

WEBVTT

NOTE duration:"01:02:21"

NOTE recognizability:0.852

NOTE language:en-us

NOTE Confidence: 0.96647465

00:00:02.120 --> 00:00:05.120 Good afternoon and welcome.

NOTE Confidence: 0.96647465

00:00:05.120 --> 00:00:06.336 Can everybody hear me

NOTE Confidence: 0.96647465

00:00:06.336 --> 00:00:07.200 back there? Yeah, sound

NOTE Confidence: 0.58597321333333

00:00:07.200 --> 00:00:12.478 is OK. OK. OK. So today's a a

NOTE Confidence: 0.58597321333333

00:00:12.478 --> 00:00:15.640 a truly special grand rounds

NOTE Confidence: 0.58597321333333

00:00:15.640 --> 00:00:18.838 and I don't say that lightly.

NOTE Confidence: 0.58597321333333

00:00:18.840 --> 00:00:20.760 Let me start by telling you that this

NOTE Confidence: 0.58597321333333

00:00:20.760 --> 00:00:22.928 grand rounds is part, as you can see,

NOTE Confidence: 0.58597321333333

00:00:22.928 --> 00:00:25.789 of the Max Ritvo and Alan Alan B

NOTE Confidence: 0.58597321333333

00:00:25.789 --> 00:00:27.840 Slifka Memorial Lecture Series.

NOTE Confidence: 0.798932248

00:00:30.440 --> 00:00:31.920 Dear Max and Dear Allen.

NOTE Confidence: 0.798932248

00:00:31.920 --> 00:00:35.040 We're both alumni of Yale College,

NOTE Confidence: 0.798932248

00:00:35.040 --> 00:00:38.916 UC classes of 13 and 51,

NOTE Confidence: 0.798932248

00:00:38.920 --> 00:00:42.096 and they really were very devoted to this  
NOTE Confidence: 0.798932248

00:00:42.096 --> 00:00:44.599 institution in in many different ways.  
NOTE Confidence: 0.798932248

00:00:44.600 --> 00:00:47.040 Now, a very brief word,  
NOTE Confidence: 0.798932248

00:00:47.040 --> 00:00:48.995 literally one word about each  
NOTE Confidence: 0.798932248

00:00:48.995 --> 00:00:50.559 of these two individuals.  
NOTE Confidence: 0.798932248

00:00:50.560 --> 00:00:52.760 When I think of Max, I think of many things,  
NOTE Confidence: 0.798932248

00:00:52.760 --> 00:00:55.560 but the word whimsical comes to mind.  
NOTE Confidence: 0.798932248

00:00:55.560 --> 00:00:57.756 He was, he was a poet.  
NOTE Confidence: 0.798932248

00:00:57.760 --> 00:00:59.044 He was an artist.  
NOTE Confidence: 0.798932248

00:00:59.044 --> 00:01:02.358 He was one of the funniest people who I knew.  
NOTE Confidence: 0.798932248

00:01:02.360 --> 00:01:06.906 And when he comes to to mind and Alan,  
NOTE Confidence: 0.798932248

00:01:06.906 --> 00:01:08.871 among the many things that  
NOTE Confidence: 0.798932248

00:01:08.871 --> 00:01:11.025 he did in his career,  
NOTE Confidence: 0.798932248

00:01:11.025 --> 00:01:15.400 was devoted to the idea of coexistence.  
NOTE Confidence: 0.798932248

00:01:15.400 --> 00:01:18.382 And he specifically was interested in  
NOTE Confidence: 0.798932248

00:01:18.382 --> 00:01:21.560 coexistence between Arabs and Jews in Israel,

NOTE Confidence: 0.798932248

00:01:21.560 --> 00:01:24.600 a topic that is of high relevance today.

NOTE Confidence: 0.798932248

00:01:24.600 --> 00:01:28.576 And our speaker today happened to go

NOTE Confidence: 0.798932248

00:01:28.576 --> 00:01:34.000 to medical school in Ukraine when

NOTE Confidence: 0.798932248

00:01:34.000 --> 00:01:37.084 it was Ukraine and it is now Russia.

NOTE Confidence: 0.798932248

00:01:37.084 --> 00:01:39.310 So there's all these connections about

NOTE Confidence: 0.798932248

00:01:39.377 --> 00:01:41.603 coexistence and about whimsy that I

NOTE Confidence: 0.798932248

00:01:41.603 --> 00:01:44.279 think we're going to be hearing about.

NOTE Confidence: 0.798932248

00:01:44.280 --> 00:01:46.956 This is the fifth such lecture.

NOTE Confidence: 0.798932248

00:01:46.960 --> 00:01:49.352 And let me just tell you that we've

NOTE Confidence: 0.798932248

00:01:49.352 --> 00:01:51.079 covered most of the art forms.

NOTE Confidence: 0.798932248

00:01:51.080 --> 00:01:54.584 The first talk was about use

NOTE Confidence: 0.798932248

00:01:54.584 --> 00:01:56.920 beatboxing as the medium,

NOTE Confidence: 0.798932248

00:01:56.920 --> 00:02:00.440 The second one use theater as a medium,

NOTE Confidence: 0.798932248

00:02:00.440 --> 00:02:02.392 and it was done by Zoom in the

NOTE Confidence: 0.798932248

00:02:02.392 --> 00:02:03.760 midst of the pandemic,

NOTE Confidence: 0.798932248

00:02:03.760 --> 00:02:05.840 which later became actually  
NOTE Confidence: 0.798932248

00:02:05.840 --> 00:02:07.920 a play off Broadway.  
NOTE Confidence: 0.798932248

00:02:07.920 --> 00:02:09.960 The third speaker happened to  
NOTE Confidence: 0.798932248

00:02:09.960 --> 00:02:13.200 be a Nobel laureate in poetry,  
NOTE Confidence: 0.798932248

00:02:13.200 --> 00:02:17.160 and last year's talk was centered  
NOTE Confidence: 0.798932248

00:02:17.160 --> 00:02:18.480 on photography.  
NOTE Confidence: 0.798932248

00:02:18.480 --> 00:02:20.796 So today we really haven't had  
NOTE Confidence: 0.798932248

00:02:20.796 --> 00:02:23.199 anything using paint as the medium,  
NOTE Confidence: 0.798932248

00:02:23.200 --> 00:02:27.160 but that's where we're going to go today.  
NOTE Confidence: 0.798932248

00:02:27.160 --> 00:02:30.160 I'm incredibly grateful to Ari Ritvo,  
NOTE Confidence: 0.798932248

00:02:30.160 --> 00:02:34.129 who I saw is online and maybe in a  
NOTE Confidence: 0.798932248

00:02:34.129 --> 00:02:37.584 little bit we can ask her to say a few  
NOTE Confidence: 0.798932248

00:02:37.584 --> 00:02:40.480 words after we hear from today's speaker.  
NOTE Confidence: 0.798932248

00:02:40.480 --> 00:02:43.308 But today's speaker is we're going  
NOTE Confidence: 0.798932248

00:02:43.308 --> 00:02:44.436 to tell you about today's speaker.  
NOTE Confidence: 0.798932248

00:02:44.440 --> 00:02:46.840 He is a gentle giant.

NOTE Confidence: 0.798932248

00:02:46.840 --> 00:02:48.460 He is both of those things, actually.

NOTE Confidence: 0.798932248

00:02:48.460 --> 00:02:50.460 He actually played professional

NOTE Confidence: 0.798932248

00:02:50.460 --> 00:02:54.160 basketball when he was in medical school.

NOTE Confidence: 0.798932248

00:02:54.160 --> 00:02:56.710 We still fondly talk about him

NOTE Confidence: 0.798932248

00:02:56.710 --> 00:02:59.723 in the inpatient unit as a child

NOTE Confidence: 0.798932248

00:02:59.723 --> 00:03:02.160 whisperer because in his bigness

NOTE Confidence: 0.798932248

00:03:02.160 --> 00:03:05.980 he was so good with kids,

NOTE Confidence: 0.798932248

00:03:05.980 --> 00:03:12.880 so gentle and so IO is wonderful

NOTE Confidence: 0.798932248

00:03:12.880 --> 00:03:14.146 and just as wonderful as his

NOTE Confidence: 0.798932248

00:03:14.146 --> 00:03:15.479 daughter Ariella who is here today,

NOTE Confidence: 0.798932248

00:03:15.480 --> 00:03:18.160 who later will have a very special role.

NOTE Confidence: 0.798932248

00:03:18.160 --> 00:03:20.120 So let me just tell you something

NOTE Confidence: 0.798932248

00:03:20.120 --> 00:03:20.960 about the logistics.

NOTE Confidence: 0.493344662

00:03:23.240 --> 00:03:25.440 Ayo Ayo Tunde, Ayo Bello.

NOTE Confidence: 0.493344662

00:03:25.440 --> 00:03:28.640 Our artist will give us a a talk.

NOTE Confidence: 0.493344662

00:03:28.640 --> 00:03:31.253 Then when we're done, please come out.

NOTE Confidence: 0.493344662

00:03:31.253 --> 00:03:33.119 There's some refreshments as you saw

NOTE Confidence: 0.493344662

00:03:33.120 --> 00:03:35.760 of all sorts of octonage and and you

NOTE Confidence: 0.493344662

00:03:35.760 --> 00:03:38.038 know there's something for everyone.

NOTE Confidence: 0.493344662

00:03:38.040 --> 00:03:39.798 Grab something if you so desire.

NOTE Confidence: 0.493344662

00:03:39.800 --> 00:03:42.208 And then we're going to go straight

NOTE Confidence: 0.493344662

00:03:42.208 --> 00:03:44.560 up one floor and we're going to gather

NOTE Confidence: 0.493344662

00:03:44.560 --> 00:03:47.920 together and and then you know special

NOTE Confidence: 0.493344662

00:03:47.920 --> 00:03:49.600 magic will happen at that time.

NOTE Confidence: 0.493344662

00:03:49.600 --> 00:03:51.196 So please, please, please. Very important.

NOTE Confidence: 0.493344662

00:03:51.200 --> 00:03:52.960 When we're done we're going to go up.

NOTE Confidence: 0.493344662

00:03:52.960 --> 00:03:55.759 So gentle giant are you are you feeling it?

NOTE Confidence: 0.493344662

00:03:55.760 --> 00:03:57.224 IO. My dear friend.

NOTE Confidence: 0.493344662

00:03:57.224 --> 00:03:58.746 Wonderful artist. Incredible child.

NOTE Confidence: 0.493344662

00:03:58.746 --> 00:03:59.139 Psychiatrist.

NOTE Confidence: 0.493344662

00:03:59.139 --> 00:04:00.318 Father the the

NOTE Confidence: 0.902322342  
00:04:00.320 --> 00:04:01.520 whole package. Come on up.  
NOTE Confidence: 0.502019981666667  
00:04:16.560 --> 00:04:17.760 Thank you, thank you, thank you,  
NOTE Confidence: 0.502019981666667  
00:04:17.760 --> 00:04:20.118 thank you all so very much.  
NOTE Confidence: 0.502019981666667  
00:04:20.120 --> 00:04:22.200 Thank you, Doctor Martin,  
NOTE Confidence: 0.502019981666667  
00:04:22.200 --> 00:04:24.506 for that introduction.  
NOTE Confidence: 0.502019981666667  
00:04:24.506 --> 00:04:27.424 If if someone had told me a few years  
NOTE Confidence: 0.502019981666667  
00:04:27.424 --> 00:04:29.273 ago that Doctor Martin would be  
NOTE Confidence: 0.502019981666667  
00:04:29.273 --> 00:04:31.420 introducing me for a talk, you know,  
NOTE Confidence: 0.502019981666667  
00:04:31.420 --> 00:04:33.040 I probably wouldn't have believed it.  
NOTE Confidence: 0.502019981666667  
00:04:33.040 --> 00:04:36.320 But thank you and welcome  
NOTE Confidence: 0.502019981666667  
00:04:36.320 --> 00:04:39.600 everyone to this special talk.  
NOTE Confidence: 0.502019981666667  
00:04:39.600 --> 00:04:42.666 I am incredibly honored and incredibly  
NOTE Confidence: 0.502019981666667  
00:04:42.666 --> 00:04:46.560 excited to be here today and to be  
NOTE Confidence: 0.502019981666667  
00:04:46.560 --> 00:04:49.194 the fifth speaker of this really,  
NOTE Confidence: 0.502019981666667  
00:04:49.200 --> 00:04:52.440 really special talk and presentation.  
NOTE Confidence: 0.502019981666667

00:04:52.440 --> 00:04:54.140 And I'm really glad that  
NOTE Confidence: 0.502019981666667

00:04:54.140 --> 00:04:57.160 you all could be here.  
NOTE Confidence: 0.502019981666667

00:04:57.160 --> 00:05:00.835 So this talk is about a topic  
NOTE Confidence: 0.502019981666667

00:05:00.835 --> 00:05:04.318 that is really special for me.  
NOTE Confidence: 0.502019981666667

00:05:04.320 --> 00:05:07.612 Like Doctor Martin said, the You know,  
NOTE Confidence: 0.502019981666667

00:05:07.612 --> 00:05:08.756 lecture series, you know,  
NOTE Confidence: 0.502019981666667

00:05:08.760 --> 00:05:11.780 has been about the arts and you know,  
NOTE Confidence: 0.502019981666667

00:05:11.780 --> 00:05:13.040 the visual arts,  
NOTE Confidence: 0.502019981666667

00:05:13.040 --> 00:05:15.554 you know specifically is extremely special  
NOTE Confidence: 0.502019981666667

00:05:15.554 --> 00:05:20.118 to me and has played a huge role in my life,  
NOTE Confidence: 0.502019981666667

00:05:20.120 --> 00:05:22.832 you know, and in my professional  
NOTE Confidence: 0.502019981666667

00:05:22.832 --> 00:05:25.200 development and my growth.  
NOTE Confidence: 0.502019981666667

00:05:25.200 --> 00:05:28.248 And I am incredibly excited to  
NOTE Confidence: 0.502019981666667

00:05:28.248 --> 00:05:30.760 share this journey with you.  
NOTE Confidence: 0.502019981666667

00:05:30.760 --> 00:05:34.600 So we will get started.  
NOTE Confidence: 0.502019981666667

00:05:34.600 --> 00:05:40.550 So this journey started several years

NOTE Confidence: 0.502019981666667  
00:05:40.550 --> 00:05:44.840 ago in my birthplace in Nigeria,  
NOTE Confidence: 0.502019981666667  
00:05:44.840 --> 00:05:47.936 in a little town called Alaric in the  
NOTE Confidence: 0.502019981666667  
00:05:47.936 --> 00:05:50.210 western, you know, part of Nigeria.  
NOTE Confidence: 0.502019981666667  
00:05:50.210 --> 00:05:54.559 And I would say I had a typical  
NOTE Confidence: 0.502019981666667  
00:05:54.559 --> 00:05:56.439 happy childhood.  
NOTE Confidence: 0.502019981666667  
00:05:56.440 --> 00:05:59.776 This is my childhood home and I  
NOTE Confidence: 0.502019981666667  
00:05:59.776 --> 00:06:03.568 spent my days playing like most  
NOTE Confidence: 0.502019981666667  
00:06:03.568 --> 00:06:06.360 kids do and you know,  
NOTE Confidence: 0.502019981666667  
00:06:06.360 --> 00:06:08.960 doing things like riding my  
NOTE Confidence: 0.502019981666667  
00:06:08.960 --> 00:06:10.780 bike and you know,  
NOTE Confidence: 0.502019981666667  
00:06:10.780 --> 00:06:12.730 climbing like the trees at  
NOTE Confidence: 0.502019981666667  
00:06:12.730 --> 00:06:14.720 the backyard and exploring,  
NOTE Confidence: 0.502019981666667  
00:06:14.720 --> 00:06:17.152 you know, my world.  
NOTE Confidence: 0.502019981666667  
00:06:17.152 --> 00:06:19.680 I, you know, like to play basketball.  
NOTE Confidence: 0.502019981666667  
00:06:19.680 --> 00:06:21.731 I like to play soccer and would  
NOTE Confidence: 0.502019981666667

00:06:21.731 --> 00:06:24.064 play like pick up soccer with like  
NOTE Confidence: 0.502019981666667

00:06:24.064 --> 00:06:25.799 the kids in the neighborhood.  
NOTE Confidence: 0.502019981666667

00:06:25.800 --> 00:06:30.062 And I also, you know, liked to draw.  
NOTE Confidence: 0.502019981666667

00:06:30.062 --> 00:06:31.638 I like to color.  
NOTE Confidence: 0.502019981666667

00:06:31.640 --> 00:06:37.324 I like to paint and that is  
NOTE Confidence: 0.502019981666667

00:06:37.324 --> 00:06:39.634 really where the story starts.  
NOTE Confidence: 0.502019981666667

00:06:39.640 --> 00:06:41.915 So in addition to all these things,  
NOTE Confidence: 0.502019981666667

00:06:41.920 --> 00:06:45.154 I also like to read a lot.  
NOTE Confidence: 0.502019981666667

00:06:45.160 --> 00:06:47.561 And I think one of the biggest  
NOTE Confidence: 0.502019981666667

00:06:47.561 --> 00:06:49.747 legacies or one of the biggest  
NOTE Confidence: 0.502019981666667

00:06:49.747 --> 00:06:51.895 gifts that my parents gave me  
NOTE Confidence: 0.502019981666667

00:06:51.895 --> 00:06:54.280 was a desire to read early on.  
NOTE Confidence: 0.502019981666667

00:06:54.280 --> 00:06:56.254 And right here is where I  
NOTE Confidence: 0.502019981666667

00:06:56.254 --> 00:06:58.040 spent most of my time.  
NOTE Confidence: 0.502019981666667

00:06:58.040 --> 00:07:01.316 So this was my library growing up,  
NOTE Confidence: 0.502019981666667

