence: 0.6366801

00:56:22.973 --> 00:56:24.898 this population and with others?
NOTE Confidence: 0.8843985

00:56:25.770 --> 00:56:26.356 Yeah, absolutely.
NOTE Confidence: 0.8843985

00:56:26.356 --> 00:56:27.528 It's a wonderful question,
NOTE Confidence: 0.8843985

00:56:27.530 --> 00:56:29.924 so let me talk a little bit about that
NOTE Confidence: 0.8843985

00:56:29.924 --> 00:56:31.650 relationship with this particular tribe,
NOTE Confidence: 0.8843985

00:56:31.650 --> 00:56:33.875 'cause they think it's really
NOTE Confidence: 0.8843985

00:56:33.875 --> 00:56:36.219 important to talk about. So.
NOTE Confidence: 0.8843985

00:56:36.219 --> 00:56:39.014 The tribe had actually approached
NOTE Confidence: 0.8843985

00:56:39.014 --> 00:56:41.250 University of Washington long
NOTE Confidence: 0.8843985

00:56:41.341 --> 00:56:43.676 before this trial was begun.
NOTE Confidence: 0.8843985

00:56:43.680 --> 00:56:45.563 An I think it's important that this
NOTE Confidence: 0.8843985

00:56:45.563 --> 00:56:47.699 trial was not investigator initiated.
NOTE Confidence: 0.8843985

00:56:47.700 --> 00:56:50.100 It wasn't us with our idea
NOTE Confidence: 0.8843985

00:56:50.100 --> 00:56:52.430 about how to help people.
NOTE Confidence: 0.8843985

00:56:52.430 --> 00:56:53.958 Coming to a community,

NOTE Confidence: 0.8843985

00:56:53.958 --> 00:56:56.730 but it was actually the community asked,

NOTE Confidence: 0.8843985

00:56:56.730 --> 00:56:59.906 asking to partner with us and then us

NOTE Confidence: 0.8843985

00:56:59.906 --> 00:57:02.208 together coming up with a solution.

NOTE Confidence: 0.8843985

00:57:02.210 --> 00:57:05.241 But that man is we actually had

NOTE Confidence: 0.8843985

00:57:05.241 --> 00:57:08.660 quite a bit of Community client.

NOTE Confidence: 0.8843985

00:57:08.660 --> 00:57:10.627 And they felt like they had a

NOTE Confidence: 0.8843985

00:57:10.627 --> 00:57:12.480 voice in the whole process.

NOTE Confidence: 0.8843985

00:57:12.480 --> 00:57:14.699 This the data belongs to the tribe.

NOTE Confidence: 0.8843985

00:57:14.700 --> 00:57:16.926 The data for this project isn't ours.

NOTE Confidence: 0.8843985

00:57:16.930 --> 00:57:19.510 It's not the investigators.

NOTE Confidence: 0.8843985

00:57:19.510 --> 00:57:21.848 That helped quite a bit with recruitment,

NOTE Confidence: 0.8843985

00:57:21.850 --> 00:57:23.515 but it also helped with

NOTE Confidence: 0.8843985

00:57:23.515 --> 00:57:24.514 the adaptation process,

NOTE Confidence: 0.8843985

00:57:24.520 --> 00:57:26.190 so we had tribal elders.

NOTE Confidence: 0.8843985

00:57:26.190 --> 00:57:27.690 We had Native American clinicians

NOTE Confidence: 0.8843985

00:57:27.690 --> 00:57:29.639 who all helped with the development
NOTE Confidence: 0.8843985

00:57:29.639 --> 00:57:31.199 of the adapted materials.
NOTE Confidence: 0.8843985

00:57:31.200 --> 00:57:34.870 An example I wish I had a slide to show you.
NOTE Confidence: 0.8843985

00:57:34.870 --> 00:57:37.030 So for those of you who are familiar
NOTE Confidence: 0.8843985

00:57:37.030 --> 00:57:39.593 with the worksheets in CBT or other
NOTE Confidence: 0.8843985

00:57:39.593 --> 00:57:41.548 cognitive behavioral therapy is right.
NOTE Confidence: 0.8843985

00:57:41.550 --> 00:57:44.259 So we've got this worksheet that's got
NOTE Confidence: 0.8843985

00:57:44.259 --> 00:57:46.896 these columns on it an A lot of text,
NOTE Confidence: 0.8843985

00:57:46.900 --> 00:57:47.230 right?
NOTE Confidence: 0.8507295

00:57:49.380 --> 00:57:51.936 When the community reworked the worksheet
NOTE Confidence: 0.8507295

00:57:51.936 --> 00:57:54.861 an away where it was overlaid over
NOTE Confidence: 0.8507295

00:57:54.861 --> 00:57:57.535 a picture of a mountain and rather
NOTE Confidence: 0.8507295

00:57:57.609 --> 00:57:59.955 than a left to right processing,
NOTE Confidence: 0.8507295

00:57:59.960 --> 00:58:02.300 it actually was going from bottom
NOTE Confidence: 0.8507295

00:58:02.300 --> 00:58:04.773 to top 'cause you're climbing the
NOTE Confidence: 0.8507295

00:58:04.773 --> 00:58:07.692 mountain to get to the adapted thought.