00:07:01.320 --> 00:07:05.755 and this right here is called

NOTE Confidence: 0.502019981666667  
00:07:05.755 --> 00:07:07.120 the Encyclopedia Britannica.  
NOTE Confidence: 0.928533705  
00:07:09.720 --> 00:07:14.280 And this was my Internet before the Internet,  
NOTE Confidence: 0.928533705  
00:07:14.280 --> 00:07:18.789 so before Snapchat and Tiktok and Instagram,  
NOTE Confidence: 0.928533705  
00:07:18.789 --> 00:07:22.221 this was where I spent most of my  
NOTE Confidence: 0.928533705  
00:07:22.221 --> 00:07:25.551 time and I probably read most of the  
NOTE Confidence: 0.928533705  
00:07:25.551 --> 00:07:29.053 books that you see here. So it was,  
NOTE Confidence: 0.928533705  
00:07:29.053 --> 00:07:31.879 it was a very interesting childhood.  
NOTE Confidence: 0.928533705  
00:07:31.880 --> 00:07:35.666 But as I started to read, I started  
NOTE Confidence: 0.928533705  
00:07:35.666 --> 00:07:39.432 to learn about artists and I learned,  
NOTE Confidence: 0.928533705  
00:07:39.432 --> 00:07:42.628 you know, not just about art,  
NOTE Confidence: 0.928533705  
00:07:42.628 --> 00:07:47.079 but I learned about the lives of artists.  
NOTE Confidence: 0.928533705  
00:07:47.080 --> 00:07:50.100 And, you know, it was in this corner and this  
NOTE Confidence: 0.928533705  
00:07:50.169 --> 00:07:53.496 Nuke that I started to learn about, you know,  
NOTE Confidence: 0.928533705  
00:07:53.496 --> 00:07:56.912 artists like Edward Munch and his incredibly,  
NOTE Confidence: 0.928533705  
00:07:56.920 --> 00:07:58.812 you know, powerful paintings.  
NOTE Confidence: 0.928533705

00:07:58.812 --> 00:08:00.480 You know, I learned about,  
NOTE Confidence: 0.928533705

00:08:00.480 --> 00:08:04.670 you know, Vincent van Gogh and his  
NOTE Confidence: 0.928533705

00:08:04.670 --> 00:08:07.638 beautiful paintings of sunflowers.  
NOTE Confidence: 0.928533705

00:08:07.640 --> 00:08:09.140 I, you know,  
NOTE Confidence: 0.928533705

00:08:09.140 --> 00:08:12.640 learned about the great Michelangelo and was,  
NOTE Confidence: 0.928533705

00:08:12.640 --> 00:08:18.272 you know, really, really stunned by the  
NOTE Confidence: 0.928533705

00:08:18.272 --> 00:08:21.959 beauty of the Sistine Chapel and the works,  
NOTE Confidence: 0.928533705

00:08:21.960 --> 00:08:23.520 you know, that were done there.  
NOTE Confidence: 0.928533705

00:08:23.520 --> 00:08:27.000 I learned about Giorgio O'Keefe and,  
NOTE Confidence: 0.928533705

00:08:27.000 --> 00:08:29.840 you know, her just pioneering  
NOTE Confidence: 0.928533705

00:08:29.840 --> 00:08:32.680 work and her trailblazing work.  
NOTE Confidence: 0.928533705

00:08:32.680 --> 00:08:36.584 And so before I even got to, you know,  
NOTE Confidence: 0.928533705

00:08:36.584 --> 00:08:38.920 see any of these paintings in real life,  
NOTE Confidence: 0.928533705

00:08:38.920 --> 00:08:41.880 I had already started to learn about them  
NOTE Confidence: 0.928533705

00:08:41.880 --> 00:08:46.920 and already visualized them in my head.  
NOTE Confidence: 0.928533705

00:08:46.920 --> 00:08:50.301 But not only did I learn about

NOTE Confidence: 0.928533705

00:08:50.301 --> 00:08:52.968 these artists and their paintings,

NOTE Confidence: 0.928533705

00:08:52.968 --> 00:08:55.400 their works, their triumphs,

NOTE Confidence: 0.928533705

00:08:55.400 --> 00:08:58.358 I also learned about their struggles.

NOTE Confidence: 0.928533705

00:08:58.360 --> 00:09:02.088 I also learned about their difficulties,

NOTE Confidence: 0.928533705

00:09:02.088 --> 00:09:04.520 their challenges, their lives.

NOTE Confidence: 0.928533705

00:09:04.520 --> 00:09:07.048 And I started to notice that a lot

NOTE Confidence: 0.928533705

00:09:07.048 --> 00:09:09.997 of the artists that I learned about,

NOTE Confidence: 0.928533705

00:09:10.000 --> 00:09:12.639 you know, had moments when they struggled,

NOTE Confidence: 0.928533705

00:09:12.640 --> 00:09:14.752 you know, with their mental health

NOTE Confidence: 0.928533705

00:09:14.752 --> 00:09:16.160 and with their Wellness.

NOTE Confidence: 0.928533705

00:09:16.160 --> 00:09:18.620 And I started to wonder about

NOTE Confidence: 0.928533705

00:09:18.620 --> 00:09:19.440 this connection.

NOTE Confidence: 0.928533705

00:09:19.440 --> 00:09:21.480 Does every artist, you know,

NOTE Confidence: 0.928533705

00:09:21.480 --> 00:09:22.464 struggle with this?

NOTE Confidence: 0.928533705

00:09:22.464 --> 00:09:25.026 What is, what is this, you know, connection?

NOTE Confidence: 0.928533705

00:09:25.026 --> 00:09:28.434 And you know, I started to explore this,  
NOTE Confidence: 0.928533705

00:09:28.440 --> 00:09:30.320 you know more and more.  
NOTE Confidence: 0.928533705

00:09:30.320 --> 00:09:31.199 And you know,  
NOTE Confidence: 0.928533705

00:09:31.199 --> 00:09:32.957 this was really the start of  
NOTE Confidence: 0.928533705

00:09:32.957 --> 00:09:35.000 this connection for me and this,  
NOTE Confidence: 0.928533705

00:09:35.000 --> 00:09:37.730 this desire to explore this  
NOTE Confidence: 0.928533705

00:09:37.730 --> 00:09:40.840 intersection of the visual arts and  
NOTE Confidence: 0.928533705

00:09:40.840 --> 00:09:43.320 just Wellness and mental health.  
NOTE Confidence: 0.928533705

00:09:43.320 --> 00:09:46.992 And I continued to explore this  
NOTE Confidence: 0.928533705

00:09:46.992 --> 00:09:49.440 and eventually realized that,  
NOTE Confidence: 0.928533705

00:09:49.440 --> 00:09:52.398 you know, art doesn't cause you  
NOTE Confidence: 0.928533705

00:09:52.398 --> 00:09:55.120 to have mental health issues.  
NOTE Confidence: 0.928533705

00:09:55.120 --> 00:09:58.260 Art can, however,  
NOTE Confidence: 0.928533705

00:09:58.260 --> 00:10:02.079 be a a therapeutic solution.  
NOTE Confidence: 0.928533705

00:10:02.079 --> 00:10:06.560 Art can be a soothing manner,  
NOTE Confidence: 0.928533705

00:10:06.560 --> 00:10:11.952 a soothing, A soothing pathway to to

NOTE Confidence: 0.928533705  
00:10:11.952 --> 00:10:15.192 dealing with mental health issues.  
NOTE Confidence: 0.928533705  
00:10:15.200 --> 00:10:18.593 And I noticed that a lot of these artists  
NOTE Confidence: 0.928533705  
00:10:18.593 --> 00:10:21.917 used their arts as therapeutic channels,  
NOTE Confidence: 0.928533705  
00:10:21.920 --> 00:10:24.520 used their art as you  
NOTE Confidence: 0.928533705  
00:10:24.520 --> 00:10:26.600 know means of catharsis,  
NOTE Confidence: 0.928533705  
00:10:26.600 --> 00:10:31.076 of releasing these struggles and I  
NOTE Confidence: 0.928533705  
00:10:31.080 --> 00:10:33.480 started to really explore this further.  
NOTE Confidence: 0.928533705  
00:10:33.480 --> 00:10:38.212 So as I started to paint and also  
NOTE Confidence: 0.928533705  
00:10:38.212 --> 00:10:41.600 started to grow in my own artistic,  
NOTE Confidence: 0.928533705  
00:10:41.600 --> 00:10:42.524 you know,  
NOTE Confidence: 0.928533705  
00:10:42.524 --> 00:10:42.986 desire,  
NOTE Confidence: 0.928533705  
00:10:42.986 --> 00:10:45.758 I started to also make paintings  
NOTE Confidence: 0.928533705  
00:10:45.760 --> 00:10:48.352 that were modeled or similar to  
NOTE Confidence: 0.928533705  
00:10:48.352 --> 00:10:51.440 these people that I had read about.  
NOTE Confidence: 0.928533705  
00:10:51.440 --> 00:10:55.160 So in my 2018 painting,  
NOTE Confidence: 0.928533705

00:10:55.160 --> 00:10:56.876 you know, I modeled, you know,  
NOTE Confidence: 0.928533705

00:10:56.880 --> 00:11:00.090 the sunflowers that you see in  
NOTE Confidence: 0.928533705

00:11:00.090 --> 00:11:02.288 the background to, you know,  
NOTE Confidence: 0.928533705

00:11:02.288 --> 00:11:04.920 the sunflowers that I would read about  
NOTE Confidence: 0.928533705

00:11:04.999 --> 00:11:11.840 with Vincent van Gogh in my 2017 painting,  
NOTE Confidence: 0.928533705

00:11:11.840 --> 00:11:13.520 this one, you know,  
NOTE Confidence: 0.928533705

00:11:13.520 --> 00:11:14.360 particularly heroin.  
NOTE Confidence: 0.928533705

00:11:14.360 --> 00:11:14.946 I,  
NOTE Confidence: 0.928533705

00:11:14.946 --> 00:11:16.118 you know,  
NOTE Confidence: 0.928533705

00:11:16.118 --> 00:11:19.634 modeled the background that you see,  
NOTE Confidence: 0.843008964545455

00:11:19.640 --> 00:11:22.226 you know, with the with the  
NOTE Confidence: 0.843008964545455

00:11:22.226 --> 00:11:24.440 visual vibrancy of Edward Monk.  
NOTE Confidence: 0.843008964545455

00:11:24.440 --> 00:11:28.206 And you know, this, this was particularly  
NOTE Confidence: 0.843008964545455

00:11:28.206 --> 00:11:31.195 interesting because I made this painting  
NOTE Confidence: 0.843008964545455

00:11:31.195 --> 00:11:34.960 after I got into a car accident in 2017.  
NOTE Confidence: 0.843008964545455

00:11:34.960 --> 00:11:38.640 I was, you know, driving back from work,

NOTE Confidence: 0.843008964545455  
00:11:38.640 --> 00:11:41.531 you know, a freshly minted intern and  
NOTE Confidence: 0.843008964545455  
00:11:41.531 --> 00:11:44.718 I was sleep deprived and you know,  
NOTE Confidence: 0.843008964545455  
00:11:44.720 --> 00:11:47.485 just, you know, having a rough week  
NOTE Confidence: 0.843008964545455  
00:11:47.485 --> 00:11:50.477 and I fell asleep on the wheel.  
NOTE Confidence: 0.843008964545455  
00:11:50.480 --> 00:11:52.720 And you know, at the time it was,  
NOTE Confidence: 0.843008964545455  
00:11:52.720 --> 00:11:55.500 it was a near miss. And you know,  
NOTE Confidence: 0.843008964545455  
00:11:55.500 --> 00:11:58.160 it was something that I struggled with.  
NOTE Confidence: 0.843008964545455  
00:11:58.160 --> 00:12:00.640 You know, afterwards I had,  
NOTE Confidence: 0.843008964545455  
00:12:00.640 --> 00:12:01.720 you know, nightmares.  
NOTE Confidence: 0.843008964545455  
00:12:01.720 --> 00:12:04.884 You know, I had, you know,  
NOTE Confidence: 0.843008964545455  
00:12:04.884 --> 00:12:08.204 almost like mini PTSDI would call it.  
NOTE Confidence: 0.843008964545455  
00:12:08.204 --> 00:12:09.942 And the arts, you know,  
NOTE Confidence: 0.843008964545455  
00:12:09.942 --> 00:12:12.430 was really the way that I was able  
NOTE Confidence: 0.843008964545455  
00:12:12.502 --> 00:12:15.616 to cope and you know, navigate this.  
NOTE Confidence: 0.843008964545455  
00:12:15.616 --> 00:12:17.400 So like I said earlier,  
NOTE Confidence: 0.843008964545455

00:12:17.400 --> 00:12:20.363 the arts has played a big role in my  
NOTE Confidence: 0.843008964545455

00:12:20.363 --> 00:12:22.193 life therapeutically and you know,  
NOTE Confidence: 0.843008964545455

00:12:22.200 --> 00:12:24.720 just in my professional development.  
NOTE Confidence: 0.843008964545455

00:12:24.720 --> 00:12:28.640 So we Fast forward to now,  
NOTE Confidence: 0.843008964545455

00:12:28.640 --> 00:12:32.112 you know, I am, you know,  
NOTE Confidence: 0.843008964545455

00:12:32.112 --> 00:12:33.936 both a child psychiatrist  
NOTE Confidence: 0.843008964545455

00:12:33.936 --> 00:12:35.760 and a visual artist.  
NOTE Confidence: 0.843008964545455

00:12:35.760 --> 00:12:39.040 And I believe these two aspects of me,  
NOTE Confidence: 0.843008964545455

00:12:39.040 --> 00:12:39.892 you know,  
NOTE Confidence: 0.843008964545455

00:12:39.892 --> 00:12:42.713 have have come together and you know,  
NOTE Confidence: 0.843008964545455

00:12:42.713 --> 00:12:44.816 now it makes sense, you know.  
NOTE Confidence: 0.843008964545455

00:12:44.816 --> 00:12:46.952 And now I look back, you know,  
NOTE Confidence: 0.843008964545455

00:12:46.952 --> 00:12:49.320 when when people ask me why did you,  
NOTE Confidence: 0.843008964545455

00:12:49.320 --> 00:12:50.176 you know,  
NOTE Confidence: 0.843008964545455

00:12:50.176 --> 00:12:53.400 pick psychiatry as your specialty, I say no.  
NOTE Confidence: 0.843008964545455

00:12:53.400 --> 00:12:54.480 Psychiatry picked me.

NOTE Confidence: 0.843008964545455  
00:12:54.480 --> 00:12:57.639 You know, all those years when I was reading,  
NOTE Confidence: 0.843008964545455  
00:12:57.640 --> 00:12:59.400 you know, about artists,  
NOTE Confidence: 0.843008964545455  
00:12:59.400 --> 00:13:00.589 you know, I,  
NOTE Confidence: 0.843008964545455  
00:13:00.589 --> 00:13:02.752 I before I knew what psychiatry was  
NOTE Confidence: 0.843008964545455  
00:13:02.752 --> 00:13:05.119 or what mental health really was,  
NOTE Confidence: 0.843008964545455  
00:13:05.120 --> 00:13:06.740 I had this understanding.  
NOTE Confidence: 0.843008964545455  
00:13:06.740 --> 00:13:11.640 And you know, eventually I am able to,  
NOTE Confidence: 0.843008964545455  
00:13:11.640 --> 00:13:14.400 you know, explore this intersection.  
NOTE Confidence: 0.843008964545455  
00:13:14.400 --> 00:13:18.040 So as I continued, you know,  
NOTE Confidence: 0.843008964545455  
00:13:18.040 --> 00:13:19.360 in my journey, you know,  
NOTE Confidence: 0.843008964545455  
00:13:19.360 --> 00:13:20.904 through intern year and,  
NOTE Confidence: 0.843008964545455  
00:13:20.904 --> 00:13:22.988 you know, eventually, you know,  
NOTE Confidence: 0.843008964545455  
00:13:22.988 --> 00:13:26.040 coming to Yale for my child psychiatry  
NOTE Confidence: 0.843008964545455  
00:13:26.119 --> 00:13:30.000 fellowship, I knew that this was,  
NOTE Confidence: 0.843008964545455  
00:13:30.000 --> 00:13:32.048 this was a field or this was a  
NOTE Confidence: 0.843008964545455

00:13:32.048 --> 00:13:33.840 area that I wanted to pursue.  
NOTE Confidence: 0.843008964545455

00:13:33.840 --> 00:13:36.996 And I thankful to, you know,  
NOTE Confidence: 0.843008964545455

00:13:37.000 --> 00:13:38.900 this incredible program at the  
NOTE Confidence: 0.843008964545455

00:13:38.900 --> 00:13:40.333 Child Study Center. Dr.  
NOTE Confidence: 0.843008964545455

00:13:40.333 --> 00:13:41.798 Stubby, where where is she?  
NOTE Confidence: 0.843008964545455

00:13:41.800 --> 00:13:43.399 Doctor Stubby's. Yup.  
NOTE Confidence: 0.843008964545455

00:13:43.400 --> 00:13:43.840 Yup.  
NOTE Confidence: 0.843008964545455

00:13:43.840 --> 00:13:46.600 That's that's my program director.  
NOTE Confidence: 0.843008964545455

00:13:46.600 --> 00:13:48.336 You know, for, you know,  
NOTE Confidence: 0.843008964545455

00:13:48.336 --> 00:13:51.400 making a program that you know fosters,  
NOTE Confidence: 0.843008964545455

00:13:51.400 --> 00:13:53.320 you know, creativity and, you know,  
NOTE Confidence: 0.843008964545455

00:13:53.320 --> 00:13:55.756 thinking outside the box, you know.  
NOTE Confidence: 0.843008964545455

00:13:55.760 --> 00:13:58.958 But when I arrived at Yale,  
NOTE Confidence: 0.843008964545455

00:13:58.960 --> 00:14:00.418 especially this building,  
NOTE Confidence: 0.843008964545455

00:14:00.418 --> 00:14:01.876 the specific building,  
NOTE Confidence: 0.843008964545455

00:14:01.880 --> 00:14:04.096 the Child Study Center,

NOTE Confidence: 0.843008964545455  
00:14:04.096 --> 00:14:08.199 I ran into a an inscription  
NOTE Confidence: 0.843008964545455  
00:14:08.200 --> 00:14:11.765 that is very powerful.  
NOTE Confidence: 0.843008964545455  
00:14:11.765 --> 00:14:14.255 And I don't know if anyone  
NOTE Confidence: 0.843008964545455  
00:14:14.255 --> 00:14:15.918 knows where this is.  
NOTE Confidence: 0.843008964545455  
00:14:15.920 --> 00:14:18.744 It might be a little game  
NOTE Confidence: 0.843008964545455  
00:14:18.744 --> 00:14:20.440 that we're gonna play,  
NOTE Confidence: 0.843008964545455  
00:14:20.440 --> 00:14:23.720 but I saw this phrase and I thought it was  
NOTE Confidence: 0.843008964545455  
00:14:23.801 --> 00:14:27.239 very powerful from generation to generation.  
NOTE Confidence: 0.843008964545455  
00:14:27.240 --> 00:14:27.588 And,  
NOTE Confidence: 0.843008964545455  
00:14:27.588 --> 00:14:28.284 you know,  
NOTE Confidence: 0.843008964545455  
00:14:28.284 --> 00:14:30.372 it was something that I pondered  
NOTE Confidence: 0.843008964545455  
00:14:30.372 --> 00:14:34.031 on and it started to make sense to  
NOTE Confidence: 0.843008964545455  
00:14:34.031 --> 00:14:38.259 me and it started to dawn on me.  
NOTE Confidence: 0.843008964545455  
00:14:38.259 --> 00:14:41.440 You know that in a place like this  
NOTE Confidence: 0.97127589  
00:14:43.920 --> 00:14:47.346 you you don't just come here  
NOTE Confidence: 0.97127589

00:14:47.346 --> 00:14:51.144 and start things from scratch.