NOTE Confidence: 0.8507295

00:58:07.700 --> 00:58:10.596 I hate that worksheet it makes my brain

NOTE Confidence: 0.8507295

00:58:10.596 --> 00:58:13.170 hurts however it was so fascinating

NOTE Confidence: 0.8507295

00:58:13.170 --> 00:58:15.834 presenting that worksheet to our therapist,

NOTE Confidence: 0.8507295

00:58:15.840 --> 00:58:18.450 some of whom were Native American

NOTE Confidence: 0.8507295

00:58:18.450 --> 00:58:21.070 and some of whom were not.

NOTE Confidence: 0.8507295

00:58:21.070 --> 00:58:22.549 And our clinicians,

NOTE Confidence: 0.8507295

00:58:22.549 --> 00:58:25.507 who are Native American more like.

NOTE Confidence: 0.8507295

00:58:25.510 --> 00:58:29.465 Yeah, that finally makes sense for me.

NOTE Confidence: 0.8507295

00:58:29.470 --> 00:58:32.610 And so I do think we can get things that

NOTE Confidence: 0.8507295

00:58:32.696 --> 00:58:35.384 resonate better for a community when

NOTE Confidence: 0.8507295

00:58:35.384 --> 00:58:38.359 we listen because we are academics.

NOTE Confidence: 0.8507295

00:58:38.360 --> 00:58:40.380 We know lots of things,

NOTE Confidence: 0.8507295

00:58:40.380 --> 00:58:43.894 but we don't know all the things.

NOTE Confidence: 0.8507295

00:58:43.900 --> 00:58:46.588 And so that part is important.

NOTE Confidence: 0.8507295

00:58:46.590 --> 00:58:47.706 If we have time,

NOTE Confidence: 0.8507295

00:58:47.706 --> 00:58:50.269 I can talk to you about a project
NOTE Confidence: 0.8507295

00:58:50.269 --> 00:58:51.897 that Lori's owners doing,
NOTE Confidence: 0.8507295

00:58:51.900 --> 00:58:53.560 partnering with a samale community,
NOTE Confidence: 0.8507295

00:58:53.560 --> 00:58:55.984 which I think is one of the most
NOTE Confidence: 0.8507295

00:58:55.984 --> 00:58:57.724 elegant examples of a culturally
NOTE Confidence: 0.8507295

00:58:57.724 --> 00:58:59.866 adapted PTSD therapy I've ever seen,
NOTE Confidence: 0.8507295

00:58:59.870 --> 00:59:02.075 and it really came out of that
NOTE Confidence: 0.8507295

00:59:02.075 --> 00:59:04.347 CPR concept and listening to the
NOTE Confidence: 0.8507295

00:59:04.347 --> 00:59:06.437 Community and then bringing our
NOTE Confidence: 0.8507295

00:59:06.437 --> 00:59:08.030 knowledge to the table.
NOTE Confidence: 0.8507295

00:59:08.030 --> 00:59:11.246 But welding it with what the community knows.
NOTE Confidence: 0.81768715

00:59:12.630 --> 00:59:13.881 Thank you Deborah.
NOTE Confidence: 0.81768715

00:59:13.881 --> 00:59:15.966 I just wanna follow up.
NOTE Confidence: 0.81768715

00:59:15.970 --> 00:59:17.590 There was another question
NOTE Confidence: 0.81768715

00:59:17.590 --> 00:59:20.020 that was sent to me separately
NOTE Confidence: 0.81768715

00:59:20.093 --> 00:59:22.823 which was give a sense of the

NOTE Confidence: 0.81768715

00:59:22.823 --> 00:59:24.513 differential influence of CBT

NOTE Confidence: 0.81768715

00:59:24.513 --> 00:59:26.713 CPT on PTSD symptom clusters

NOTE Confidence: 0.81768715

00:59:26.713 --> 00:59:28.473 and ultimately substance use.

NOTE Confidence: 0.8509823

00:59:29.610 --> 00:59:31.194 That's a fantastic question.

NOTE Confidence: 0.8509823

00:59:31.194 --> 00:59:33.910 We have not analyzed that data yet,

NOTE Confidence: 0.8509823

00:59:33.910 --> 00:59:35.410 but we definitely will.

NOTE Confidence: 0.8509823

00:59:35.410 --> 00:59:38.538 I am also very curious of where is

NOTE Confidence: 0.8509823

00:59:38.538 --> 00:59:40.944 it that we're seeing the changes?

NOTE Confidence: 0.8509823

00:59:40.950 --> 00:59:43.687 Is it? Is it that we're pushing

NOTE Confidence: 0.8509823

00:59:43.687 --> 00:59:45.251 down on avoidance, right?

NOTE Confidence: 0.8509823

00:59:45.251 --> 00:59:46.424 That's a possibility.

NOTE Confidence: 0.8509823

00:59:46.424 --> 00:59:48.770 Is it that we're shifting hyperarousal?

NOTE Confidence: 0.8509823

00:59:48.770 --> 00:59:51.661 Are there particular clusters that are more

NOTE Confidence: 0.8509823

00:59:51.661 --> 00:59:54.240 predictive of changes in substance use on?