NOTE Confidence: 0.97127589

00:14:51.144 --> 00:14:55.692 We are literally sitting on

NOTE Confidence: 0.97127589

00:14:55.692 --> 00:14:57.316 the shoulders of giants.

NOTE Confidence: 0.97127589

00:14:57.320 --> 00:15:00.365 You know, we're literally taking

NOTE Confidence: 0.97127589

00:15:00.365 --> 00:15:03.968 on the work that has been done

NOTE Confidence: 0.97127589

00:15:03.968 --> 00:15:07.456 or has been started, you know,

NOTE Confidence: 0.97127589

00:15:07.456 --> 00:15:09.600 multiple, you know, years ago.

NOTE Confidence: 0.97127589

00:15:09.600 --> 00:15:14.070 We're taking on a legacy where we're taking

NOTE Confidence: 0.97127589

00:15:14.070 --> 00:15:18.424 on a heritage that the greats in child

NOTE Confidence: 0.97127589

00:15:18.424 --> 00:15:21.564 psychiatry and the grades and, you know,

NOTE Confidence: 0.97127589

00:15:21.564 --> 00:15:23.678 mental health have passed on to us.

NOTE Confidence: 0.97127589

00:15:23.680 --> 00:15:25.255 And, you know,

NOTE Confidence: 0.97127589

00:15:25.255 --> 00:15:28.999 it was a very powerful inscription that I,

NOTE Confidence: 0.97127589

00:15:28.999 --> 00:15:31.237 I started to take to heart.

NOTE Confidence: 0.97127589

00:15:31.240 --> 00:15:32.960 And when I got here,

NOTE Confidence: 0.97127589

00:15:32.960 --> 00:15:35.599 I started to learn about our incredible,

NOTE Confidence: 0.97127589  
00:15:35.600 --> 00:15:36.080 you know,  
NOTE Confidence: 0.92990302  
00:15:38.400 --> 00:15:41.718 incredible teachers, mentors,  
NOTE Confidence: 0.66326121  
00:15:46.400 --> 00:15:50.036 not the least. And Albert Jasonet,  
NOTE Confidence: 0.66326121  
00:15:50.040 --> 00:15:52.914 one of The Pioneers, you know, of child  
NOTE Confidence: 0.66326121  
00:15:52.914 --> 00:15:56.393 psychiatry here at the Child Study Center.  
NOTE Confidence: 0.66326121  
00:15:56.400 --> 00:15:58.640 I didn't know he was going to be here today.  
NOTE Confidence: 0.66326121  
00:15:58.640 --> 00:16:01.118 But Doctor James Comer who's right there,  
NOTE Confidence: 0.754909782  
00:16:06.960 --> 00:16:08.800 whose incredible work, you know,  
NOTE Confidence: 0.754909782  
00:16:08.800 --> 00:16:12.274 we still appreciate and are, are,  
NOTE Confidence: 0.754909782  
00:16:12.274 --> 00:16:15.118 you know, going off of today.  
NOTE Confidence: 0.754909782  
00:16:15.120 --> 00:16:19.397 And you know, these, these giants really  
NOTE Confidence: 0.754909782  
00:16:19.400 --> 00:16:22.920 got me thinking about this idea of legacy.  
NOTE Confidence: 0.754909782  
00:16:22.920 --> 00:16:25.278 And you know what it means,  
NOTE Confidence: 0.754909782  
00:16:25.280 --> 00:16:28.448 this idea of heritage and you know how  
NOTE Confidence: 0.754909782  
00:16:28.448 --> 00:16:31.670 it affects, you know, our work and  
NOTE Confidence: 0.754909782

00:16:31.670 --> 00:16:35.240 how we approach our work every day.  
NOTE Confidence: 0.754909782

00:16:35.240 --> 00:16:37.838 So I started to, you know,  
NOTE Confidence: 0.754909782

00:16:37.840 --> 00:16:42.160 have this conversation about moving this,  
NOTE Confidence: 0.754909782

00:16:42.160 --> 00:16:44.290 you know, intersection of visual  
NOTE Confidence: 0.754909782

00:16:44.290 --> 00:16:45.994 arts and psychiatry forward.  
NOTE Confidence: 0.754909782

00:16:46.000 --> 00:16:48.088 And we came up with the  
NOTE Confidence: 0.754909782

00:16:48.088 --> 00:16:50.400 idea to make a portrait.  
NOTE Confidence: 0.754909782

00:16:50.400 --> 00:16:53.433 But before we started that we had to explore,  
NOTE Confidence: 0.754909782

00:16:53.440 --> 00:16:56.260 you know, just the general state  
NOTE Confidence: 0.754909782

00:16:56.260 --> 00:16:57.964 of portraiture in general.  
NOTE Confidence: 0.754909782

00:16:57.964 --> 00:17:00.638 And we discovered a couple of things.  
NOTE Confidence: 0.754909782

00:17:00.640 --> 00:17:02.612 So medical portraiture is,  
NOTE Confidence: 0.754909782

00:17:02.612 --> 00:17:05.077 is a way that institutions,  
NOTE Confidence: 0.754909782

00:17:05.080 --> 00:17:07.288 you know, medical schools,  
NOTE Confidence: 0.754909782

00:17:07.288 --> 00:17:10.815 hospitals have used to really display  
NOTE Confidence: 0.754909782

00:17:10.815 --> 00:17:14.306 their values and display, you know,

NOTE Confidence: 0.754909782  
00:17:14.306 --> 00:17:17.370 their, their, their culture, you know,  
NOTE Confidence: 0.754909782  
00:17:17.370 --> 00:17:19.920 on the walls of their institutions.  
NOTE Confidence: 0.754909782  
00:17:19.920 --> 00:17:21.056 And we,  
NOTE Confidence: 0.754909782  
00:17:21.056 --> 00:17:23.896 you know discovered that medical  
NOTE Confidence: 0.754909782  
00:17:23.896 --> 00:17:28.080 iconography in general was the study and  
NOTE Confidence: 0.754909782  
00:17:28.080 --> 00:17:30.660 enumeration of outstanding physicians  
NOTE Confidence: 0.754909782  
00:17:30.660 --> 00:17:34.680 through our recording of their portraits.  
NOTE Confidence: 0.754909782  
00:17:34.680 --> 00:17:37.641 And so we started to think about  
NOTE Confidence: 0.754909782  
00:17:37.641 --> 00:17:40.488 how you know this, you know,  
NOTE Confidence: 0.754909782  
00:17:40.488 --> 00:17:43.800 while you know, while it sounds good,  
NOTE Confidence: 0.754909782  
00:17:43.800 --> 00:17:47.044 you know we were interested in this part,  
NOTE Confidence: 0.754909782  
00:17:47.044 --> 00:17:49.671 you know where we started to question  
NOTE Confidence: 0.754909782  
00:17:49.671 --> 00:17:52.359 that you know is it only physicians,  
NOTE Confidence: 0.754909782  
00:17:52.360 --> 00:17:55.029 you know that should be displayed  
NOTE Confidence: 0.754909782  
00:17:55.029 --> 00:17:57.574 or showed in portraiture and  
NOTE Confidence: 0.754909782

00:17:57.574 --> 00:18:01.120 do they have to be outstanding.

NOTE Confidence: 0.754909782

00:18:01.120 --> 00:18:04.330 You know the the entire

NOTE Confidence: 0.754909782

00:18:04.330 --> 00:18:05.400 medical institution,

NOTE Confidence: 0.754909782

00:18:05.400 --> 00:18:08.072 you know is powered by so much more

NOTE Confidence: 0.754909782

00:18:08.072 --> 00:18:10.313 than you know, just the physicians.

NOTE Confidence: 0.754909782

00:18:10.313 --> 00:18:12.539 And you know in child mental

NOTE Confidence: 0.754909782

00:18:12.539 --> 00:18:14.280 health specifically, you know,

NOTE Confidence: 0.754909782

00:18:14.280 --> 00:18:15.600 it is as we all know,

NOTE Confidence: 0.754909782

00:18:15.600 --> 00:18:17.600 a collaborative process until

NOTE Confidence: 0.754909782

00:18:17.600 --> 00:18:20.600 we started to really reflect on,

NOTE Confidence: 0.754909782

00:18:20.600 --> 00:18:22.714 you know what we wanted this portrait,

NOTE Confidence: 0.754909782

00:18:22.720 --> 00:18:24.484 you know, to show.

NOTE Confidence: 0.754909782

00:18:24.484 --> 00:18:27.130 And we were started thinking about

NOTE Confidence: 0.754909782

00:18:27.218 --> 00:18:29.548 trainees as well because medical

NOTE Confidence: 0.754909782

00:18:29.548 --> 00:18:32.512 trainees are a group of people

NOTE Confidence: 0.754909782

00:18:32.512 --> 00:18:35.242 that have often been overlooked

NOTE Confidence: 0.754909782  
00:18:35.242 --> 00:18:37.462 in portraiture just, you know,  
NOTE Confidence: 0.754909782  
00:18:37.462 --> 00:18:40.000 by the nature of their, you know,  
NOTE Confidence: 0.754909782  
00:18:40.000 --> 00:18:42.160 transient time and institutions.  
NOTE Confidence: 0.754909782  
00:18:42.160 --> 00:18:45.170 And we knew that this group of  
NOTE Confidence: 0.754909782  
00:18:45.170 --> 00:18:47.680 people were incredibly important and,  
NOTE Confidence: 0.754909782  
00:18:47.680 --> 00:18:48.660 you know,  
NOTE Confidence: 0.754909782  
00:18:48.660 --> 00:18:51.600 made the workforce of most institutions.  
NOTE Confidence: 0.754909782  
00:18:51.600 --> 00:18:54.640 So we wanted to make sure that  
NOTE Confidence: 0.754909782  
00:18:54.640 --> 00:18:57.040 we consider that as well.  
NOTE Confidence: 0.754909782  
00:18:57.040 --> 00:18:59.822 And also, you know, just displaying,  
NOTE Confidence: 0.754909782  
00:18:59.822 --> 00:19:01.328 you know, the,  
NOTE Confidence: 0.754909782  
00:19:01.328 --> 00:19:03.838 the accurate values and ideals  
NOTE Confidence: 0.754909782  
00:19:03.838 --> 00:19:06.360 of diversity and you know,  
NOTE Confidence: 0.754909782  
00:19:06.360 --> 00:19:08.136 inclusion was something that  
NOTE Confidence: 0.754909782  
00:19:08.136 --> 00:19:10.356 was really important to us.  
NOTE Confidence: 0.754909782

00:19:10.360 --> 00:19:13.120 So we we really took that to heart  
NOTE Confidence: 0.754909782

00:19:13.120 --> 00:19:15.752 and that was really where the idea  
NOTE Confidence: 0.754909782

00:19:15.752 --> 00:19:18.212 for the Legacy and the Heritage  
NOTE Confidence: 0.754909782

00:19:18.212 --> 00:19:19.880 project was was born.  
NOTE Confidence: 0.754909782

00:19:19.880 --> 00:19:22.472 And as you can see we are wearing masks.  
NOTE Confidence: 0.754909782

00:19:22.480 --> 00:19:26.268 So it it tells you what time and  
NOTE Confidence: 0.754909782

00:19:26.268 --> 00:19:28.116 you know what the climate was,  
NOTE Confidence: 0.754909782

00:19:28.120 --> 00:19:29.840 you know, at that time.  
NOTE Confidence: 0.754909782

00:19:29.840 --> 00:19:31.860 And so, you know,  
NOTE Confidence: 0.754909782

00:19:31.860 --> 00:19:35.577 this idea was born and we decided  
NOTE Confidence: 0.754909782

00:19:35.577 --> 00:19:39.408 that we were going to make a  
NOTE Confidence: 0.754909782

00:19:39.408 --> 00:19:41.852 portrait and we wanted, you know,  
NOTE Confidence: 0.754909782

00:19:41.852 --> 00:19:44.990 the portrait to one, you know,  
NOTE Confidence: 0.754909782

00:19:44.990 --> 00:19:49.520 embellish this child mental health space  
NOTE Confidence: 0.754909782

00:19:49.520 --> 00:19:54.272 and one of the portrait to show our values,  
NOTE Confidence: 0.754909782

00:19:54.280 --> 00:19:54.896 you know,

NOTE Confidence: 0.754909782

00:19:54.896 --> 00:19:56.436 show that we were welcoming,

NOTE Confidence: 0.836827142

00:19:56.440 --> 00:20:00.000 show that we were inclusive, you know.

NOTE Confidence: 0.836827142

00:20:00.000 --> 00:20:04.843 And two, we wanted to explore this idea of

NOTE Confidence: 0.836827142

00:20:04.843 --> 00:20:08.840 legacy and heritage and how it affected.

NOTE Confidence: 0.836827142

00:20:08.840 --> 00:20:11.248 You know the idea and the approach

NOTE Confidence: 0.836827142

00:20:11.248 --> 00:20:13.160 that trainees have, you know,

NOTE Confidence: 0.836827142

00:20:13.160 --> 00:20:15.590 in their everyday work and in

NOTE Confidence: 0.836827142

00:20:15.590 --> 00:20:17.440 their everyday approach to work.

NOTE Confidence: 0.836827142

00:20:17.440 --> 00:20:22.158 So, you know, we started off by

NOTE Confidence: 0.836827142

00:20:22.160 --> 00:20:26.640 interviewing trainees and child psychiatry,

NOTE Confidence: 0.836827142

00:20:26.640 --> 00:20:30.318 psychology and the social work programs,

NOTE Confidence: 0.836827142

00:20:30.320 --> 00:20:33.415 and we started by interviewing

NOTE Confidence: 0.836827142

00:20:33.415 --> 00:20:35.891 them and having conversations

NOTE Confidence: 0.836827142

00:20:35.891 --> 00:20:38.480 about this idea of legacy.

NOTE Confidence: 0.836827142

00:20:38.480 --> 00:20:41.255 I muted the sound because

NOTE Confidence: 0.836827142

00:20:41.255 --> 00:20:42.920 of privacy concerns.

NOTE Confidence: 0.836827142

00:20:42.920 --> 00:20:46.112 But we we started this interview series

NOTE Confidence: 0.836827142

00:20:46.112 --> 00:20:49.679 and started to have conversations about,

NOTE Confidence: 0.836827142

00:20:49.680 --> 00:20:53.037 you know, what does legacy mean to you and

NOTE Confidence: 0.836827142

00:20:53.037 --> 00:20:56.514 what does the idea of heritage mean to you?

NOTE Confidence: 0.836827142

00:20:56.520 --> 00:21:00.552 How do you see these things and apply them,

NOTE Confidence: 0.836827142

00:21:00.560 --> 00:21:03.560 you know, to your, to your daily practice.

NOTE Confidence: 0.836827142

00:21:03.560 --> 00:21:05.240 And it was pretty powerful.

NOTE Confidence: 0.836827142

00:21:05.240 --> 00:21:08.673 We got incredible, you know, responses.

NOTE Confidence: 0.836827142

00:21:08.673 --> 00:21:13.176 Our trainees were magnificent with, you know,

NOTE Confidence: 0.836827142

00:21:13.176 --> 00:21:18.720 just showing up and and being really present.

NOTE Confidence: 0.836827142

00:21:18.720 --> 00:21:21.608 And you know, for a lot of these

NOTE Confidence: 0.836827142

00:21:21.608 --> 00:21:23.560 clinicians and these trainees,

NOTE Confidence: 0.836827142

00:21:23.560 --> 00:21:26.073 they are used to being in positions

NOTE Confidence: 0.836827142

00:21:26.073 --> 00:21:28.440 where they're the ones interviewing,

NOTE Confidence: 0.836827142

00:21:28.440 --> 00:21:29.760 you know, they're the ones,

NOTE Confidence: 0.836827142  
00:21:29.760 --> 00:21:32.944 you know, being exploring.  
NOTE Confidence: 0.836827142  
00:21:32.944 --> 00:21:34.960 So at this point,  
NOTE Confidence: 0.836827142  
00:21:34.960 --> 00:21:36.826 it was very interesting to turn  
NOTE Confidence: 0.836827142  
00:21:36.826 --> 00:21:38.720 the tables around and have them,  
NOTE Confidence: 0.836827142  
00:21:38.720 --> 00:21:40.760 you know, be interviewed and  
NOTE Confidence: 0.836827142  
00:21:40.760 --> 00:21:42.800 hear their stories and hear,  
NOTE Confidence: 0.836827142  
00:21:42.800 --> 00:21:44.760 you know, their, you know,  
NOTE Confidence: 0.836827142  
00:21:44.760 --> 00:21:46.440 their trajectories.  
NOTE Confidence: 0.836827142  
00:21:46.440 --> 00:21:50.676 And so the interviews that we did were,  
NOTE Confidence: 0.836827142  
00:21:50.680 --> 00:21:51.904 you know,  
NOTE Confidence: 0.836827142  
00:21:51.904 --> 00:21:55.576 recorded and the the information transcribed  
NOTE Confidence: 0.836827142  
00:21:55.576 --> 00:21:59.600 into a transcription software called In Vivo.  
NOTE Confidence: 0.836827142  
00:21:59.600 --> 00:22:02.000 And we analyzed, you know,  
NOTE Confidence: 0.836827142  
00:22:02.000 --> 00:22:06.640 that data using a process  
NOTE Confidence: 0.836827142  
00:22:06.640 --> 00:22:08.200 called narrative inquiry.  
NOTE Confidence: 0.836827142

00:22:08.200 --> 00:22:11.638 It's basically a method that researchers

NOTE Confidence: 0.836827142

00:22:11.640 --> 00:22:14.920 use to understand the stories,

NOTE Confidence: 0.836827142

00:22:14.920 --> 00:22:18.720 individual stories and make meaning

NOTE Confidence: 0.836827142

00:22:18.720 --> 00:22:20.958 from them in a broader sense.

NOTE Confidence: 0.836827142

00:22:20.960 --> 00:22:24.664 So we you know had and a wonderful

NOTE Confidence: 0.836827142

00:22:24.664 --> 00:22:28.861 turn out and you know by the end of

NOTE Confidence: 0.836827142

00:22:28.861 --> 00:22:32.479 this process we were able to publish

NOTE Confidence: 0.836827142

00:22:32.480 --> 00:22:37.135 an article on you know this entire

NOTE Confidence: 0.836827142

00:22:37.135 --> 00:22:40.124 project and you know feel free to you

NOTE Confidence: 0.836827142

00:22:40.124 --> 00:22:43.212 know scan and you know get a better

NOTE Confidence: 0.836827142

00:22:43.212 --> 00:22:45.639 understanding of the depth you know

NOTE Confidence: 0.836827142

00:22:45.639 --> 00:22:48.472 that we went into and some of the

NOTE Confidence: 0.836827142

00:22:48.472 --> 00:22:52.000 results you know that we were able to garner.