NOTE Confidence: 0.8509823

00:59:54.240 --> 00:59:57.110 There are studies that are more launch

NOTE Confidence: 0.8509823

00:59:57.110 --> 00:59:59.585 tunele studies looking at which PTSD
NOTE Confidence: 0.8509823

00:59:59.585 --> 01:00:02.315 symptom clusters seem to be most associated.
NOTE Confidence: 0.8509823

01:00:02.320 --> 01:00:03.280 With substance use,
NOTE Confidence: 0.8509823

01:00:03.280 --> 01:00:05.990 but the data is all over the place.
NOTE Confidence: 0.8509823

01:00:05.990 --> 01:00:07.660 Some studies find that it's
NOTE Confidence: 0.8509823

01:00:07.660 --> 01:00:08.996 driven by true symptoms.
NOTE Confidence: 0.8509823

01:00:09.000 --> 01:00:10.332 Some studies sign that
NOTE Confidence: 0.8509823

01:00:10.332 --> 01:00:11.664 is driven by avoidance.
NOTE Confidence: 0.8509823

01:00:11.670 --> 01:00:13.340 The findings are super inconclusive,
NOTE Confidence: 0.8509823

01:00:13.340 --> 01:00:15.884 and so I think looking at a cognitive
NOTE Confidence: 0.8509823

01:00:15.884 --> 01:00:17.879 intervention and what do we see
NOTE Confidence: 0.8509823

01:00:17.879 --> 01:00:19.499 changes and predicts change in
NOTE Confidence: 0.8509823

01:00:19.499 --> 01:00:21.358 substance use would be fascinating,
NOTE Confidence: 0.8509823

01:00:21.360 --> 01:00:24.426 and we have that data daily level.
NOTE Confidence: 0.8509823

01:00:24.430 --> 01:00:24.746 Right,
NOTE Confidence: 0.8509823

01:00:24.746 --> 01:00:27.590 so we'll actually be able to look at it.

NOTE Confidence: 0.8509823

01:00:27.590 --> 01:00:30.728 Overtime over the course of therapy.

NOTE Confidence: 0.8509823

01:00:30.730 --> 01:00:31.080 Deborah,

NOTE Confidence: 0.8509823

01:00:31.080 --> 01:00:33.530 this is Tami sold and that was

NOTE Confidence: 0.8509823

01:00:33.530 --> 01:00:35.630 actually my question and I'm curious

NOTE Confidence: 0.8509823

01:00:35.630 --> 01:00:38.080 to know what your thoughts are about

NOTE Confidence: 0.8509823

01:00:38.080 --> 01:00:39.830 symptom clusters in the relationships

NOTE Confidence: 0.8509823

01:00:39.830 --> 01:00:41.930 of from PTSD to substance use

NOTE Confidence: 0.8509823

01:00:41.930 --> 01:00:43.330 being different by population,

NOTE Confidence: 0.8509823

01:00:43.330 --> 01:00:45.256 and I referenced traumatic events so

NOTE Confidence: 0.8509823

01:00:45.256 --> 01:00:46.989 those who have experienced sexual

NOTE Confidence: 0.8509823

01:00:46.989 --> 01:00:48.577 assault versus partner violence.

NOTE Confidence: 0.8509823

01:00:48.580 --> 01:00:50.680 And of course people who experience

NOTE Confidence: 0.8509823

01:00:50.680 --> 01:00:52.780 one type of trauma tend to

NOTE Confidence: 0.8509823

01:00:52.780 --> 01:00:54.530 experience many types of trauma,

NOTE Confidence: 0.8509823

01:00:54.530 --> 01:00:57.368 but I wonder if you have

NOTE Confidence: 0.8509823

01:00:57.368 --> 01:00:59.260 any thoughts about that.
NOTE Confidence: 0.8509823

01:00:59.260 --> 01:01:02.118 Yeah, well, we didn't see that.
NOTE Confidence: 0.8509823

01:01:02.120 --> 01:01:02.720 You know,
NOTE Confidence: 0.8509823

01:01:02.720 --> 01:01:04.845 I know the daily data pretty well
NOTE Confidence: 0.8509823

01:01:04.845 --> 01:01:06.900 because one of my studies was any.
NOTE Confidence: 0.8509823

01:01:06.900 --> 01:01:09.231 I'm a study with college women had
NOTE Confidence: 0.8509823

01:01:09.231 --> 01:01:10.819 experienced sexual assault and it
NOTE Confidence: 0.8509823

01:01:10.819 --> 01:01:12.688 was one of the first studies that
NOTE Confidence: 0.8509823

01:01:12.688 --> 01:01:14.975 actually tried to breakdown at a daily level.
NOTE Confidence: 0.8509823

01:01:14.980 --> 01:01:16.768 What do we see with specific
NOTE Confidence: 0.8509823

01:01:16.768 --> 01:01:17.662 symptoms of PTSD?
NOTE Confidence: 0.8509823

01:01:17.670 --> 01:01:20.542 So we did a factor analysis and then
NOTE Confidence: 0.8509823

01:01:20.542 --> 01:01:23.449 we looked at what predicted drinking.
NOTE Confidence: 0.8509823

01:01:23.450 --> 01:01:25.851 And you know what we found was
NOTE Confidence: 0.8509823

01:01:25.851 --> 01:01:27.810 not entirely what we expected.
NOTE Confidence: 0.8509823

01:01:27.810 --> 01:01:28.456 Tammy was.

NOTE Confidence: 0.8509823

01:01:28.456 --> 01:01:31.040 So what we found was that there were

NOTE Confidence: 0.8509823

01:01:31.115 --> 01:01:33.250 very specific symptoms of PTSD.

NOTE Confidence: 0.8509823

01:01:33.250 --> 01:01:33.900 There were,

NOTE Confidence: 0.8509823

01:01:33.900 --> 01:01:35.850 so she would hide higher drinking

NOTE Confidence: 0.8509823

01:01:35.850 --> 01:01:37.240 in that population.

NOTE Confidence: 0.8509823

01:01:37.240 --> 01:01:39.960 So we found that it was more the

NOTE Confidence: 0.8509823

01:01:39.960 --> 01:01:42.654 like Hyperarousal and a little bit of

NOTE Confidence: 0.8509823

01:01:42.654 --> 01:01:44.870 the intrusive symptoms that predicted it.

NOTE Confidence: 0.8509823

01:01:44.870 --> 01:01:47.614 But we found that other symptoms of PTSD

NOTE Confidence: 0.8509823

01:01:47.614 --> 01:01:49.588 were associated with lower drinking,

NOTE Confidence: 0.8509823

01:01:49.590 --> 01:01:52.845 so the more dysphoric symptoms of PTSD.

NOTE Confidence: 0.8509823

01:01:52.850 --> 01:01:55.608 Predicted lower drinking on a given day.

NOTE Confidence: 0.8509823

01:01:55.610 --> 01:01:57.818 What was also interesting in that

NOTE Confidence: 0.8509823

01:01:57.818 --> 01:02:00.210 study that I think the field

NOTE Confidence: 0.8509823

01:02:00.210 --> 01:02:01.906 hasn't played with enough,

NOTE Confidence: 0.8509823

01:02:01.910 --> 01:02:04.806 is that we didn't find it at a
NOTE Confidence: 0.8509823

01:02:04.806 --> 01:02:07.028 between persons level of analysis.
NOTE Confidence: 0.8509823

01:02:07.030 --> 01:02:09.788 We found it on a within person's
NOTE Confidence: 0.8509823

01:02:09.788 --> 01:02:10.970 level of analysis.
NOTE Confidence: 0.8509823

01:02:10.970 --> 01:02:13.310 So what I mean by that is it wasn't
NOTE Confidence: 0.8509823

01:02:13.310 --> 01:02:15.722 so important whether my hyperarousal
NOTE Confidence: 0.8509823

01:02:15.722 --> 01:02:18.842 intrusive symptoms were higher than yours.
NOTE Confidence: 0.8509823

01:02:18.850 --> 01:02:21.202 It was if my intrusive symptoms
NOTE Confidence: 0.8509823

01:02:21.202 --> 01:02:24.139 are higher for me than my average.
NOTE Confidence: 0.8509823

01:02:24.140 --> 01:02:28.253 I am more likely to drink on that day.
NOTE Confidence: 0.8509823

01:02:28.260 --> 01:02:30.940 Write an I am likely to drink more.
NOTE Confidence: 0.8509823

01:02:30.940 --> 01:02:34.556 For last, if it was a dysphoric symptom,
NOTE Confidence: 0.8509823

01:02:34.560 --> 01:02:37.164 and so I do think that question
NOTE Confidence: 0.8509823

01:02:37.164 --> 01:02:38.280 of the person's
NOTE Confidence: 0.85210043

01:02:38.368 --> 01:02:41.554 own individual mean their own individual
NOTE Confidence: 0.85210043

01:02:41.554 --> 01:02:44.080 baseline is an interesting one.

NOTE Confidence: 0.85210043

01:02:44.080 --> 01:02:46.798 Now when we look across populations,

NOTE Confidence: 0.85210043

01:02:46.800 --> 01:02:50.286 you know so much of this work

NOTE Confidence: 0.85210043

01:02:50.286 --> 01:02:53.289 has been done in veterans.

NOTE Confidence: 0.85210043

01:02:53.290 --> 01:02:56.210 But I do think that we likely have

NOTE Confidence: 0.85210043

01:02:56.210 --> 01:02:57.498 slightly different presentations

NOTE Confidence: 0.85210043

01:02:57.498 --> 01:03:00.654 and a veteran sample, for example,

NOTE Confidence: 0.85210043

01:03:00.654 --> 01:03:03.714 than sexual assaults in full.

NOTE Confidence: 0.85210043

01:03:03.720 --> 01:03:05.036 In terms of both,

NOTE Confidence: 0.85210043

01:03:05.036 --> 01:03:07.010 what PTSD symptoms may be most

NOTE Confidence: 0.85210043

01:03:07.079 --> 01:03:09.629 prevalent and which ones may be

NOTE Confidence: 0.85210043

01:03:09.629 --> 01:03:11.329 more associated with drinking?

NOTE Confidence: 0.85210043

01:03:11.330 --> 01:03:13.556 If I can rip off of that

NOTE Confidence: 0.85210043

01:03:13.556 --> 01:03:15.130 actually as well family,

NOTE Confidence: 0.85210043

01:03:15.130 --> 01:03:17.698 the other thing that the field

NOTE Confidence: 0.85210043

01:03:17.698 --> 01:03:20.584 doesn't talk about very much is where

NOTE Confidence: 0.85210043

01:03:20.584 --> 01:03:23.132 is the person in terms of force.
NOTE Confidence: 0.85210043

01:03:23.140 --> 01:03:25.580 How long have these
NOTE Confidence: 0.85210043

01:03:25.580 --> 01:03:27.410 behaviors been associated?
NOTE Confidence: 0.85210043

01:03:27.410 --> 01:03:30.560 Right, so the college women have
NOTE Confidence: 0.85210043

01:03:30.560 --> 01:03:33.216 had those associations in theory
NOTE Confidence: 0.85210043