NOTE Confidence: 0.836827142

00:22:52.000 --> 00:22:53.236 I will give a, you know,

NOTE Confidence: 0.836827142

00:22:53.240 --> 00:22:56.240 a brief summary of what we were able to get.

NOTE Confidence: 0.836827142

00:22:56.240 --> 00:23:01.558 So our our analysis basically found

NOTE Confidence: 0.836827142  
00:23:01.558 --> 00:23:03.946 certain themes and there were three  
NOTE Confidence: 0.836827142  
00:23:03.946 --> 00:23:05.480 themes that stood out,  
NOTE Confidence: 0.836827142  
00:23:05.480 --> 00:23:07.284 you know, the greatest.  
NOTE Confidence: 0.836827142  
00:23:07.284 --> 00:23:11.040 The first theme is this idea of heritage  
NOTE Confidence: 0.836827142  
00:23:11.040 --> 00:23:15.332 and how you know past experiences,  
NOTE Confidence: 0.836827142  
00:23:15.332 --> 00:23:16.518 you know,  
NOTE Confidence: 0.836827142  
00:23:16.520 --> 00:23:18.348 past struggles, you know,  
NOTE Confidence: 0.836827142  
00:23:18.348 --> 00:23:22.050 have played a role in people's trajectory.  
NOTE Confidence: 0.836827142  
00:23:22.050 --> 00:23:26.280 We saw this theme of becoming  
NOTE Confidence: 0.836827142  
00:23:26.280 --> 00:23:30.586 which is basically the process of  
NOTE Confidence: 0.836827142  
00:23:30.586 --> 00:23:32.914 what we call professionalization,  
NOTE Confidence: 0.836827142  
00:23:32.920 --> 00:23:34.068 you know,  
NOTE Confidence: 0.836827142  
00:23:34.068 --> 00:23:38.086 which is how people become or transition  
NOTE Confidence: 0.836827142  
00:23:38.086 --> 00:23:41.320 from trainees to fully accomplished  
NOTE Confidence: 0.836827142  
00:23:41.320 --> 00:23:44.120 or fully trained clinicians.  
NOTE Confidence: 0.836827142

00:23:44.120 --> 00:23:46.760 And you know how you know  
NOTE Confidence: 0.836827142

00:23:46.760 --> 00:23:48.080 interactions with peers,  
NOTE Confidence: 0.836827142

00:23:48.080 --> 00:23:50.198 interaction with patients,  
NOTE Confidence: 0.836827142

00:23:50.198 --> 00:23:53.728 interactions with the medical institution  
NOTE Confidence: 0.836827142

00:23:53.728 --> 00:23:56.624 shape you know these trajectories.  
NOTE Confidence: 0.836827142

00:23:56.624 --> 00:24:00.317 And we had the sense of legacy as well,  
NOTE Confidence: 0.836827142

00:24:00.320 --> 00:24:03.816 a theme of legacy that talked about how  
NOTE Confidence: 0.836827142

00:24:03.816 --> 00:24:07.197 people hoped to be remembered and you know,  
NOTE Confidence: 0.836827142

00:24:07.197 --> 00:24:09.710 some of the future work that people  
NOTE Confidence: 0.955690984705882

00:24:09.783 --> 00:24:12.639 hoped to do reflections for the future.  
NOTE Confidence: 0.955690984705882

00:24:12.640 --> 00:24:14.500 And it was very powerful to  
NOTE Confidence: 0.955690984705882

00:24:14.500 --> 00:24:17.780 to be able to see, you know,  
NOTE Confidence: 0.955690984705882

00:24:17.780 --> 00:24:20.720 this collective collective vision  
NOTE Confidence: 0.955690984705882

00:24:20.720 --> 00:24:24.560 of trainees and you know this,  
NOTE Confidence: 0.955690984705882

00:24:24.560 --> 00:24:27.488 this was published in Frontiers and  
NOTE Confidence: 0.955690984705882

00:24:27.488 --> 00:24:30.114 Child Psychiatry and please scan and,

NOTE Confidence: 0.955690984705882  
00:24:30.114 --> 00:24:32.136 you know, take a deeper look  
NOTE Confidence: 0.955690984705882  
00:24:32.136 --> 00:24:34.277 at what we were able to do.  
NOTE Confidence: 0.955690984705882  
00:24:34.280 --> 00:24:37.496 I'd like to give a quick shout  
NOTE Confidence: 0.955690984705882  
00:24:37.496 --> 00:24:39.960 out to the team, you know,  
NOTE Confidence: 0.955690984705882  
00:24:39.960 --> 00:24:42.760 that worked with me on this project.  
NOTE Confidence: 0.955690984705882  
00:24:42.760 --> 00:24:45.430 Lelia Benoit who happens to be  
NOTE Confidence: 0.955690984705882  
00:24:45.430 --> 00:24:47.880 here in the crowd at Adelaide  
NOTE Confidence: 0.955690984705882  
00:24:47.880 --> 00:24:49.852 who's a medical student.  
NOTE Confidence: 0.955690984705882  
00:24:49.852 --> 00:24:53.954 Karen Siegel and of course Doctor Martin  
NOTE Confidence: 0.955690984705882  
00:24:53.960 --> 00:24:56.720 who played a big role in this project.  
NOTE Confidence: 0.955690984705882  
00:24:56.720 --> 00:24:57.794 Thank you all.  
NOTE Confidence: 0.955690984705882  
00:24:57.794 --> 00:24:59.942 But now we are moving to  
NOTE Confidence: 0.955690984705882  
00:24:59.942 --> 00:25:02.318 a very interesting part,  
NOTE Confidence: 0.955690984705882  
00:25:02.320 --> 00:25:08.160 which is the actual process of making  
NOTE Confidence: 0.955690984705882  
00:25:08.160 --> 00:25:13.556 this oil painted this this project basically.  
NOTE Confidence: 0.955690984705882

00:25:13.560 --> 00:25:16.608 So I like to talk about the stages

NOTE Confidence: 0.955690984705882

00:25:16.608 --> 00:25:19.004 of making an oil painting and

NOTE Confidence: 0.955690984705882

00:25:19.004 --> 00:25:20.956 it is not what you think it is.

NOTE Confidence: 0.9180762475

00:25:23.800 --> 00:25:26.980 I like to think about the

NOTE Confidence: 0.9180762475

00:25:26.980 --> 00:25:29.528 creative process as you know,

NOTE Confidence: 0.9180762475

00:25:29.528 --> 00:25:32.380 very finely explained by this

NOTE Confidence: 0.9180762475

00:25:32.380 --> 00:25:34.986 graph and by this timeline.

NOTE Confidence: 0.9180762475

00:25:34.986 --> 00:25:41.433 So it starts and everything is great and

NOTE Confidence: 0.9180762475

00:25:41.433 --> 00:25:44.720 then things start to change, you know.

NOTE Confidence: 0.9180762475

00:25:44.720 --> 00:25:47.480 So we will talk about how

NOTE Confidence: 0.9180762475

00:25:47.480 --> 00:25:49.052 this trajectory goes on.

NOTE Confidence: 0.9180762475

00:25:49.052 --> 00:25:52.519 But as you saw in the last couple of slides,

NOTE Confidence: 0.9180762475

00:25:52.520 --> 00:25:55.160 we had interviews with the trainees

NOTE Confidence: 0.9180762475

00:25:55.160 --> 00:25:58.720 and you know, we're able to, you know,

NOTE Confidence: 0.9180762475

00:25:58.720 --> 00:26:01.558 record those interviews and you know,

NOTE Confidence: 0.9180762475

00:26:01.560 --> 00:26:04.080 really delve into those interviews.

NOTE Confidence: 0.9180762475  
00:26:04.080 --> 00:26:06.918 But after we had those interviews,  
NOTE Confidence: 0.9180762475  
00:26:06.920 --> 00:26:10.680 we had sessions, photography sessions,  
NOTE Confidence: 0.9180762475  
00:26:10.680 --> 00:26:14.100 you know, where we had, you know,  
NOTE Confidence: 0.9180762475  
00:26:14.100 --> 00:26:20.080 each participant pose, you know for,  
NOTE Confidence: 0.9180762475  
00:26:20.080 --> 00:26:24.420 for photograph and you know ask them  
NOTE Confidence: 0.9180762475  
00:26:24.420 --> 00:26:27.788 to really bring with them or bring  
NOTE Confidence: 0.9180762475  
00:26:27.788 --> 00:26:31.494 along with them things that were really  
NOTE Confidence: 0.9180762475  
00:26:31.494 --> 00:26:33.896 important or significant, you know,  
NOTE Confidence: 0.9180762475  
00:26:33.896 --> 00:26:36.853 to them and you know, ask them to,  
NOTE Confidence: 0.9180762475  
00:26:36.853 --> 00:26:39.679 you know choose like their own,  
NOTE Confidence: 0.9180762475  
00:26:39.680 --> 00:26:40.364 you know,  
NOTE Confidence: 0.9180762475  
00:26:40.364 --> 00:26:42.758 positions how they wanted to be painted.  
NOTE Confidence: 0.9180762475  
00:26:42.760 --> 00:26:47.112 And we had a wonderful, you know,  
NOTE Confidence: 0.9180762475  
00:26:47.112 --> 00:26:48.360 turn out of,  
NOTE Confidence: 0.9180762475  
00:26:48.360 --> 00:26:50.508 you know people and participants who  
NOTE Confidence: 0.9180762475

00:26:50.508 --> 00:26:52.920 you know brought their family members,  
NOTE Confidence: 0.9180762475

00:26:52.920 --> 00:26:55.160 you know brought their pets,  
NOTE Confidence: 0.9180762475

00:26:55.160 --> 00:26:57.866 you know brought objects that were  
NOTE Confidence: 0.9180762475

00:26:57.866 --> 00:27:00.999 sentimental to them and you know really,  
NOTE Confidence: 0.9180762475

00:27:01.000 --> 00:27:03.400 really took it to heart.  
NOTE Confidence: 0.9180762475

00:27:03.400 --> 00:27:07.496 And you know we had a really wonderful,  
NOTE Confidence: 0.9180762475

00:27:07.496 --> 00:27:08.200 you know,  
NOTE Confidence: 0.9180762475

00:27:08.200 --> 00:27:11.880 turn out and you know through the process,  
NOTE Confidence: 0.9180762475

00:27:11.880 --> 00:27:14.148 you know it it really gave a  
NOTE Confidence: 0.9180762475

00:27:14.148 --> 00:27:17.110 sense of you know what what we  
NOTE Confidence: 0.9180762475

00:27:17.110 --> 00:27:20.214 have and what we value you know,  
NOTE Confidence: 0.9180762475

00:27:20.214 --> 00:27:24.080 as a medical institution and as a community.  
NOTE Confidence: 0.9180762475

00:27:24.080 --> 00:27:27.128 And it was a really wonderful  
NOTE Confidence: 0.9180762475

00:27:27.128 --> 00:27:29.530 process to get this going.  
NOTE Confidence: 0.9180762475

00:27:29.530 --> 00:27:32.490 So at this point we're at the start  
NOTE Confidence: 0.9180762475

00:27:32.490 --> 00:27:35.648 and you know everything is great and

NOTE Confidence: 0.9180762475  
00:27:35.648 --> 00:27:39.232 we decide that because of the size or  
NOTE Confidence: 0.9180762475  
00:27:39.232 --> 00:27:42.796 because of the magnitude of this project,  
NOTE Confidence: 0.9180762475  
00:27:42.800 --> 00:27:45.884 we would need a very large  
NOTE Confidence: 0.9180762475  
00:27:45.884 --> 00:27:48.640 canvas and we had to order,  
NOTE Confidence: 0.9180762475  
00:27:48.640 --> 00:27:50.368 custom order this canvas.  
NOTE Confidence: 0.9180762475  
00:27:50.368 --> 00:27:54.463 And as you can see it is being delivered  
NOTE Confidence: 0.9180762475  
00:27:54.463 --> 00:27:57.746 to the child study center at 350  
NOTE Confidence: 0.9180762475  
00:27:57.840 --> 00:28:01.080 George right now and I am 6 foot 8.  
NOTE Confidence: 0.9180762475  
00:28:01.080 --> 00:28:04.480 So you can tell how big you know  
NOTE Confidence: 0.9180762475  
00:28:04.480 --> 00:28:07.160 that canvas is. It was huge.  
NOTE Confidence: 0.9180762475  
00:28:07.160 --> 00:28:08.600 And, you know,  
NOTE Confidence: 0.9180762475  
00:28:08.600 --> 00:28:10.560 went through the process of  
NOTE Confidence: 0.95006659  
00:28:12.600 --> 00:28:15.554 unveiling it for the first time with  
NOTE Confidence: 0.95006659  
00:28:15.554 --> 00:28:17.908 my lovely daughter there, Arella.  
NOTE Confidence: 0.95006659  
00:28:17.908 --> 00:28:22.142 And you know, I had never, you know,  
NOTE Confidence: 0.95006659

00:28:22.142 --> 00:28:25.439 painted a canvas that was this large,  
NOTE Confidence: 0.95006659

00:28:25.440 --> 00:28:28.436 you know, So this was really a  
NOTE Confidence: 0.95006659

00:28:28.436 --> 00:28:32.461 first for me and it was incredibly  
NOTE Confidence: 0.95006659

00:28:32.461 --> 00:28:34.836 challenging to get it started, you know,  
NOTE Confidence: 0.95006659

00:28:34.840 --> 00:28:37.320 But we were able to do it anyway.  
NOTE Confidence: 0.95006659

00:28:37.320 --> 00:28:40.918 So at this point, everything is awesome.  
NOTE Confidence: 0.95006659

00:28:40.920 --> 00:28:42.340 Everything is going great.  
NOTE Confidence: 0.95006659

00:28:42.340 --> 00:28:45.760 You know, everyone is saying good job,  
NOTE Confidence: 0.95006659

00:28:45.760 --> 00:28:48.040 wonderful. This is, you know,  
NOTE Confidence: 0.95006659

00:28:48.040 --> 00:28:50.196 the sort of like the start of  
NOTE Confidence: 0.95006659

00:28:50.196 --> 00:28:51.686 a marathon where you know,  
NOTE Confidence: 0.95006659

00:28:51.686 --> 00:28:53.950 you you hear the sound and you're running  
NOTE Confidence: 0.95006659

00:28:54.009 --> 00:28:56.115 and you're giving everyone high fives.  
NOTE Confidence: 0.95006659

00:28:56.120 --> 00:28:57.212 And it's awesome.  
NOTE Confidence: 0.95006659

00:28:57.212 --> 00:28:59.760 That's that's where this is right now.  
NOTE Confidence: 0.95006659

00:28:59.760 --> 00:29:02.344 But then I had to get down to

NOTE Confidence: 0.95006659  
00:29:02.344 --> 00:29:04.957 work and that was where things,  
NOTE Confidence: 0.95006659  
00:29:04.960 --> 00:29:06.760 you know, really got started.  
NOTE Confidence: 0.95006659  
00:29:06.760 --> 00:29:09.320 And so for the process of oil painting,  
NOTE Confidence: 0.95006659  
00:29:09.320 --> 00:29:11.785 it is a little different  
NOTE Confidence: 0.95006659  
00:29:11.785 --> 00:29:14.568 than a typical painting is.  
NOTE Confidence: 0.95006659  
00:29:14.568 --> 00:29:18.627 All painting is a very unique medium  
NOTE Confidence: 0.95006659  
00:29:18.627 --> 00:29:23.280 and that it has to be built over layers.  
NOTE Confidence: 0.95006659  
00:29:23.280 --> 00:29:25.765 So typically you start before  
NOTE Confidence: 0.95006659  
00:29:25.765 --> 00:29:27.753 you start all painting.  
NOTE Confidence: 0.95006659  
00:29:27.760 --> 00:29:30.550 You start with a glaze that looks  
NOTE Confidence: 0.95006659  
00:29:30.550 --> 00:29:32.440 a little bit something like this.  
NOTE Confidence: 0.95006659  
00:29:32.440 --> 00:29:36.840 Usually we use a color called raw umber  
NOTE Confidence: 0.95006659  
00:29:36.840 --> 00:29:41.424 as the glaze for sort of the base  
NOTE Confidence: 0.95006659  
00:29:41.424 --> 00:29:44.118 and you know it looks really dark.  
NOTE Confidence: 0.95006659  
00:29:44.120 --> 00:29:45.708 And the reason is,  
NOTE Confidence: 0.95006659

00:29:45.708 --> 00:29:49.360 you know it's a very fast drying medium  
NOTE Confidence: 0.95006659

00:29:49.360 --> 00:29:53.440 and it forms the base that subsequent  
NOTE Confidence: 0.95006659

00:29:53.440 --> 00:29:58.760 subsequent layers of paint will go on.  
NOTE Confidence: 0.95006659

00:29:58.760 --> 00:30:01.768 So after put in a glaze of raw  
NOTE Confidence: 0.95006659

00:30:01.768 --> 00:30:04.734 amber you move on to the second  
NOTE Confidence: 0.95006659

00:30:04.734 --> 00:30:08.100 layer of the painting which you know  
NOTE Confidence: 0.95006659

00:30:08.100 --> 00:30:11.560 starts to layer up layer by layer.  
NOTE Confidence: 0.95006659

00:30:11.560 --> 00:30:13.840 And the reason you know for  
NOTE Confidence: 0.95006659

00:30:13.840 --> 00:30:15.360 this graduated you know,  
NOTE Confidence: 0.95006659

00:30:15.360 --> 00:30:19.092 layer approach is you know all  
NOTE Confidence: 0.95006659

00:30:19.092 --> 00:30:22.456 paint dries at different times,  
NOTE Confidence: 0.95006659

00:30:22.456 --> 00:30:27.022 so thinner layers of oil dry much  
NOTE Confidence: 0.95006659

00:30:27.022 --> 00:30:29.794 quicker than thicker layers of oil.  
NOTE Confidence: 0.95006659

00:30:29.800 --> 00:30:33.448 So you have to go from thin to  
NOTE Confidence: 0.95006659

00:30:33.448 --> 00:30:37.066 thick or thick to thin and you  
NOTE Confidence: 0.95006659

00:30:37.066 --> 00:30:39.198 know this graduated approach,

NOTE Confidence: 0.95006659

00:30:39.200 --> 00:30:42.644 make sure that you know both all

NOTE Confidence: 0.95006659

00:30:42.644 --> 00:30:46.448 three layers of the paint bond you

NOTE Confidence: 0.95006659

00:30:46.448 --> 00:30:49.185 know accurately and you know it

NOTE Confidence: 0.95006659

00:30:49.185 --> 00:30:51.920 doesn't lead to sort of a crack in

NOTE Confidence: 0.95006659

00:30:51.920 --> 00:30:55.400 later on if it's done inappropriately.

NOTE Confidence: 0.95006659

00:30:55.400 --> 00:30:58.382 I made an article or I published

NOTE Confidence: 0.95006659

00:30:58.382 --> 00:31:01.494 an article on this process a few

NOTE Confidence: 0.95006659

00:31:01.494 --> 00:31:04.720 years ago called Laid on Thick

NOTE Confidence: 0.9719705

00:31:09.480 --> 00:31:12.400 and you know, it basically explains,

NOTE Confidence: 0.9719705

00:31:12.400 --> 00:31:14.364 you know this process.

NOTE Confidence: 0.9719705

00:31:14.364 --> 00:31:18.159 I made this painting that you see here

NOTE Confidence: 0.9719705

00:31:18.160 --> 00:31:24.200 on peripartum depression case that I

NOTE Confidence: 0.9719705

00:31:24.200 --> 00:31:28.240 have the opportunity to treat and I

NOTE Confidence: 0.9719705

00:31:28.240 --> 00:31:31.130 saw these intersections, you know,

NOTE Confidence: 0.9719705

00:31:31.130 --> 00:31:33.320 between the process of oil painting

NOTE Confidence: 0.9719705

00:31:33.320 --> 00:31:36.520 and the process of attachment.

NOTE Confidence: 0.9719705

00:31:36.520 --> 00:31:39.358 So when we think about the

NOTE Confidence: 0.9719705

00:31:39.360 --> 00:31:41.160 the layers of paint,

NOTE Confidence: 0.9719705

00:31:41.160 --> 00:31:45.486 you know that build on each other, it it,

NOTE Confidence: 0.9719705

00:31:45.486 --> 00:31:49.350 it sort of reflects the the way attachment

NOTE Confidence: 0.9719705

00:31:49.451 --> 00:31:53.240 you know goes and how a child bonds,

NOTE Confidence: 0.9719705

00:31:53.240 --> 00:31:55.505 you know with their caregiver

NOTE Confidence: 0.9719705

00:31:55.505 --> 00:31:58.840 and you know the bonding has to

NOTE Confidence: 0.9719705

00:31:58.840 --> 00:32:00.800 happen in subsequent layers.

NOTE Confidence: 0.9719705

00:32:00.800 --> 00:32:03.560 And in the same way with all painting,

NOTE Confidence: 0.9719705

00:32:03.560 --> 00:32:07.673 the layers have to go in a certain way.

NOTE Confidence: 0.9719705

00:32:07.680 --> 00:32:10.025 And if that doesn't happen it can

NOTE Confidence: 0.9719705

00:32:10.025 --> 00:32:13.085 lead to a crack in you know the same

NOTE Confidence: 0.9719705

00:32:13.085 --> 00:32:16.477 way that we can see sort of like a

NOTE Confidence: 0.9719705

00:32:16.477 --> 00:32:18.800 psychological crack in in children

NOTE Confidence: 0.9719705

00:32:18.800 --> 00:32:21.600 who unfortunately did not receive

NOTE Confidence: 0.9719705  
00:32:21.600 --> 00:32:24.559 this graduated layer of attachment.

NOTE Confidence: 0.9719705  
00:32:24.560 --> 00:32:29.960 So it was a very interesting article and

NOTE Confidence: 0.9719705  
00:32:29.960 --> 00:32:34.840 please feel free to scan and take a look.

NOTE Confidence: 0.9719705  
00:32:34.840 --> 00:32:38.760 So moving on to the next phase,

NOTE Confidence: 0.9719705  
00:32:38.760 --> 00:32:41.712 I I really like this quote

NOTE Confidence: 0.9719705  
00:32:41.712 --> 00:32:43.680 by Vincent van Gogh.

NOTE Confidence: 0.9719705  
00:32:43.680 --> 00:32:47.040 Great things are done by a series of

NOTE Confidence: 0.9719705  
00:32:47.040 --> 00:32:49.826 small things brought together and this

NOTE Confidence: 0.9719705  
00:32:49.826 --> 00:32:53.691 was a quote that really rang true as

NOTE Confidence: 0.9719705  
00:32:53.691 --> 00:32:57.597 I continued to make this portrait.

NOTE Confidence: 0.9719705  
00:32:57.600 --> 00:33:01.798 So I'm gonna play this scenario or this

NOTE Confidence: 0.78206005  
00:33:03.840 --> 00:33:05.800 painting for you, and

NOTE Confidence: 0.968074705  
00:33:07.880 --> 00:33:11.640 I want you to keep an eye on the Blues.

NOTE Confidence: 0.934290838571428  
00:33:22.530 --> 00:33:26.646 So what you just saw there was

NOTE Confidence: 0.934290838571428  
00:33:26.650 --> 00:33:30.050 actually four different shades of

NOTE Confidence: 0.934290838571428

00:33:30.050 --> 00:33:33.820 blue and four different types of blue  
NOTE Confidence: 0.934290838571428

00:33:33.820 --> 00:33:38.810 coming together to make that hoodie.  
NOTE Confidence: 0.934290838571428

00:33:38.810 --> 00:33:43.120 And if you take a look at it again,  
NOTE Confidence: 0.934290838571428

00:33:43.120 --> 00:33:46.000 you will see that one,  
NOTE Confidence: 0.934290838571428

00:33:46.000 --> 00:33:49.521 just one shade of blue is not  
NOTE Confidence: 0.934290838571428

00:33:49.521 --> 00:33:52.275 able to accomplish this task  
NOTE Confidence: 0.934290838571428

00:33:52.275 --> 00:33:55.120 or accomplish this paint in.  
NOTE Confidence: 0.934290838571428

00:33:55.120 --> 00:33:57.000 When all those shades, however,  
NOTE Confidence: 0.934290838571428

00:33:57.000 --> 00:34:00.240 come together, they're able to,  
NOTE Confidence: 0.934290838571428

00:34:00.240 --> 00:34:01.956 you know, make the right shade,  
NOTE Confidence: 0.934290838571428

00:34:01.960 --> 00:34:07.344 make the right gradient and it it really,  
NOTE Confidence: 0.934290838571428

00:34:07.344 --> 00:34:09.692 you know, that quote really came  
NOTE Confidence: 0.934290838571428

00:34:09.692 --> 00:34:13.399 to mind as I did this and that one,  
NOTE Confidence: 0.934290838571428

00:34:13.400 --> 00:34:16.721 one single shade of blue is not able to  
NOTE Confidence: 0.934290838571428

00:34:16.721 --> 00:34:20.516 do what 4 shades can come together to do.  
NOTE Confidence: 0.934290838571428

00:34:20.520 --> 00:34:23.236 And I think this really highlights our

NOTE Confidence: 0.934290838571428  
00:34:23.236 --> 00:34:26.239 approach and you know child mental health,  
NOTE Confidence: 0.934290838571428  
00:34:26.240 --> 00:34:29.042 you know where it's a collaborative  
NOTE Confidence: 0.934290838571428  
00:34:29.042 --> 00:34:31.800 approach and the more that we  
NOTE Confidence: 0.934290838571428  
00:34:31.800 --> 00:34:34.200 are able to combine our skills,  
NOTE Confidence: 0.934290838571428  
00:34:34.200 --> 00:34:37.732 the more we're able to combine our our  
NOTE Confidence: 0.934290838571428  
00:34:37.732 --> 00:34:41.274 talents, the more we're able to achieve.  
NOTE Confidence: 0.934290838571428  
00:34:41.280 --> 00:34:45.280 And so it was a very interesting lesson  
NOTE Confidence: 0.934290838571428  
00:34:45.280 --> 00:34:49.680 that I, you know, wanted to highlight.  
NOTE Confidence: 0.934290838571428  
00:34:49.680 --> 00:34:51.080 You know, also the, the,  
NOTE Confidence: 0.934290838571428  
00:34:51.080 --> 00:34:53.068 the names, you know,  
NOTE Confidence: 0.934290838571428  
00:34:53.068 --> 00:34:56.050 the ultramarine blue and the cyriline  
NOTE Confidence: 0.934290838571428  
00:34:56.141 --> 00:34:59.320 blue and the Cobalt blue are very  
NOTE Confidence: 0.934290838571428  
00:34:59.320 --> 00:35:01.560 interesting because you know,  
NOTE Confidence: 0.934290838571428  
00:35:01.560 --> 00:35:05.000 it really highlights the, you know,  
NOTE Confidence: 0.934290838571428  
00:35:05.000 --> 00:35:06.520 just the artistic history,  
NOTE Confidence: 0.934290838571428

00:35:06.520 --> 00:35:08.760 you know, behind all painting.  
NOTE Confidence: 0.934290838571428

00:35:08.760 --> 00:35:10.944 So for example,  
NOTE Confidence: 0.934290838571428

00:35:10.944 --> 00:35:14.080 Ultramarine blue is a very unique  
NOTE Confidence: 0.934290838571428

00:35:14.080 --> 00:35:17.202 painting and that is a very unique  
NOTE Confidence: 0.934290838571428

00:35:17.202 --> 00:35:20.681 shade of paint and that it was  
NOTE Confidence: 0.934290838571428

00:35:20.681 --> 00:35:23.840 extremely rare to find Ultramarine  
NOTE Confidence: 0.934290838571428

00:35:23.840 --> 00:35:27.732 Blue in the ancient days.  
NOTE Confidence: 0.934290838571428

00:35:27.732 --> 00:35:30.594 You actually had to travel,  
NOTE Confidence: 0.934290838571428

00:35:30.594 --> 00:35:31.622 you know,  
NOTE Confidence: 0.934290838571428

00:35:31.622 --> 00:35:34.192 to the mountains in Afghanistan  
NOTE Confidence: 0.934290838571428

00:35:34.192 --> 00:35:37.495 to get this specific type of  
NOTE Confidence: 0.934290838571428

00:35:37.495 --> 00:35:39.915 rock called lapis lazuli.  
NOTE Confidence: 0.934290838571428

00:35:39.920 --> 00:35:44.120 And it was incredibly difficult to extract,  
NOTE Confidence: 0.934290838571428

00:35:44.120 --> 00:35:45.452 you know, the ultramarine.  
NOTE Confidence: 0.934290838571428

00:35:45.452 --> 00:35:47.587 It had to be an A,  
NOTE Confidence: 0.934290838571428

00:35:47.587 --> 00:35:49.922 a very tedious process where

NOTE Confidence: 0.934290838571428  
00:35:49.922 --> 00:35:53.240 the the rock was really finely  
NOTE Confidence: 0.934290838571428  
00:35:53.240 --> 00:35:57.040 ground into this powdered form.  
NOTE Confidence: 0.934290838571428  
00:35:57.040 --> 00:35:59.440 And even in this powdered form,  
NOTE Confidence: 0.934290838571428  
00:35:59.440 --> 00:36:04.728 you had to extract the deep blue, you know,  
NOTE Confidence: 0.934290838571428  
00:36:04.728 --> 00:36:08.679 by a process that's very complicated.  
NOTE Confidence: 0.934290838571428  
00:36:08.679 --> 00:36:10.998 And most people,  
NOTE Confidence: 0.934290838571428  
00:36:11.000 --> 00:36:12.856 because of how complicated  
NOTE Confidence: 0.934290838571428  
00:36:12.856 --> 00:36:15.640 it was to extract the blue,  
NOTE Confidence: 0.934290838571428  
00:36:15.640 --> 00:36:18.190 would only reserve this blue for  
NOTE Confidence: 0.934290838571428  
00:36:18.190 --> 00:36:20.999 very special parts of the painting.  
NOTE Confidence: 0.934290838571428  
00:36:21.000 --> 00:36:22.400 And back in the Renaissance,  
NOTE Confidence: 0.934290838571428  
00:36:22.400 --> 00:36:25.664 the most special part of the painting was  
NOTE Confidence: 0.934290838571428  
00:36:25.664 --> 00:36:30.384 always the garment of the Virgin Mary.  
NOTE Confidence: 0.934290838571428  
00:36:30.384 --> 00:36:33.520 And so it was an extremely rare,  
NOTE Confidence: 0.934290838571428  
00:36:33.520 --> 00:36:34.786 you know, pigment.  
NOTE Confidence: 0.934290838571428

00:36:34.786 --> 00:36:37.318 And you know even the name,  
NOTE Confidence: 0.934290838571428

00:36:37.320 --> 00:36:38.739 you know ultramarine,  
NOTE Confidence: 0.934290838571428

00:36:38.739 --> 00:36:40.158 you know ultra,  
NOTE Confidence: 0.934290838571428

00:36:40.160 --> 00:36:42.968 you know being Latin for beyond  
NOTE Confidence: 0.934290838571428

00:36:42.968 --> 00:36:46.320 and mare being Latin for the sea,  
NOTE Confidence: 0.934290838571428

00:36:46.320 --> 00:36:47.330 you know,  
NOTE Confidence: 0.934290838571428

00:36:47.330 --> 00:36:49.855 literally translated to beyond the  
NOTE Confidence: 0.934290838571428

00:36:49.855 --> 00:36:52.375 sea which which indicated how far  
NOTE Confidence: 0.934290838571428

00:36:52.375 --> 00:36:55.958 people had to go to get this paint in.  
NOTE Confidence: 0.934290838571428

00:36:55.960 --> 00:36:57.577 And you know,  
NOTE Confidence: 0.934290838571428

00:36:57.577 --> 00:37:01.350 in the same way I reflected at  
NOTE Confidence: 0.934290838571428

00:37:01.472 --> 00:37:04.400 how we as mental health clinicians  
NOTE Confidence: 0.934290838571428

00:37:04.400 --> 00:37:08.119 often have to go above and beyond,  
NOTE Confidence: 0.934290838571428

00:37:08.120 --> 00:37:10.232 you know, for the children and  
NOTE Confidence: 0.934290838571428

00:37:10.232 --> 00:37:12.400 the families that we work with.  
NOTE Confidence: 0.934290838571428

00:37:12.400 --> 00:37:14.176 And you know,

NOTE Confidence: 0.934290838571428  
00:37:14.176 --> 00:37:16.468 how this, you know,  
NOTE Confidence: 0.934290838571428  
00:37:16.468 --> 00:37:19.238 intersection really shows itself and,  
NOTE Confidence: 0.934290838571428  
00:37:19.240 --> 00:37:20.960 you know, just one color.  
NOTE Confidence: 0.934290838571428  
00:37:20.960 --> 00:37:21.708 You know,  
NOTE Confidence: 0.934290838571428  
00:37:21.708 --> 00:37:25.200 same thing can be said for Cyril in blue,  
NOTE Confidence: 0.934290838571428  
00:37:25.200 --> 00:37:27.600 you know, where you know,  
NOTE Confidence: 0.934290838571428  
00:37:27.600 --> 00:37:30.760 this particular shade of blue,  
NOTE Confidence: 0.89036585  
00:37:30.760 --> 00:37:32.356 you know, has such a rich,  
NOTE Confidence: 0.89036585  
00:37:32.360 --> 00:37:34.212 you know, artistic history.  
NOTE Confidence: 0.89036585  
00:37:34.212 --> 00:37:37.360 One of the most interesting stories was,  
NOTE Confidence: 0.89036585  
00:37:37.360 --> 00:37:41.200 you know, in a, in a cafe in the late,  
NOTE Confidence: 0.89036585  
00:37:41.200 --> 00:37:44.112 you know, in the early 1900s in Paris,  
NOTE Confidence: 0.89036585  
00:37:44.112 --> 00:37:46.840 You know, where a Spanish,  
NOTE Confidence: 0.89036585  
00:37:46.840 --> 00:37:50.092 you know, painter was, you know,  
NOTE Confidence: 0.89036585  
00:37:50.092 --> 00:37:52.368 having coffee, you know,  
NOTE Confidence: 0.89036585

00:37:52.368 --> 00:37:55.480 with with his friends and,  
NOTE Confidence: 0.89036585

00:37:55.480 --> 00:37:57.960 you know, unfortunately pulled  
NOTE Confidence: 0.89036585

00:37:57.960 --> 00:38:01.840 out a revolver and shot himself.  
NOTE Confidence: 0.89036585

00:38:01.840 --> 00:38:06.902 And his friends, one of which, you know,  
NOTE Confidence: 0.89036585

00:38:06.902 --> 00:38:10.157 included the famous Pablo Picasso,  
NOTE Confidence: 0.89036585

00:38:10.160 --> 00:38:13.670 was so devastated about this loss  
NOTE Confidence: 0.89036585

00:38:13.670 --> 00:38:17.935 that he decided that he was only gonna  
NOTE Confidence: 0.89036585

00:38:17.935 --> 00:38:21.876 use one shade of blue for his next,  
NOTE Confidence: 0.89036585

00:38:21.880 --> 00:38:23.880 you know, set of paintings.  
NOTE Confidence: 0.89036585

00:38:23.880 --> 00:38:24.900 And, you know,  
NOTE Confidence: 0.89036585

00:38:24.900 --> 00:38:27.280 this gave birth to the blue period,  
NOTE Confidence: 0.89036585

00:38:27.280 --> 00:38:28.800 you know, by Pablo Picasso,  
NOTE Confidence: 0.89036585

00:38:28.800 --> 00:38:31.796 which is one of the most iconic,  
NOTE Confidence: 0.89036585

00:38:31.800 --> 00:38:35.400 you know, pieces of work that we have.  
NOTE Confidence: 0.89036585

00:38:35.400 --> 00:38:39.382 And so the blue, you know, represents a lot.  
NOTE Confidence: 0.89036585

00:38:39.382 --> 00:38:42.558 Blue can represent spirituality.