01:03:33.216 --> 01:03:36.006 for a shorter period of time.
NOTE Confidence: 0.85210043

01:03:36.010 --> 01:03:38.810 In that that data that I presented
NOTE Confidence: 0.85210043

01:03:38.810 --> 01:03:42.620 the R 21 that Tracy and I worked on.
NOTE Confidence: 0.85210043

01:03:42.620 --> 01:03:45.194 You know we looked at different
NOTE Confidence: 0.85210043

01:03:45.194 --> 01:03:47.989 motives for drinking and that was one.
NOTE Confidence: 0.85210043

01:03:47.990 --> 01:03:48.814 For example,
NOTE Confidence: 0.85210043

01:03:48.814 --> 01:03:50.874 we saw real relationships for
NOTE Confidence: 0.85210043

01:03:50.874 --> 01:03:52.128 enhancement motives, right?
NOTE Confidence: 0.85210043

01:03:52.128 --> 01:03:54.696 I drink because I'm trying to
NOTE Confidence: 0.85210043

01:03:54.696 --> 01:03:56.807 feel something which we don't
NOTE Confidence: 0.85210043

01:03:56.807 --> 01:03:58.307 talk about very much.

NOTE Confidence: 0.85210043
01:03:58.310 --> 01:04:01.450 We talk about coping motives.
NOTE Confidence: 0.85210043
01:04:01.450 --> 01:04:03.930 And I think that's something
NOTE Confidence: 0.85210043
01:04:03.930 --> 01:04:06.974 we're going to be more likely
NOTE Confidence: 0.85210043
01:04:06.974 --> 01:04:09.728 to see in a Masonic stamp.
NOTE Confidence: 0.85210043
01:04:09.730 --> 01:04:12.509 With the college women we saw lots
NOTE Confidence: 0.85210043
01:04:12.509 --> 01:04:14.410 of celebratory social drinking.
NOTE Confidence: 0.85210043
01:04:14.410 --> 01:04:15.860 As well as coping drinking.
NOTE Confidence: 0.85210043
01:04:15.860 --> 01:04:17.505 So for them we saw both and
NOTE Confidence: 0.85210043
01:04:17.505 --> 01:04:19.228 we've seen that pattern as well
NOTE Confidence: 0.85210043
01:04:19.228 --> 01:04:20.818 to longitudinal study of young
NOTE Confidence: 0.85210043
01:04:20.818 --> 01:04:22.743 lesbian and BI women where we
NOTE Confidence: 0.85210043
01:04:22.743 --> 01:04:23.975 see that pattern sometimes.
NOTE Confidence: 0.85210043
01:04:23.980 --> 01:04:26.220 I'm just drinking to have fun with
NOTE Confidence: 0.85210043
01:04:26.220 --> 01:04:28.058 friends and then sometimes I'm
NOTE Confidence: 0.85210043
01:04:28.058 --> 01:04:30.078 drinking to manage my symptoms.
NOTE Confidence: 0.85210043

01:04:30.080 --> 01:04:32.120 That was a really long answer.
NOTE Confidence: 0.85210043

01:04:32.120 --> 01:04:32.460 I'm
NOTE Confidence: 0.82836646

01:04:32.460 --> 01:04:33.820 sorry Tammy. No no,
NOTE Confidence: 0.82836646

01:04:33.820 --> 01:04:35.860 that was a great answer. And
NOTE Confidence: 0.82836646

01:04:35.860 --> 01:04:37.545 Interestingly, we actually just looked
NOTE Confidence: 0.82836646

01:04:37.545 --> 01:04:39.957 at the Association of PTSD and smoking
NOTE Confidence: 0.82836646

01:04:39.957 --> 01:04:41.642 among women who are experiencing
NOTE Confidence: 0.82836646

01:04:41.642 --> 01:04:43.680 partner violence and found the same.
NOTE Confidence: 0.82836646

01:04:43.680 --> 01:04:45.380 It was stimulation and state
NOTE Confidence: 0.82836646

01:04:45.380 --> 01:04:47.080 enhancement is associated with smoking.
NOTE Confidence: 0.82836646

01:04:47.080 --> 01:04:48.886 No, that wasn't. If you do,
NOTE Confidence: 0.82836646

01:04:48.886 --> 01:04:51.179 you want me to send you that paper
NOTE Confidence: 0.82836646

01:04:51.179 --> 01:04:53.867 where Tracy and I looked at the
NOTE Confidence: 0.82836646

01:04:53.867 --> 01:04:55.580 enhancement motives and drinking?
NOTE Confidence: 0.8567092

01:04:58.510 --> 01:04:59.870 Sounds like she said
NOTE Confidence: 0.8567092

01:04:59.870 --> 01:05:02.590 yes sorry. Sure yes, yes, yes they do.

NOTE Confidence: 0.8567092

01:05:02.590 --> 01:05:04.630 You have to say yes, you

NOTE Confidence: 0.8567092

01:05:04.630 --> 01:05:05.990 won't hurt my feelings.

NOTE Confidence: 0.8567092

01:05:05.990 --> 01:05:07.010 I'm always pleasantly

NOTE Confidence: 0.8567092

01:05:07.010 --> 01:05:08.370 surprised when someone read

NOTE Confidence: 0.8567092

01:05:08.370 --> 01:05:10.410 something I wrote. I was on

NOTE Confidence: 0.8567092

01:05:10.410 --> 01:05:11.770 mute. Yes, Please remember.