NOTE Confidence: 0.89036585  
00:38:42.560 --> 00:38:44.320 Blue can represent peace.  
NOTE Confidence: 0.89036585  
00:38:44.320 --> 00:38:46.852 You know, when the United Nations,  
NOTE Confidence: 0.89036585  
00:38:46.852 --> 00:38:49.330 you know, decided that they  
NOTE Confidence: 0.89036585  
00:38:49.330 --> 00:38:52.080 wanted to reinvent their emblem,  
NOTE Confidence: 0.89036585  
00:38:52.080 --> 00:38:55.314 they decided on a shade of blue,  
NOTE Confidence: 0.89036585  
00:38:55.320 --> 00:38:59.200 cerulean blue, that gave off,  
NOTE Confidence: 0.89036585  
00:38:59.200 --> 00:39:01.958 you know, a sense of peace and,  
NOTE Confidence: 0.89036585  
00:39:01.960 --> 00:39:04.652 you know, a sense of togetherness.  
NOTE Confidence: 0.89036585  
00:39:04.652 --> 00:39:09.080 And, you know, this was the same shade as,  
NOTE Confidence: 0.89036585  
00:39:09.080 --> 00:39:12.393 you know, Picasso, you know,  
NOTE Confidence: 0.89036585  
00:39:12.393 --> 00:39:14.517 used in his paintings.  
NOTE Confidence: 0.89036585  
00:39:14.520 --> 00:39:16.080 When you also think about,  
NOTE Confidence: 0.89036585  
00:39:16.080 --> 00:39:18.300 you know, Hindu religions,  
NOTE Confidence: 0.89036585  
00:39:18.300 --> 00:39:21.075 a lot of Hindu gods,  
NOTE Confidence: 0.89036585  
00:39:21.080 --> 00:39:24.200 a pair in a particular shade  
NOTE Confidence: 0.89036585

00:39:24.200 --> 00:39:27.160 of blue that really, you know,  
NOTE Confidence: 0.89036585

00:39:27.160 --> 00:39:29.560 represents spirituality and you know,  
NOTE Confidence: 0.89036585

00:39:29.560 --> 00:39:31.820 represents peace, you know,  
NOTE Confidence: 0.89036585

00:39:31.820 --> 00:39:34.933 so every single color, you know,  
NOTE Confidence: 0.89036585

00:39:34.933 --> 00:39:37.759 in oil painting really has this  
NOTE Confidence: 0.89036585

00:39:37.759 --> 00:39:39.839 rich artistic history.  
NOTE Confidence: 0.89036585

00:39:39.840 --> 00:39:41.958 And even the name, you know,  
NOTE Confidence: 0.89036585

00:39:41.960 --> 00:39:43.504 translates the sky blue,  
NOTE Confidence: 0.89036585

00:39:43.504 --> 00:39:44.276 you know.  
NOTE Confidence: 0.89036585

00:39:44.280 --> 00:39:48.560 So it's it's a very rich process that  
NOTE Confidence: 0.950606267142857

00:39:50.600 --> 00:39:53.638 I was, you know, able to do.  
NOTE Confidence: 0.950606267142857

00:39:53.640 --> 00:39:57.318 So now at this point you  
NOTE Confidence: 0.950606267142857

00:39:57.318 --> 00:40:00.768 know I am 222 paintings in.  
NOTE Confidence: 0.950606267142857

00:40:00.768 --> 00:40:05.121 And I realized that I have to do  
NOTE Confidence: 0.950606267142857

00:40:05.121 --> 00:40:07.848 this 24 more times each process,  
NOTE Confidence: 0.950606267142857

00:40:07.848 --> 00:40:11.080 you know that you saw right there took,

NOTE Confidence: 0.950606267142857  
00:40:11.080 --> 00:40:12.840 you know maybe 10 hours,  
NOTE Confidence: 0.950606267142857  
00:40:12.840 --> 00:40:16.340 you know, to do. And it was,  
NOTE Confidence: 0.950606267142857  
00:40:16.340 --> 00:40:18.920 it was a very daunting process.  
NOTE Confidence: 0.950606267142857  
00:40:18.920 --> 00:40:21.656 And you know at this point I'm sort  
NOTE Confidence: 0.950606267142857  
00:40:21.656 --> 00:40:23.979 of somewhere between this is tricky  
NOTE Confidence: 0.950606267142857  
00:40:23.979 --> 00:40:26.450 where I'm like wow like this this  
NOTE Confidence: 0.950606267142857  
00:40:26.533 --> 00:40:29.365 is going to take a lot of time and I  
NOTE Confidence: 0.950606267142857  
00:40:29.365 --> 00:40:31.315 don't have protected time for this.  
NOTE Confidence: 0.950606267142857  
00:40:31.320 --> 00:40:35.280 I am a first year child psychiatry fellow,  
NOTE Confidence: 0.950606267142857  
00:40:35.280 --> 00:40:38.488 you know So it was it was quite  
NOTE Confidence: 0.950606267142857  
00:40:38.488 --> 00:40:41.004 tricky and it was it started to  
NOTE Confidence: 0.950606267142857  
00:40:41.004 --> 00:40:43.092 become more difficult where I almost  
NOTE Confidence: 0.950606267142857  
00:40:43.092 --> 00:40:45.000 started to question that like why  
NOTE Confidence: 0.90985835  
00:40:45.000 --> 00:40:47.160 did I decide to do this  
NOTE Confidence: 0.90985835  
00:40:47.160 --> 00:40:50.158 again how did I get here? And  
NOTE Confidence: 0.955143472

00:40:50.880 --> 00:40:52.480 it was, it was challenging.

NOTE Confidence: 0.955143472

00:40:52.480 --> 00:40:54.772 I gradually went from,

NOTE Confidence: 0.955143472

00:40:54.772 --> 00:40:57.964 you know, one person you know,

NOTE Confidence: 0.955143472

00:40:57.964 --> 00:41:04.360 on the canvas to 2:00 to 3:00 and then four.

NOTE Confidence: 0.955143472

00:41:04.360 --> 00:41:05.758 And then before you know it,

NOTE Confidence: 0.955143472

00:41:05.760 --> 00:41:07.236 I had a whole, you know,

NOTE Confidence: 0.955143472

00:41:07.240 --> 00:41:10.318 bunch of people on the canvas.

NOTE Confidence: 0.955143472

00:41:10.320 --> 00:41:13.085 But it started to get more complicated

NOTE Confidence: 0.955143472

00:41:13.085 --> 00:41:15.240 because, you know, going into this,

NOTE Confidence: 0.955143472

00:41:15.240 --> 00:41:19.200 I had a loose idea of what I wanted to do.

NOTE Confidence: 0.955143472

00:41:19.200 --> 00:41:22.320 But as people started to grow,

NOTE Confidence: 0.955143472

00:41:22.320 --> 00:41:23.960 you know, and the painting,

NOTE Confidence: 0.955143472

00:41:23.960 --> 00:41:26.260 it became more and more

NOTE Confidence: 0.955143472

00:41:26.260 --> 00:41:28.680 complicated as to the direction,

NOTE Confidence: 0.955143472

00:41:28.680 --> 00:41:32.116 as to the positioning, as to, you know,

NOTE Confidence: 0.955143472

00:41:32.116 --> 00:41:35.138 how you know someone wanted to be placed

NOTE Confidence: 0.955143472

00:41:35.138 --> 00:41:37.870 or how someone wanted to be represented.

NOTE Confidence: 0.955143472

00:41:37.870 --> 00:41:41.720 And it became more and more complex.

NOTE Confidence: 0.955143472

00:41:41.720 --> 00:41:44.224 And I started to question, you know,

NOTE Confidence: 0.955143472

00:41:44.224 --> 00:41:46.880 whether I wanted to go ahead with this

NOTE Confidence: 0.955143472

00:41:46.955 --> 00:41:50.320 project because of how complex it was.

NOTE Confidence: 0.955143472

00:41:50.320 --> 00:41:51.598 And you know, like I said,

NOTE Confidence: 0.955143472

00:41:51.600 --> 00:41:54.520 I was also a fellow and you know,

NOTE Confidence: 0.955143472

00:41:54.520 --> 00:41:55.888 going through a training.

NOTE Confidence: 0.955143472

00:41:55.888 --> 00:41:58.936 So it was, it was a lot.

NOTE Confidence: 0.955143472

00:41:58.936 --> 00:42:02.680 And as I began to work,

NOTE Confidence: 0.955143472

00:42:02.680 --> 00:42:05.518 things became a little more dire.

NOTE Confidence: 0.955143472

00:42:05.520 --> 00:42:11.080 I started to experience a lot of loneliness.

NOTE Confidence: 0.955143472

00:42:11.080 --> 00:42:13.798 It's sort of at that point of a marathon,

NOTE Confidence: 0.955143472

00:42:13.800 --> 00:42:14.510 you know,

NOTE Confidence: 0.955143472

00:42:14.510 --> 00:42:17.693 like we were saying when the applause sort of

NOTE Confidence: 0.955143472

00:42:17.693 --> 00:42:20.277 dies down and you realize that wait a minute,  
NOTE Confidence: 0.955143472

00:42:20.280 --> 00:42:22.240 I'm running a marathon here,  
NOTE Confidence: 0.955143472

00:42:22.240 --> 00:42:25.480 I how am I going to get through this?  
NOTE Confidence: 0.955143472

00:42:25.480 --> 00:42:28.640 And, you know, there were many nights when,  
NOTE Confidence: 0.955143472

00:42:28.640 --> 00:42:31.040 you know, I was just by myself and,  
NOTE Confidence: 0.955143472

00:42:31.040 --> 00:42:32.504 you know, painting and,  
NOTE Confidence: 0.955143472

00:42:32.504 --> 00:42:34.128 you know, sort of reflecting,  
NOTE Confidence: 0.955143472

00:42:34.128 --> 00:42:36.980 you know, the process of all  
NOTE Confidence: 0.955143472

00:42:36.980 --> 00:42:39.153 paints is very therapeutic.  
NOTE Confidence: 0.955143472

00:42:39.153 --> 00:42:41.518 But at the same time,  
NOTE Confidence: 0.955143472

00:42:41.520 --> 00:42:44.406 it can also be very challenging  
NOTE Confidence: 0.955143472

00:42:44.406 --> 00:42:47.415 because it's very quiet and sometimes  
NOTE Confidence: 0.955143472

00:42:47.415 --> 00:42:50.180 you're left alone to be confronted  
NOTE Confidence: 0.955143472

00:42:50.180 --> 00:42:52.520 with your thoughts and you know,  
NOTE Confidence: 0.955143472

00:42:52.520 --> 00:42:54.998 with you know your life experiences.  
NOTE Confidence: 0.955143472

00:42:55.000 --> 00:42:55.765 And you know,

NOTE Confidence: 0.955143472  
00:42:55.765 --> 00:42:57.550 at the time I was also going  
NOTE Confidence: 0.955143472  
00:42:57.614 --> 00:42:59.558 through like a number of things,  
NOTE Confidence: 0.955143472  
00:42:59.560 --> 00:43:01.276 you know, in my personal life,  
NOTE Confidence: 0.955143472  
00:43:01.280 --> 00:43:03.667 you know, the end of a relationship  
NOTE Confidence: 0.955143472  
00:43:03.667 --> 00:43:06.359 and I I started to struggle.  
NOTE Confidence: 0.955143472  
00:43:06.360 --> 00:43:08.808 And you know, it was a time that  
NOTE Confidence: 0.955143472  
00:43:08.808 --> 00:43:11.000 I really started to question,  
NOTE Confidence: 0.955143472  
00:43:11.000 --> 00:43:12.240 you know, if you know,  
NOTE Confidence: 0.955143472  
00:43:12.240 --> 00:43:14.256 I wanted to go on, you know,  
NOTE Confidence: 0.955143472  
00:43:14.256 --> 00:43:17.025 with the project and you know  
NOTE Confidence: 0.955143472  
00:43:17.025 --> 00:43:20.355 that Elmo that you saw earlier,  
NOTE Confidence: 0.955143472  
00:43:20.360 --> 00:43:21.772 you know, went from,  
NOTE Confidence: 0.955143472  
00:43:21.772 --> 00:43:22.478 you know,  
NOTE Confidence: 0.955143472  
00:43:22.480 --> 00:43:25.645 being excited about this project  
NOTE Confidence: 0.955143472  
00:43:25.645 --> 00:43:29.822 to just being out in the cold alone  
NOTE Confidence: 0.955143472

00:43:29.822 --> 00:43:32.917 and like just wondering what is  
NOTE Confidence: 0.955143472

00:43:32.917 --> 00:43:35.380 going on to eventually I'm like,  
NOTE Confidence: 0.955143472

00:43:35.380 --> 00:43:36.595 you know what?  
NOTE Confidence: 0.955143472

00:43:36.600 --> 00:43:38.432 Like I think I should just like,  
NOTE Confidence: 0.955143472

00:43:38.432 --> 00:43:40.825 I think I should just burn this  
NOTE Confidence: 0.955143472

00:43:40.825 --> 00:43:43.212 painted like no one is going to know,  
NOTE Confidence: 0.955143472

00:43:43.212 --> 00:43:45.378 you know, I'm just going to take it  
NOTE Confidence: 0.955143472

00:43:45.378 --> 00:43:47.622 out and throw it away, you know?  
NOTE Confidence: 0.955143472

00:43:47.622 --> 00:43:50.079 And I mean who's going to know?  
NOTE Confidence: 0.955143472

00:43:50.080 --> 00:43:50.830 You know, I'm,  
NOTE Confidence: 0.955143472

00:43:50.830 --> 00:43:52.330 I'm just going to end this  
NOTE Confidence: 0.955143472

00:43:52.330 --> 00:43:53.199 project right here.  
NOTE Confidence: 0.955143472

00:43:53.200 --> 00:43:54.706 But you know,  
NOTE Confidence: 0.955143472

00:43:54.706 --> 00:43:57.718 I thankfully had the support and  
NOTE Confidence: 0.955143472

00:43:57.718 --> 00:44:01.112 the love of community of, you know,  
NOTE Confidence: 0.955143472

00:44:01.112 --> 00:44:03.620 my Co fellows, of my family.

NOTE Confidence: 0.955143472  
00:44:03.620 --> 00:44:05.120 And you know,  
NOTE Confidence: 0.955143472  
00:44:05.120 --> 00:44:09.440 one person in particular was  
NOTE Confidence: 0.955143472  
00:44:09.440 --> 00:44:12.375 just incredible at helping me  
NOTE Confidence: 0.955143472  
00:44:12.375 --> 00:44:15.310 get through this process in  
NOTE Confidence: 0.932023444545455  
00:44:15.416 --> 00:44:18.350 general. And it is my daughter  
NOTE Confidence: 0.932023444545455  
00:44:18.350 --> 00:44:20.520 who is right here who  
NOTE Confidence: 0.909628445  
00:44:30.680 --> 00:44:33.398 who would support me, you know,  
NOTE Confidence: 0.909628445  
00:44:33.400 --> 00:44:34.774 throughout the night,  
NOTE Confidence: 0.909628445  
00:44:34.774 --> 00:44:37.980 sometimes would refuse to go to bed  
NOTE Confidence: 0.909628445  
00:44:38.068 --> 00:44:42.238 or join me in the studio and help me,  
NOTE Confidence: 0.909628445  
00:44:42.240 --> 00:44:44.160 you know, get through this project.  
NOTE Confidence: 0.909628445  
00:44:44.160 --> 00:44:46.372 And, you know, I started to think  
NOTE Confidence: 0.909628445  
00:44:46.372 --> 00:44:48.042 about the example, you know,  
NOTE Confidence: 0.909628445  
00:44:48.042 --> 00:44:50.930 that I was showing for her as well  
NOTE Confidence: 0.909628445  
00:44:51.017 --> 00:44:53.841 that do I quit when the going gets  
NOTE Confidence: 0.909628445

00:44:53.841 --> 00:44:56.600 rough or do I do I persevere, You know,  
NOTE Confidence: 0.909628445

00:44:56.600 --> 00:44:59.552 do I show that you finish what you start,  
NOTE Confidence: 0.909628445

00:44:59.560 --> 00:45:01.992 You know? And I just want to say  
NOTE Confidence: 0.909628445

00:45:01.992 --> 00:45:04.350 a big thank you, Ariela,  
NOTE Confidence: 0.909628445

00:45:04.350 --> 00:45:10.440 for going through this journey with me.  
NOTE Confidence: 0.909628445

00:45:10.440 --> 00:45:15.037 So I was able to keep pushing on,  
NOTE Confidence: 0.909628445

00:45:15.040 --> 00:45:17.224 you know, after this.  
NOTE Confidence: 0.909628445

00:45:17.224 --> 00:45:21.220 And as I started to push this project  
NOTE Confidence: 0.909628445

00:45:21.220 --> 00:45:23.364 forward, you know, I realized,  
NOTE Confidence: 0.909628445

00:45:23.364 --> 00:45:26.458 you know, this was saying from Pablo  
NOTE Confidence: 0.909628445

00:45:26.458 --> 00:45:29.119 Picasso about inspiration existing,  
NOTE Confidence: 0.909628445

00:45:29.120 --> 00:45:30.954 but it has to find you working.  
NOTE Confidence: 0.909628445

00:45:30.960 --> 00:45:34.062 And so I continued this process  
NOTE Confidence: 0.909628445

00:45:34.062 --> 00:45:37.040 and the more I worked,  
NOTE Confidence: 0.909628445

00:45:37.040 --> 00:45:39.362 the more things began to make  
NOTE Confidence: 0.909628445

00:45:39.362 --> 00:45:41.560 sense and the more things,

NOTE Confidence: 0.909628445

00:45:41.560 --> 00:45:43.480 you know, started to come together.

NOTE Confidence: 0.909628445

00:45:43.480 --> 00:45:46.040 And then I started to see a pattern

NOTE Confidence: 0.909628445

00:45:46.040 --> 00:45:48.716 with how this painting was growing.

NOTE Confidence: 0.909628445

00:45:48.720 --> 00:45:52.160 And you know how it started to grow

NOTE Confidence: 0.909628445

00:45:52.160 --> 00:45:56.655 into like this apex and everything

NOTE Confidence: 0.909628445

00:45:56.655 --> 00:45:59.330 started to come together after

NOTE Confidence: 0.909628445

00:45:59.330 --> 00:46:03.118 that and I was able to, you know,

NOTE Confidence: 0.909628445

00:46:03.120 --> 00:46:04.132 push through.

NOTE Confidence: 0.909628445

00:46:04.132 --> 00:46:07.674 I started to get this new direction

NOTE Confidence: 0.909628445

00:46:07.674 --> 00:46:11.260 of you know how this entire painting

NOTE Confidence: 0.909628445

00:46:11.260 --> 00:46:15.224 was going to come together and it was,

NOTE Confidence: 0.909628445

00:46:15.224 --> 00:46:16.280 it was wonderful.

NOTE Confidence: 0.909628445

00:46:16.280 --> 00:46:18.786 You know at this point in the

NOTE Confidence: 0.909628445

00:46:18.786 --> 00:46:21.094 creative process I was at the this

NOTE Confidence: 0.909628445

00:46:21.094 --> 00:46:24.318 might be OK you know part of the of

NOTE Confidence: 0.909628445

00:46:24.318 --> 00:46:27.305 the whole process but I am happy to  
NOTE Confidence: 0.909628445

00:46:27.305 --> 00:46:30.433 say that we you know with with the  
NOTE Confidence: 0.909628445

00:46:30.433 --> 00:46:35.400 support and you know the the you know  
NOTE Confidence: 0.909628445

00:46:35.400 --> 00:46:37.320 just encouragement from community.  
NOTE Confidence: 0.909628445

00:46:37.320 --> 00:46:40.120 You know the the painting is able  
NOTE Confidence: 0.909628445

00:46:40.120 --> 00:46:43.296 to be here today and it is done  
NOTE Confidence: 0.909628445

00:46:43.296 --> 00:46:46.740 and you know I look forward to  
NOTE Confidence: 0.909628445

00:46:46.740 --> 00:46:49.650 unveiling it in a few minutes but  
NOTE Confidence: 0.909628445

00:46:49.650 --> 00:46:53.507 I I wanna I wanna end you know by  
NOTE Confidence: 0.909628445

00:46:53.507 --> 00:46:56.845 saying you know the the process of  
NOTE Confidence: 0.909628445

00:46:56.845 --> 00:46:59.510 creation is one that is probably  
NOTE Confidence: 0.909628445

00:46:59.510 --> 00:47:03.080 the closest thing we have to magic.  
NOTE Confidence: 0.909628445

00:47:03.080 --> 00:47:06.286 It's you know seeing something in your  
NOTE Confidence: 0.909628445

00:47:06.286 --> 00:47:09.915 head and being able to bring it to life.  
NOTE Confidence: 0.909628445

00:47:09.920 --> 00:47:12.488 And you know I think it is you  
NOTE Confidence: 0.909628445

00:47:12.488 --> 00:47:14.319 know reflection of the you know,

NOTE Confidence: 0.909628445  
00:47:14.320 --> 00:47:15.536 ultimate creator.  
NOTE Confidence: 0.909628445  
00:47:15.536 --> 00:47:17.360 You know God,  
NOTE Confidence: 0.909628445  
00:47:17.360 --> 00:47:21.014 who you know is the ultimate artist  
NOTE Confidence: 0.909628445  
00:47:21.014 --> 00:47:24.440 and you know who has created,  
NOTE Confidence: 0.909628445  
00:47:24.440 --> 00:47:26.460 you know, every single person  
NOTE Confidence: 0.909628445  
00:47:26.460 --> 00:47:28.480 just beautifully and you know,  
NOTE Confidence: 0.909628445  
00:47:28.480 --> 00:47:29.088 wonderfully.  
NOTE Confidence: 0.909628445  
00:47:29.088 --> 00:47:32.736 And it was very interesting that  
NOTE Confidence: 0.909628445  
00:47:32.736 --> 00:47:37.158 at the at the end of the painting,  
NOTE Confidence: 0.909628445  
00:47:37.160 --> 00:47:41.972 I noticed that the inscription of God  
NOTE Confidence: 0.909628445  
00:47:41.972 --> 00:47:45.908 was right at the center of the entire  
NOTE Confidence: 0.909628445  
00:47:45.908 --> 00:47:49.160 painting and it was not planned out.  
NOTE Confidence: 0.909628445  
00:47:49.160 --> 00:47:50.788 It was completely random.  
NOTE Confidence: 0.909628445  
00:47:50.788 --> 00:47:53.920 And I thought that was incredibly powerful.  
NOTE Confidence: 0.909628445  
00:47:53.920 --> 00:47:57.014 And you know it it, you know,  
NOTE Confidence: 0.909628445

00:47:57.014 --> 00:48:00.423 just draws, you know the the entire  
NOTE Confidence: 0.909628445

00:48:00.423 --> 00:48:02.736 piece together and you know,  
NOTE Confidence: 0.909628445

00:48:02.736 --> 00:48:04.752 lets us know that we we are,  
NOTE Confidence: 0.909628445

00:48:04.760 --> 00:48:05.564 you know,  
NOTE Confidence: 0.909628445

00:48:05.564 --> 00:48:08.780 in a in a special time and you  
NOTE Confidence: 0.909628445

00:48:08.882 --> 00:48:11.955 know we we all sort of reflect  
NOTE Confidence: 0.909628445

00:48:11.955 --> 00:48:14.506 this essence of creativity.  
NOTE Confidence: 0.909628445

00:48:14.506 --> 00:48:17.314 So thank you all.  
NOTE Confidence: 0.924661012222222

00:48:17.320 --> 00:48:19.959 And I look forward to showing this  
NOTE Confidence: 0.924661012222222

00:48:19.959 --> 00:48:21.998 painting upstairs. And thank you.  
NOTE Confidence: 0.89869677625

00:48:46.720 --> 00:48:47.245 Wait a minute.  
NOTE Confidence: 0.89869677625

00:48:47.245 --> 00:48:48.120 You haven't seen the painting.  
NOTE Confidence: 0.89869677625

00:48:48.120 --> 00:48:50.960 Maybe you'll be disappointed.  
NOTE Confidence: 0.89869677625

00:48:50.960 --> 00:48:54.400 I want to. Ari. Ari Ritvo.  
NOTE Confidence: 0.89869677625

00:48:54.400 --> 00:48:57.800 Hopefully you can hear me.  
NOTE Confidence: 0.89869677625

00:48:57.800 --> 00:48:59.400 Yes. Oh, good.

NOTE Confidence: 0.89869677625  
00:48:59.400 --> 00:49:01.040 Would you like to say something, Ari?  
NOTE Confidence: 0.89869677625  
00:49:01.040 --> 00:49:02.360 We'd love to hear from you.  
NOTE Confidence: 0.968046193333333  
00:49:03.480 --> 00:49:05.676 First of all, I'm blown away.  
NOTE Confidence: 0.968046193333333  
00:49:05.680 --> 00:49:07.824 This is mesmerizing. Dr.  
NOTE Confidence: 0.968046193333333  
00:49:07.824 --> 00:49:10.180 Aya, thank you so much.  
NOTE Confidence: 0.968046193333333  
00:49:10.180 --> 00:49:13.510 I am so proud and pleased to  
NOTE Confidence: 0.968046193333333  
00:49:13.510 --> 00:49:16.438 have you as our fifth speaker.  
NOTE Confidence: 0.968046193333333  
00:49:16.440 --> 00:49:17.386 It's unbelievable.  
NOTE Confidence: 0.968046193333333  
00:49:17.386 --> 00:49:22.160 I I didn't expect to learn so much about art.  
NOTE Confidence: 0.968046193333333  
00:49:22.160 --> 00:49:25.149 I was particularly touched when you spoke  
NOTE Confidence: 0.968046193333333  
00:49:25.149 --> 00:49:28.278 about the layers and then the attachment,  
NOTE Confidence: 0.968046193333333  
00:49:28.280 --> 00:49:30.146 and I can't wait to read  
NOTE Confidence: 0.968046193333333  
00:49:30.146 --> 00:49:32.920 that whole entire article.  
NOTE Confidence: 0.968046193333333  
00:49:32.920 --> 00:49:35.559 You were such a perfect choice committee.  
NOTE Confidence: 0.968046193333333  
00:49:35.560 --> 00:49:38.266 Thank you so much for bringing  
NOTE Confidence: 0.968046193333333

00:49:38.266 --> 00:49:41.160 Doctor IO to my attention.

NOTE Confidence: 0.968046193333333

00:49:41.160 --> 00:49:42.183 And, you know,

NOTE Confidence: 0.968046193333333

00:49:42.183 --> 00:49:44.229 I always used to say about

NOTE Confidence: 0.968046193333333

00:49:44.229 --> 00:49:46.318 being with Max and with Alan,

NOTE Confidence: 0.968046193333333

00:49:46.320 --> 00:49:49.211 but one of the most wonderful thing

NOTE Confidence: 0.968046193333333

00:49:49.211 --> 00:49:52.199 about being with those two individuals

NOTE Confidence: 0.968046193333333

00:49:52.200 --> 00:49:58.280 whom you speak in memoriam of today was

NOTE Confidence: 0.968046193333333

00:49:58.280 --> 00:50:00.520 that I always learned something from them.

NOTE Confidence: 0.968046193333333

00:50:00.520 --> 00:50:02.440 I didn't expect to learn so,

NOTE Confidence: 0.968046193333333

00:50:02.440 --> 00:50:04.616 so much about art.

NOTE Confidence: 0.968046193333333

00:50:04.616 --> 00:50:07.316 I I paint, I have an art collection.

NOTE Confidence: 0.968046193333333

00:50:07.320 --> 00:50:09.880 I'm nowhere near your level,

NOTE Confidence: 0.968046193333333

00:50:09.880 --> 00:50:12.640 but I've learned so much.

NOTE Confidence: 0.968046193333333

00:50:12.640 --> 00:50:16.000 The process you described also reminded me

NOTE Confidence: 0.968046193333333

00:50:16.000 --> 00:50:19.798 very much of Max's process with poetry.

NOTE Confidence: 0.968046193333333

00:50:19.800 --> 00:50:23.360 The many, many nights that he was isolated,

NOTE Confidence: 0.96804619333333  
00:50:23.360 --> 00:50:24.580 that he was alone,  
NOTE Confidence: 0.96804619333333  
00:50:24.580 --> 00:50:25.800 that he was determined.  
NOTE Confidence: 0.96804619333333  
00:50:25.800 --> 00:50:28.271 Because to him his legacy in the  
NOTE Confidence: 0.96804619333333  
00:50:28.271 --> 00:50:31.382 end and his healing would come from  
NOTE Confidence: 0.96804619333333  
00:50:31.382 --> 00:50:33.837 having a poetry book published.  
NOTE Confidence: 0.96804619333333  
00:50:33.840 --> 00:50:37.596 And I hear that same commitment  
NOTE Confidence: 0.96804619333333  
00:50:37.600 --> 00:50:38.782 in your voice.  
NOTE Confidence: 0.96804619333333  
00:50:38.782 --> 00:50:41.540 I was also incredibly touched as a  
NOTE Confidence: 0.96804619333333  
00:50:41.620 --> 00:50:44.032 mother to see your daughter Ariella  
NOTE Confidence: 0.96804619333333  
00:50:44.032 --> 00:50:48.120 and to see how it was a family project,  
NOTE Confidence: 0.96804619333333  
00:50:48.120 --> 00:50:50.480 a community project, the interviews,  
NOTE Confidence: 0.96804619333333  
00:50:50.480 --> 00:50:50.776 it.  
NOTE Confidence: 0.96804619333333  
00:50:50.776 --> 00:50:53.144 It just has so many levels and I  
NOTE Confidence: 0.96804619333333  
00:50:53.144 --> 00:50:55.500 don't want to take too much time.  
NOTE Confidence: 0.96804619333333  
00:50:55.500 --> 00:50:58.160 But you should also know that both  
NOTE Confidence: 0.96804619333333

00:50:58.246 --> 00:51:01.330 Alan and Max had a a a tremendous  
NOTE Confidence: 0.968046193333333

00:51:01.330 --> 00:51:05.155 fascination and interest in psychiatry.  
NOTE Confidence: 0.968046193333333

00:51:05.160 --> 00:51:05.760 Max,  
NOTE Confidence: 0.968046193333333

00:51:05.760 --> 00:51:08.160 before he became I'll,  
NOTE Confidence: 0.968046193333333

00:51:08.160 --> 00:51:10.330 was very much considering becoming  
NOTE Confidence: 0.968046193333333

00:51:10.330 --> 00:51:11.198 a psychiatrist.  
NOTE Confidence: 0.968046193333333

00:51:11.200 --> 00:51:14.200 After he became I'll and was in treatment.  
NOTE Confidence: 0.968046193333333

00:51:14.200 --> 00:51:15.440 And it's not a secret,  
NOTE Confidence: 0.968046193333333

00:51:15.440 --> 00:51:17.624 'cause he wrote about it with  
NOTE Confidence: 0.968046193333333

00:51:17.624 --> 00:51:18.716 Doctor Stan Posic.  
NOTE Confidence: 0.968046193333333

00:51:18.720 --> 00:51:20.640 He then wanted to become an  
NOTE Confidence: 0.968046193333333

00:51:20.640 --> 00:51:22.400 analyst 'cause that seemed much  
NOTE Confidence: 0.968046193333333

00:51:22.400 --> 00:51:25.280 cooler to him and more useful.  
NOTE Confidence: 0.968046193333333

00:51:25.280 --> 00:51:27.284 And Alan was an analysis from  
NOTE Confidence: 0.968046193333333

00:51:27.284 --> 00:51:29.000 the time I met him.  
NOTE Confidence: 0.968046193333333

00:51:29.000 --> 00:51:31.664 He was 40 years old to the time a year

NOTE Confidence: 0.96804619333333  
00:51:31.664 --> 00:51:34.273 before he died when he was almost 80.  
NOTE Confidence: 0.96804619333333  
00:51:34.273 --> 00:51:36.638 So thank you so much.  
NOTE Confidence: 0.96804619333333  
00:51:36.640 --> 00:51:38.720 I hope I get to meet you in person one day.  
NOTE Confidence: 0.96804619333333  
00:51:38.720 --> 00:51:40.676 It would be my great honor.  
NOTE Confidence: 0.96804619333333  
00:51:40.680 --> 00:51:45.000 And thank you everybody that was was in.  
NOTE Confidence: 0.96804619333333  
00:51:45.000 --> 00:51:47.880 And for everyone that helped  
NOTE Confidence: 0.96804619333333  
00:51:47.880 --> 00:51:50.025 choose this amazing,  
NOTE Confidence: 0.96804619333333  
00:51:50.025 --> 00:51:53.600 phenomenal person to present today.  
NOTE Confidence: 0.96804619333333  
00:51:53.600 --> 00:51:54.599 I'm really touched.  
NOTE Confidence: 0.7013685  
00:51:56.120 --> 00:51:56.400 Thank you.  
NOTE Confidence: 0.869698946666667  
00:52:05.080 --> 00:52:06.182 Thank you, Ari. I'm,  
NOTE Confidence: 0.869698946666667  
00:52:06.182 --> 00:52:07.958 I'm going to get get off the stage,  
NOTE Confidence: 0.869698946666667  
00:52:07.960 --> 00:52:10.067 but if there are any questions for  
NOTE Confidence: 0.869698946666667  
00:52:10.067 --> 00:52:12.276 IO and then in 5 minutes or so,  
NOTE Confidence: 0.869698946666667  
00:52:12.280 --> 00:52:14.438 we're going to walk up. So please IO,  
NOTE Confidence: 0.805590275

00:52:16.000 --> 00:52:16.320 thank you.  
NOTE Confidence: 0.52486277

00:52:18.800 --> 00:52:19.440 Questions.  
NOTE Confidence: 0.879153258571429

00:52:25.480 --> 00:52:27.034 What happens if you make a mistake  
NOTE Confidence: 0.2804488

00:52:29.520 --> 00:52:31.318 and you're like that was a mistake,  
NOTE Confidence: 0.2804488

00:52:32.080 --> 00:52:33.970 What do you do? How do you  
NOTE Confidence: 0.2804488

00:52:33.970 --> 00:52:36.280 know and what do you do? You  
NOTE Confidence: 0.86007341

00:52:36.280 --> 00:52:38.170 know the the good thing about  
NOTE Confidence: 0.86007341

00:52:38.170 --> 00:52:40.156 being an artist is only you  
NOTE Confidence: 0.86007341

00:52:40.156 --> 00:52:41.796 know where the mistake is.  
NOTE Confidence: 0.90682507

00:52:43.960 --> 00:52:47.930 So a lot of times mistakes, you know,  
NOTE Confidence: 0.90682507

00:52:47.930 --> 00:52:49.555 we call them happy accidents.  
NOTE Confidence: 0.90682507

00:52:49.560 --> 00:52:52.472 You know, a lot of times mistakes  
NOTE Confidence: 0.90682507

00:52:52.472 --> 00:52:56.400 can actually lead to new ways of like  
NOTE Confidence: 0.90682507

00:52:56.400 --> 00:53:00.960 painting or new ways of seeing things.  
NOTE Confidence: 0.90682507

00:53:00.960 --> 00:53:04.131 I think another benefit to all paint  
NOTE Confidence: 0.90682507

00:53:04.131 --> 00:53:07.478 is that oil takes longer to dry.

NOTE Confidence: 0.90682507  
00:53:07.480 --> 00:53:09.769 So you sort of have a bigger  
NOTE Confidence: 0.90682507  
00:53:09.769 --> 00:53:12.180 window to make a change, you know,  
NOTE Confidence: 0.90682507  
00:53:12.180 --> 00:53:14.160 if you do make a mistake.  
NOTE Confidence: 0.90682507  
00:53:14.160 --> 00:53:16.560 So that's that's one benefit  
NOTE Confidence: 0.90682507  
00:53:16.560 --> 00:53:19.400 to to all paint in Yeah great  
NOTE Confidence: 0.29294005  
00:53:25.040 --> 00:53:25.440 answer  
NOTE Confidence: 0.70879924  
00:53:28.360 --> 00:53:30.400 that was that was amazing.  
NOTE Confidence: 0.614567505  
00:53:30.400 --> 00:53:32.332 It really as I already said it  
NOTE Confidence: 0.614567505  
00:53:32.332 --> 00:53:34.312 really wasn't as I felt in another  
NOTE Confidence: 0.614567505  
00:53:34.312 --> 00:53:36.641 zone and I I was just wondering  
NOTE Confidence: 0.614567505  
00:53:36.641 --> 00:53:39.800 from the artist perspective how much  
NOTE Confidence: 0.614567505  
00:53:39.800 --> 00:53:44.273 do you know you got it the way you  
NOTE Confidence: 0.614567505  
00:53:44.273 --> 00:53:46.540 wanted whatever right means versus  
NOTE Confidence: 0.614567505  
00:53:46.540 --> 00:53:48.840 needing outside confirmation of that.  
NOTE Confidence: 0.614567505  
00:53:48.840 --> 00:53:50.478 As an artist, I always wondered that do you,  
NOTE Confidence: 0.614567505

00:53:50.480 --> 00:53:54.720 do you do you need or depend on  
NOTE Confidence: 0.614567505

00:53:54.720 --> 00:53:58.455 people to see it and react to it and  
NOTE Confidence: 0.614567505

00:53:58.455 --> 00:54:01.119 tell you you're great what you are  
NOTE Confidence: 0.614567505

00:54:01.120 --> 00:54:02.716 or is it just an internal thing?  
NOTE Confidence: 0.614567505

00:54:02.720 --> 00:54:04.040 I'm just curious about  
NOTE Confidence: 0.803644555714286

00:54:05.200 --> 00:54:07.600 that. That's a that's a wonderful  
NOTE Confidence: 0.803644555714286

00:54:07.600 --> 00:54:12.464 question I think you know for for  
NOTE Confidence: 0.803644555714286

00:54:12.464 --> 00:54:15.008 an artist you know perfection is  
NOTE Confidence: 0.803644555714286

00:54:15.008 --> 00:54:17.360 always you know this thing that  
NOTE Confidence: 0.803644555714286