NOTE Confidence: 0.8567092

01:05:11.770 --> 01:05:13.810 There's a ton of go ahead.

NOTE Confidence: 0.8567092

01:05:13.810 --> 01:05:15.964 There's a general question in the

NOTE Confidence: 0.8567092

01:05:15.964 --> 01:05:18.229 chat that I wanted to ask you,

NOTE Confidence: 0.8567092

01:05:18.230 --> 01:05:19.151 someone, someone asked,

NOTE Confidence: 0.8567092

01:05:19.151 --> 01:05:20.993 did you look at patients with

NOTE Confidence: 0.8567092

01:05:20.993 --> 01:05:22.309 service connection pending?

NOTE Confidence: 0.8567092

01:05:22.310 --> 01:05:24.010 And whether that was correlated

NOTE Confidence: 0.8567092

01:05:24.010 --> 01:05:25.710 to drop out or outcome?

NOTE Confidence: 0.84008193

01:05:26.870 --> 01:05:29.246 Yeah, no, that's an incredible question.

NOTE Confidence: 0.84008193

01:05:29.250 --> 01:05:31.524 So because the study was not
NOTE Confidence: 0.84008193

01:05:31.524 --> 01:05:33.600 at VA per Southeast study,
NOTE Confidence: 0.84008193

01:05:33.600 --> 01:05:36.036 we did not collect data in this
NOTE Confidence: 0.84008193

01:05:36.036 --> 01:05:37.960 study on service connection.
NOTE Confidence: 0.84008193

01:05:37.960 --> 01:05:40.294 So we ask people if they
NOTE Confidence: 0.84008193

01:05:40.294 --> 01:05:42.310 were of actions or not,
NOTE Confidence: 0.84008193

01:05:42.310 --> 01:05:45.874 but it wasn't sort of an official VA study.
NOTE Confidence: 0.84008193

01:05:45.880 --> 01:05:49.592 So the way the veteran piece went is
NOTE Confidence: 0.84008193

01:05:49.592 --> 01:05:52.139 patients could choose if they wanted
NOTE Confidence: 0.84008193

01:05:52.139 --> 01:05:56.067 to be seen at the VA or at the clinic.
NOTE Confidence: 0.84008193

01:05:56.070 --> 01:05:58.220 That was up to them.
NOTE Confidence: 0.84008193

01:05:58.220 --> 01:06:00.086 If somebody identified as a veteran,
NOTE Confidence: 0.84008193

01:06:00.090 --> 01:06:01.525 they automatically went to the
NOTE Confidence: 0.84008193

01:06:01.525 --> 01:06:03.520 VA to get their their sessions,
NOTE Confidence: 0.84008193

01:06:03.520 --> 01:06:05.872 but everyone else could just kind of
NOTE Confidence: 0.84008193

01:06:05.872 --> 01:06:08.629 pick what was more convenient for them.

NOTE Confidence: 0.84008193

01:06:08.630 --> 01:06:11.390 Um, and so the focus of this was,

NOTE Confidence: 0.84008193

01:06:11.390 --> 01:06:13.610 I think, less veteran oriented than

NOTE Confidence: 0.84008193

01:06:13.610 --> 01:06:16.569 if it had been more of a VA study,

NOTE Confidence: 0.84008193

01:06:16.570 --> 01:06:19.330 so I don't have that data for you.

NOTE Confidence: 0.84008193

01:06:19.330 --> 01:06:20.710 It's a great question.

NOTE Confidence: 0.8818212

01:06:25.840 --> 01:06:27.568 Other questions for Deborah.

NOTE Confidence: 0.8769303

01:06:32.520 --> 01:06:34.410 Doctor case and I just wanted to

NOTE Confidence: 0.8769303

01:06:34.410 --> 01:06:36.570 know is it and I don't even know

NOTE Confidence: 0.8769303

01:06:36.570 --> 01:06:38.190 if this is inappropriate to ask,

NOTE Confidence: 0.8769303

01:06:38.190 --> 01:06:39.540 but is it possible for

NOTE Confidence: 0.8769303

01:06:39.540 --> 01:06:42.711 us to have a copy of your

NOTE Confidence: 0.8769303

01:06:42.711 --> 01:06:44.070 of your presentation?

NOTE Confidence: 0.8769303

01:06:44.070 --> 01:06:46.464 I just want notes fast enough an

NOTE Confidence: 0.8769303

01:06:46.464 --> 01:06:49.630 you know, so that's my thing.

NOTE Confidence: 0.8769303

01:06:49.630 --> 01:06:52.260 Yeah no, no worries Pam, no worries.

NOTE Confidence: 0.8369421

01:06:52.260 --> 01:06:54.689 Usually we have the talk has been

NOTE Confidence: 0.8369421

01:06:54.689 --> 01:06:57.150 recorded and so it'll be available.

NOTE Confidence: 0.8369421

01:06:57.150 --> 01:06:59.400 Trisha and should be the following

NOTE Confidence: 0.8369421

01:06:59.400 --> 01:07:01.288 week, right? Is that the

NOTE Confidence: 0.8369421

01:07:01.290 --> 01:07:03.222 case? Yes, it should be available

NOTE Confidence: 0.8369421

01:07:03.222 --> 01:07:05.464 early next week on the Department

NOTE Confidence: 0.8369421

01:07:05.464 --> 01:07:07.679 of Psychiatry Grand Rounds website.