00:54:17.435 --> 00:54:19.596 you continue to chase you know.  
NOTE Confidence: 0.803644555714286

00:54:19.596 --> 00:54:22.140 But I think as you know artists you  
NOTE Confidence: 0.803644555714286

00:54:22.215 --> 00:54:24.476 know grow you know in their art.  
NOTE Confidence: 0.803644555714286

00:54:24.480 --> 00:54:26.820 You know they realize that there's  
NOTE Confidence: 0.803644555714286

00:54:26.820 --> 00:54:31.440 no perfection And you you know your,  
NOTE Confidence: 0.803644555714286

00:54:31.440 --> 00:54:35.040 you know duty is just to show up in  
NOTE Confidence: 0.803644555714286

00:54:35.040 --> 00:54:38.560 the most complete way that you can and

NOTE Confidence: 0.803644555714286  
00:54:38.560 --> 00:54:42.014 and you know just give in your 100%.  
NOTE Confidence: 0.803644555714286  
00:54:42.014 --> 00:54:45.380 And I think of that in itself as the  
NOTE Confidence: 0.803644555714286  
00:54:45.475 --> 00:54:49.395 satisfaction knowing that you gave your all.  
NOTE Confidence: 0.803644555714286  
00:54:49.400 --> 00:54:52.473 And even if you know you don't  
NOTE Confidence: 0.803644555714286  
00:54:52.473 --> 00:54:55.260 get the reception or the critical  
NOTE Confidence: 0.803644555714286  
00:54:55.260 --> 00:54:58.510 acclaim that you were expecting,  
NOTE Confidence: 0.803644555714286  
00:54:58.510 --> 00:55:02.266 you can at least take that and you know,  
NOTE Confidence: 0.803644555714286  
00:55:02.266 --> 00:55:04.114 know that you gave,  
NOTE Confidence: 0.803644555714286  
00:55:04.120 --> 00:55:06.276 you gave it everything that you had.  
NOTE Confidence: 0.803644555714286  
00:55:06.280 --> 00:55:09.320 And that in itself is is the satisfaction.  
NOTE Confidence: 0.21303912  
00:55:12.960 --> 00:55:13.120 Jose.  
NOTE Confidence: 0.7440138475  
00:55:15.400 --> 00:55:18.062 Hello, I'm Jose. I'm one of the Co fellows  
NOTE Confidence: 0.7440138475  
00:55:18.062 --> 00:55:19.838 with along with IO and that's my leg.  
NOTE Confidence: 0.874573618461538  
00:55:25.400 --> 00:55:27.668 So I was blessed and honored enough  
NOTE Confidence: 0.874573618461538  
00:55:27.668 --> 00:55:30.034 to be featured in the painting and  
NOTE Confidence: 0.874573618461538

00:55:30.034 --> 00:55:32.158 be involved with IO throughout the  
NOTE Confidence: 0.874573618461538

00:55:32.158 --> 00:55:34.368 process of making it. You know it.  
NOTE Confidence: 0.874573618461538

00:55:34.368 --> 00:55:36.817 It's funny how well he carries the burden  
NOTE Confidence: 0.874573618461538

00:55:36.817 --> 00:55:38.980 of of making such a beautiful piece  
NOTE Confidence: 0.874573618461538

00:55:38.980 --> 00:55:42.120 of art and the symbolism behind it.  
NOTE Confidence: 0.874573618461538

00:55:42.120 --> 00:55:43.926 And so it's it's incredibly touching  
NOTE Confidence: 0.874573618461538

00:55:43.926 --> 00:55:46.290 to see the finished product and and  
NOTE Confidence: 0.874573618461538

00:55:46.290 --> 00:55:48.480 how how wonderful it came together.  
NOTE Confidence: 0.874573618461538

00:55:48.480 --> 00:55:50.293 And also I I'm honoured to be  
NOTE Confidence: 0.874573618461538

00:55:50.293 --> 00:55:52.308 featured in it because it it did  
NOTE Confidence: 0.874573618461538

00:55:52.308 --> 00:55:54.072 reflect a very pivotal moment in  
NOTE Confidence: 0.874573618461538

00:55:54.137 --> 00:55:55.838 my life that was legacy defining.  
NOTE Confidence: 0.874573618461538

00:55:55.838 --> 00:55:58.491 And I think everybody in the painting  
NOTE Confidence: 0.874573618461538

00:55:58.491 --> 00:56:00.638 could kind of say the same thing.  
NOTE Confidence: 0.874573618461538

00:56:00.640 --> 00:56:01.540 Not to, you know,  
NOTE Confidence: 0.874573618461538

00:56:01.540 --> 00:56:02.440 trope on the pandemic,

NOTE Confidence: 0.874573618461538  
00:56:02.440 --> 00:56:05.041 but this was the pandemic times and  
NOTE Confidence: 0.874573618461538  
00:56:05.041 --> 00:56:07.446 it was an incredibly incredible  
NOTE Confidence: 0.874573618461538  
00:56:07.446 --> 00:56:10.189 transformational moment for I think the  
NOTE Confidence: 0.874573618461538  
00:56:10.189 --> 00:56:12.656 world and for for us to be plastered on  
NOTE Confidence: 0.874573618461538  
00:56:12.656 --> 00:56:15.518 on in oil through layers that really  
NOTE Confidence: 0.874573618461538  
00:56:15.518 --> 00:56:17.741 encompass everything that we went  
NOTE Confidence: 0.874573618461538  
00:56:17.741 --> 00:56:19.476 through in order to be there for our  
NOTE Confidence: 0.874573618461538  
00:56:19.476 --> 00:56:20.958 patients and all and and our families.  
NOTE Confidence: 0.874573618461538  
00:56:20.960 --> 00:56:22.400 So thank you, IO.  
NOTE Confidence: 0.80916782  
00:56:23.640 --> 00:56:24.120 Thank you, Jose.  
NOTE Confidence: 0.80157763  
00:56:29.240 --> 00:56:29.720 One more.  
NOTE Confidence: 0.863364558571429  
00:56:30.760 --> 00:56:31.672 Yeah, this was fantastic.  
NOTE Confidence: 0.863364558571429  
00:56:31.672 --> 00:56:32.840 Thank you for doing it.  
NOTE Confidence: 0.863364558571429  
00:56:32.840 --> 00:56:35.280 So, but my question for you is just,  
NOTE Confidence: 0.863364558571429  
00:56:35.280 --> 00:56:36.640 I'm thinking about coming from  
NOTE Confidence: 0.9554154125

00:56:36.640 --> 00:56:37.884 a country like Nigeria,  
NOTE Confidence: 0.9554154125

00:56:37.884 --> 00:56:39.750 where at least a little while  
NOTE Confidence: 0.9554154125

00:56:39.810 --> 00:56:41.360 ago now, it's different,  
NOTE Confidence: 0.9554154125

00:56:41.360 --> 00:56:43.520 art wasn't quite encouraged.  
NOTE Confidence: 0.9554154125

00:56:43.520 --> 00:56:45.277 How did you have the courage to  
NOTE Confidence: 0.92678149625

00:56:45.960 --> 00:56:46.785 pursue this passion?  
NOTE Confidence: 0.92678149625

00:56:46.785 --> 00:56:48.160 And what did your parents  
NOTE Confidence: 0.961992241666667

00:56:48.160 --> 00:56:49.880 do to help you a lot? Because if  
NOTE Confidence: 0.961992241666667

00:56:49.880 --> 00:56:51.760 you're not a doctor, lawyer. Oh  
NOTE Confidence: 0.656322996666667

00:56:51.960 --> 00:56:53.660 my God, that's a wonderful  
NOTE Confidence: 0.656322996666667

00:56:53.660 --> 00:56:54.160 question. You know,  
NOTE Confidence: 0.845051226

00:56:56.080 --> 00:56:56.840 so how did you have  
NOTE Confidence: 0.687012541428571

00:56:56.840 --> 00:56:59.318 the courage to actually pursue this passion?  
NOTE Confidence: 0.807312175454545

00:56:59.720 --> 00:57:01.169 You know, I didn't want to put  
NOTE Confidence: 0.807312175454545

00:57:01.169 --> 00:57:03.759 my mom on blast, but, you know,  
NOTE Confidence: 0.807312175454545

00:57:03.760 --> 00:57:05.440 since you brought this up,

NOTE Confidence: 0.807312175454545  
00:57:05.440 --> 00:57:08.200 it was, it was very challenging  
NOTE Confidence: 0.807312175454545  
00:57:08.200 --> 00:57:11.560 growing up in Nigeria and,  
NOTE Confidence: 0.807312175454545  
00:57:11.560 --> 00:57:13.318 you know, deciding that, you know,  
NOTE Confidence: 0.807312175454545  
00:57:13.320 --> 00:57:16.680 I wanted to be an artist. And it was,  
NOTE Confidence: 0.807312175454545  
00:57:16.680 --> 00:57:19.680 it was unfortunately not encouraged.  
NOTE Confidence: 0.807312175454545  
00:57:19.680 --> 00:57:22.200 It was very much discouraged.  
NOTE Confidence: 0.807312175454545  
00:57:22.200 --> 00:57:25.146 And you know, I think you know,  
NOTE Confidence: 0.807312175454545  
00:57:25.146 --> 00:57:26.478 it is, you know,  
NOTE Confidence: 0.807312175454545  
00:57:26.480 --> 00:57:29.396 one of the biggest, you know,  
NOTE Confidence: 0.807312175454545  
00:57:29.400 --> 00:57:33.152 achievements you know of my life to  
NOTE Confidence: 0.807312175454545  
00:57:33.152 --> 00:57:37.148 be able to hold on to this dream of  
NOTE Confidence: 0.807312175454545  
00:57:37.148 --> 00:57:40.039 of being an artist and you know,  
NOTE Confidence: 0.807312175454545  
00:57:40.040 --> 00:57:42.600 taking this dream to adulthood,  
NOTE Confidence: 0.807312175454545  
00:57:42.600 --> 00:57:44.240 you know, because you know,  
NOTE Confidence: 0.807312175454545  
00:57:44.240 --> 00:57:46.676 I I believe that everyone is,  
NOTE Confidence: 0.807312175454545

00:57:46.680 --> 00:57:48.560 you know, creative, you know,  
NOTE Confidence: 0.807312175454545

00:57:48.560 --> 00:57:50.280 creative in their own way.  
NOTE Confidence: 0.807312175454545

00:57:50.280 --> 00:57:53.032 You know, it doesn't have to be paint.  
NOTE Confidence: 0.807312175454545

00:57:53.032 --> 00:57:56.252 It can be sewing, it can be music,  
NOTE Confidence: 0.807312175454545

00:57:56.252 --> 00:57:59.400 you know, it can be construction,  
NOTE Confidence: 0.807312175454545

00:57:59.400 --> 00:58:00.788 architecture, you know,  
NOTE Confidence: 0.807312175454545

00:58:00.788 --> 00:58:02.658 everyone has you know that  
NOTE Confidence: 0.807312175454545

00:58:02.658 --> 00:58:04.697 creativity and the real challenge  
NOTE Confidence: 0.807312175454545

00:58:04.697 --> 00:58:06.807 is letting that creativity continue  
NOTE Confidence: 0.807312175454545

00:58:06.807 --> 00:58:09.638 to grow and you know be displayed.  
NOTE Confidence: 0.807312175454545

00:58:09.640 --> 00:58:11.800 So it was, it was challenging.  
NOTE Confidence: 0.807312175454545

00:58:11.800 --> 00:58:14.000 And I think, you know,  
NOTE Confidence: 0.807312175454545

00:58:14.000 --> 00:58:17.240 being able to experience different cultures,  
NOTE Confidence: 0.807312175454545

00:58:17.240 --> 00:58:19.676 you know, I lived in Ukraine,  
NOTE Confidence: 0.807312175454545

00:58:19.680 --> 00:58:21.360 I lived in Russia, I lived in,  
NOTE Confidence: 0.807312175454545

00:58:21.360 --> 00:58:22.840 you know, so many places.

NOTE Confidence: 0.807312175454545  
00:58:22.840 --> 00:58:24.985 Being being able to experience  
NOTE Confidence: 0.807312175454545  
00:58:24.985 --> 00:58:27.130 different cultures and see different  
NOTE Confidence: 0.807312175454545  
00:58:27.197 --> 00:58:29.437 perspectives really helped to keep,  
NOTE Confidence: 0.807312175454545  
00:58:29.440 --> 00:58:31.528 you know, that dream, you know, alive.  
NOTE Confidence: 0.807312175454545  
00:58:31.528 --> 00:58:35.112 And yeah, I'm thankful to be here today.  
NOTE Confidence: 0.42253953  
00:58:42.840 --> 00:58:44.965 OK. So if you want to see what  
NOTE Confidence: 0.42253953  
00:58:44.965 --> 00:58:46.519 you were all clapping for,  
NOTE Confidence: 0.888409182727273  
00:58:46.520 --> 00:58:47.222 let's go outside.  
NOTE Confidence: 0.888409182727273  
00:58:47.222 --> 00:58:49.080 Help yourself If you want anything to eat.  
NOTE Confidence: 0.888409182727273  
00:58:49.080 --> 00:58:50.634 And we're going just one floor up.  
NOTE Confidence: 0.888409182727273  
00:58:50.640 --> 00:58:52.225 We're going to continue podcasting  
NOTE Confidence: 0.888409182727273  
00:58:52.225 --> 00:58:54.360 or whatever the word is for this.  
NOTE Confidence: 0.888409182727273  
00:58:54.360 --> 00:58:55.506 Thank you, Kieran.  
NOTE Confidence: 0.888409182727273  
00:58:55.506 --> 00:58:57.840 And let's go see this painting. Oh,  
NOTE Confidence: 0.44836691  
00:58:59.560 --> 00:58:59.760 would you  
NOTE Confidence: 0.579712382

00:59:07.960 --> 00:59:10.960 know what? I thank you. OK, that's  
NOTE Confidence: 0.67913590117647

00:59:14.760 --> 00:59:17.272 great. OK, so IO has looked just like  
NOTE Confidence: 0.67913590117647

00:59:17.272 --> 00:59:19.837 she looks at art and she looks at this  
NOTE Confidence: 0.7970347466666667

00:59:19.840 --> 00:59:21.718 blue and that blue. She looks  
NOTE Confidence: 0.7005201575

00:59:21.920 --> 00:59:25.032 at the thesis of the proceedings for the  
NOTE Confidence: 0.7005201575

00:59:25.032 --> 00:59:28.400 unveiling of the portrait. Correct. Yes.  
NOTE Confidence: 0.624738501111111

00:59:31.680 --> 00:59:32.718 You have to.  
NOTE Confidence: 0.624738501111111

00:59:32.718 --> 00:59:34.794 Individuals are gonna be doing something.  
NOTE Confidence: 0.624738501111111

00:59:34.800 --> 00:59:36.304 Absolutely. Absolutely.  
NOTE Confidence: 0.624738501111111

00:59:36.304 --> 00:59:40.432 I have my wonderful family here,  
NOTE Confidence: 0.624738501111111

00:59:40.432 --> 00:59:42.810 my daughter, my wonderful.  
NOTE Confidence: 0.624738501111111

00:59:42.810 --> 00:59:46.968 Then you came on as my mother  
NOTE Confidence: 0.624738501111111

00:59:46.968 --> 00:59:48.960 help my sister-in-law.  
NOTE Confidence: 0.624738501111111

00:59:48.960 --> 00:59:51.590 I'm here, my brother back  
NOTE Confidence: 0.624738501111111

00:59:51.590 --> 00:59:54.316 there and I also have you guys,  
NOTE Confidence: 0.624738501111111

00:59:54.320 --> 00:59:56.600 my colleagues, friends

NOTE Confidence: 0.709522016  
00:59:59.120 --> 01:00:02.096 and you know, I am incredibly  
NOTE Confidence: 0.709522016  
01:00:02.096 --> 01:00:04.080 excited to unveil this.  
NOTE Confidence: 0.709522016  
01:00:04.080 --> 01:00:05.076 I know you guys are busy,  
NOTE Confidence: 0.709522016  
01:00:05.080 --> 01:00:07.838 so we'll try to do this quickly  
NOTE Confidence: 0.709522016  
01:00:07.840 --> 01:00:12.560 and I will have Ariella and Cam on.  
NOTE Confidence: 0.709522016  
01:00:12.560 --> 01:00:14.920 Do the honor of unveiling  
NOTE Confidence: 0.709522016  
01:00:14.920 --> 01:00:17.640 this painting for me.  
NOTE Confidence: 0.709522016  
01:00:17.640 --> 01:00:19.538 So you guys ready?  
NOTE Confidence: 0.709522016  
01:00:19.538 --> 01:00:21.370 Are you ready here?  
NOTE Confidence: 0.709522016  
01:00:21.370 --> 01:00:24.160 OK, I will unveil it a  
NOTE Confidence: 0.709522016  
01:00:24.160 --> 01:00:25.600 little bit and then mute.  
NOTE Confidence: 0.600303764  
01:00:45.880 --> 01:00:48.160 They don't want anyone to see,  
NOTE Confidence: 0.603473534444444  
01:01:02.720 --> 01:01:03.376 all right. I mean,  
NOTE Confidence: 0.603473534444444  
01:01:03.376 --> 01:01:04.280 we can't take it anyway, All  
NOTE Confidence: 0.61127833  
01:01:07.080 --> 01:01:11.510 right. So will you guys do me  
NOTE Confidence: 0.61127833

01:01:11.510 --> 01:01:14.040 the honour of coding this off?

NOTE Confidence: 0.70514592

01:01:16.080 --> 01:01:17.360 OK guys, go for it.

NOTE Confidence: 0.26641536

01:01:22.160 --> 01:01:22.440 There

NOTE Confidence: 0.886717365

01:01:29.320 --> 01:01:29.920 you go.

NOTE Confidence: 0.785584435

01:01:47.200 --> 01:01:48.404 I just want one thing out and

NOTE Confidence: 0.785584435

01:01:48.404 --> 01:01:49.640 then I'll get out of the way. You

NOTE Confidence: 0.750906442

01:01:50.480 --> 01:01:51.760 start some of the foundational

NOTE Confidence: 0.738409551

01:01:51.760 --> 01:01:53.840 aspects of child psychiatry,

NOTE Confidence: 0.738409551

01:01:53.840 --> 01:01:57.590 and there's one here that says Maggie's

NOTE Confidence: 0.738409551

01:01:57.590 --> 01:02:01.250 American Dream by James P Comer.

NOTE Confidence: 0.738409551

01:02:01.250 --> 01:02:03.358 And if you look at this portrait,

NOTE Confidence: 0.738409551

01:02:03.360 --> 01:02:06.640 you will see Maggie's American by James,

NOTE Confidence: 0.13457541

01:02:15.160 --> 01:02:15.280 OK?