NOTE Confidence: 0.66337898

01:07:08.670 --> 01:07:11.350 Great project. No problem.

NOTE Confidence: 0.9025992

01:07:14.140 --> 01:07:16.008 Other questions or comments?

NOTE Confidence: 0.5706787

01:07:17.020 --> 01:07:17.370 Mary

NOTE Confidence: 0.53246456

01:07:18.920 --> 01:07:23.068 environment. I was quite taken

NOTE Confidence: 0.53246456

01:07:23.070 --> 01:07:26.245 by the story of the mountain and

NOTE Confidence: 0.53246456

01:07:26.245 --> 01:07:29.416 going from the bottom to the top,

NOTE Confidence: 0.53246456

01:07:29.416 --> 01:07:31.229 that East communication with

NOTE Confidence: 0.53246456

01:07:31.230 --> 01:07:33.943 the native Indians and it kind

NOTE Confidence: 0.53246456

01:07:33.943 --> 01:07:37.600 of brought into my memory at.

NOTE Confidence: 0.53246456
01:07:37.600 --> 01:07:41.800 An moment when I was considering
NOTE Confidence: 0.53246456
01:07:41.800 --> 01:07:44.428 to go to work in Africa with
NOTE Confidence: 0.53246456
01:07:44.430 --> 01:07:46.003 dramatized situation estimate,
NOTE Confidence: 0.53246456
01:07:46.003 --> 01:07:47.049 traumatized population,
NOTE Confidence: 0.53246456
01:07:47.050 --> 01:07:52.305 and at that time I had a friend who was.
NOTE Confidence: 0.53246456
01:07:52.305 --> 01:07:54.928 She's a black lady and
NOTE Confidence: 0.8138277
01:07:54.930 --> 01:07:57.555 she was here Adele studying
NOTE Confidence: 0.8138277
01:07:57.555 --> 01:07:59.840 African American arts.
NOTE Confidence: 0.8138277
01:07:59.840 --> 01:08:04.810 And I was talking to her about art therapy.
NOTE Confidence: 0.8138277
01:08:04.810 --> 01:08:08.670 I'm quite naive in it and her
NOTE Confidence: 0.8138277
01:08:08.670 --> 01:08:11.430 immediate reaction was up struct
NOTE Confidence: 0.827827712
01:08:11.430 --> 01:08:16.670 art. And kind of surprised, maybe because.
NOTE Confidence: 0.827827712
01:08:16.670 --> 01:08:19.082 Yeah, it just didn't expect it.
NOTE Confidence: 0.827827712
01:08:19.082 --> 01:08:21.490 You know that her immediate very
NOTE Confidence: 0.827827712
01:08:21.490 --> 01:08:23.908 quick reaction was that this is
NOTE Confidence: 0.8768701

01:08:23.910 --> 01:08:25.510 much more close to
NOTE Confidence: 0.8768701

01:08:25.510 --> 01:08:27.930 the heart of black people, and
NOTE Confidence: 0.8768701

01:08:27.930 --> 01:08:31.820 I was wondering, you know whether?
NOTE Confidence: 0.8768701

01:08:31.820 --> 01:08:33.605 Different art techniques
NOTE Confidence: 0.8768701

01:08:33.605 --> 01:08:35.985 are used in communications
NOTE Confidence: 0.8768701

01:08:35.985 --> 01:08:37.770 with different populations.
NOTE Confidence: 0.8768701

01:08:37.770 --> 01:08:40.750 Here in States and may
NOTE Confidence: 0.8768701

01:08:40.750 --> 01:08:43.720 do in treatment in PTSD.
NOTE Confidence: 0.8663264

01:08:45.760 --> 01:08:48.133 Yeah, so that's out that would be
NOTE Confidence: 0.8663264

01:08:48.133 --> 01:08:50.496 outside of my area of expertise and
NOTE Confidence: 0.8663264

01:08:50.496 --> 01:08:53.649 what I can tell you is the data around
NOTE Confidence: 0.8663264

01:08:53.649 --> 01:08:55.989 art therapy for PTSD has generally
NOTE Confidence: 0.8663264

01:08:55.989 --> 01:08:58.150 not found that it is effective,
NOTE Confidence: 0.8663264

01:08:58.150 --> 01:09:00.268 at least in reducing PTSD symptoms.
NOTE Confidence: 0.8663264

01:09:00.270 --> 01:09:03.102 Now that's not to say it can't work
NOTE Confidence: 0.8663264

01:09:03.102 --> 01:09:05.652 for somebody, or that it might not be

NOTE Confidence: 0.8663264

01:09:05.652 --> 01:09:08.023 a good adjunct to treatment, right?

NOTE Confidence: 0.8663264

01:09:08.023 --> 01:09:09.901 So you could think about that

NOTE Confidence: 0.8663264

01:09:09.901 --> 01:09:12.308 as a way of engaging someone,

NOTE Confidence: 0.8663264

01:09:12.310 --> 01:09:14.398 but then coupling it with one

NOTE Confidence: 0.8663264

01:09:14.398 --> 01:09:16.330 of these therapies for people.

NOTE Confidence: 0.8663264

01:09:16.330 --> 01:09:18.150 Focus on the trauma itself,

NOTE Confidence: 0.8663264

01:09:18.150 --> 01:09:20.460 but at least now most of that

NOTE Confidence: 0.8663264

01:09:20.460 --> 01:09:22.859 research has been done with children,

NOTE Confidence: 0.8663264

01:09:22.860 --> 01:09:25.269 not with adults.

NOTE Confidence: 0.8663264

01:09:25.270 --> 01:09:27.209 But in that review of the literature

NOTE Confidence: 0.8663264

01:09:27.209 --> 01:09:28.954 that IST SS, did they?

NOTE Confidence: 0.8663264

01:09:28.954 --> 01:09:32.153 Did not find that generally art therapy

NOTE Confidence: 0.8663264

01:09:32.153 --> 01:09:35.798 was effective for kids in reducing PTSD.

NOTE Confidence: 0.8663264

01:09:35.800 --> 01:09:38.929 So I think it's an interesting question.

NOTE Confidence: 0.8663264

01:09:38.930 --> 01:09:40.268 I don't know

NOTE Confidence: 0.8322475

01:09:40.270 --> 01:09:42.058 that, because yeah, I
NOTE Confidence: 0.8322475

01:09:42.060 --> 01:09:44.290 probably didn't didn't even think
NOTE Confidence: 0.8322475

01:09:44.290 --> 01:09:46.530 about the treatment of PTSD,
NOTE Confidence: 0.8322475

01:09:46.530 --> 01:09:49.208 but more like easing the communication
NOTE Confidence: 0.8322475

01:09:49.208 --> 01:09:52.740 as you described, so nicely. Yeah,
NOTE Confidence: 0.8667782

01:09:52.740 --> 01:09:54.111 absolutely. I mean,
NOTE Confidence: 0.8667782

01:09:54.111 --> 01:09:57.310 I think that's a great question of
NOTE Confidence: 0.8667782

01:09:57.402 --> 01:10:00.279 how do we engage people in K, right?
NOTE Confidence: 0.8667782

01:10:00.279 --> 01:10:02.793 How do we get people interested
NOTE Confidence: 0.8667782

01:10:02.793 --> 01:10:04.050 in the conversation?
NOTE Confidence: 0.8667782

01:10:04.050 --> 01:10:05.730 There is an investigator,
NOTE Confidence: 0.8667782

01:10:05.730 --> 01:10:08.433 for example, who's working with
NOTE Confidence: 0.8667782

01:10:08.433 --> 01:10:10.917 I believe Syrian refugees.
NOTE Confidence: 0.8667782

01:10:10.920 --> 01:10:13.472 And he is in Milwaukee if I'm correct
NOTE Confidence: 0.8667782

01:10:13.472 --> 01:10:16.051 and he's using yoga and dance as a
NOTE Confidence: 0.8667782

01:10:16.051 --> 01:10:18.172 way of engaging the community because

NOTE Confidence: 0.8667782

01:10:18.172 --> 01:10:20.986 what he found is they weren't willing

NOTE Confidence: 0.8667782

01:10:20.986 --> 01:10:23.140 to come in for these psychotherapies.

NOTE Confidence: 0.8667782

01:10:23.140 --> 01:10:24.885 But then once they're coming

NOTE Confidence: 0.8667782

01:10:24.885 --> 01:10:26.630 in for yoga and dance,

NOTE Confidence: 0.8667782

01:10:26.630 --> 01:10:28.022 then they're getting them

NOTE Confidence: 0.8667782

01:10:28.022 --> 01:10:29.762 engaged in the trauma therapies.

NOTE Confidence: 0.94077814

01:10:32.340 --> 01:10:34.730 Thank you. Yeah, no

NOTE Confidence: 0.831268

01:10:34.730 --> 01:10:38.174 problem we have. We have time for

NOTE Confidence: 0.831268

01:10:38.174 --> 01:10:41.678 probably one more question or comment.

NOTE Confidence: 0.831268

01:10:41.680 --> 01:10:43.906 Another, any other questions or comments?

NOTE Confidence: 0.8578414

01:10:52.430 --> 01:10:55.734 Well, maybe that's a good place to stop.

NOTE Confidence: 0.8578414

01:10:55.740 --> 01:10:57.810 Thank you so much Deborah.

NOTE Confidence: 0.8578414

01:10:57.810 --> 01:11:00.024 This has been just a terrific

NOTE Confidence: 0.8578414

01:11:00.024 --> 01:11:02.077 presentation that you gave and

NOTE Confidence: 0.8578414

01:11:02.077 --> 01:11:03.607 also discussion afterwards.

NOTE Confidence: 0.8578414

01:11:03.610 --> 01:11:05.680 Really appreciate you doing this.

NOTE Confidence: 0.8268853

01:11:06.520 --> 01:11:07.990 Well, I really appreciate the

NOTE Confidence: 0.8268853

01:11:07.990 --> 01:11:09.781 invitation and the chance to have

NOTE Confidence: 0.8268853

01:11:09.781 --> 01:11:11.347 a conversation with all of you.

NOTE Confidence: 0.8268853

01:11:11.350 --> 01:11:13.042 I always leave these kinds of

NOTE Confidence: 0.8268853

01:11:13.042 --> 01:11:14.759 talks inspired and with new ideas.

NOTE Confidence: 0.8268853

01:11:14.760 --> 01:11:17.024 So for those of you in the audience,

NOTE Confidence: 0.8268853

01:11:17.030 --> 01:11:18.728 if you do have questions or

NOTE Confidence: 0.8268853

01:11:18.728 --> 01:11:21.790 want articles, let me know.