WEBVTT

NOTE Confidence: 0.98514134

00:00:00.160 --> 00:00:01.520 Hey. Good afternoon. We're gonna

NOTE Confidence: 0.98514134

00:00:01.520 --> 00:00:02.259 get started,

NOTE Confidence: 0.999671

00:00:03.040 --> 00:00:04.100 and let's

NOTE Confidence: 0.9992288

00:00:04.400 --> 00:00:05.359 let's open the gates for

NOTE Confidence: 0.9992288

00:00:05.359 --> 00:00:06.580 our friends on Zoom.

NOTE Confidence: 0.7066036

00:00:07.359 --> 00:00:07.859 Okay.

NOTE Confidence: 0.91139877

00:00:08.240 --> 00:00:09.840 Next, week for Grand Rounds,

NOTE Confidence: 0.91139877

00:00:09.840 --> 00:00:11.119 we're gonna have doctor Paul

NOTE Confidence: 0.91139877

00:00:11.119 --> 00:00:12.480 Marri as part of our

NOTE Confidence: 0.91139877

00:00:12.480 --> 00:00:12.980 leadership

NOTE Confidence: 0.9520299

00:00:13.440 --> 00:00:15.219 series, so that's next week.

NOTE Confidence: 0.92449516

00:00:15.975 --> 00:00:16.875 And today,

NOTE Confidence: 0.8875224

00:00:19.015 --> 00:00:20.555 we have a real treat.

NOTE Confidence: 0.9797898

00:00:21.495 --> 00:00:22.954 And this is someone

NOTE Confidence: 0.99010956

00:00:23.255 --> 00:00:24.795 who is on our faculty,

NOTE Confidence: 0.99010956

00:00:24.855 --> 00:00:25.735 but if you have not

NOTE Confidence: 0.99010956

00:00:25.735 --> 00:00:27.035 seen her of late,

NOTE Confidence: 0.95668054

00:00:27.575 --> 00:00:29.335 it's, no coincidence because she

NOTE Confidence: 0.95668054

00:00:29.335 --> 00:00:30.855 is mostly in the virtual

NOTE Confidence: 0.95668054

00:00:30.855 --> 00:00:31.355 world,

NOTE Confidence: 0.967848

00:00:31.710 --> 00:00:32.750 but very active in the

NOTE Confidence: 0.967848

00:00:32.750 --> 00:00:34.829 virtual world doing research with,

NOTE Confidence: 0.967848

00:00:35.229 --> 00:00:37.729 Michael Block's lab and teaching

NOTE Confidence: 0.967848

00:00:37.790 --> 00:00:38.850 all sorts of things.

NOTE Confidence: 0.97641873

00:00:39.309 --> 00:00:40.270 And this is no other

NOTE Confidence: 0.97641873

00:00:40.270 --> 00:00:42.370 than Rebecca Kamedy. So Rebecca

NOTE Confidence: 0.97641873

00:00:42.430 --> 00:00:43.489 trained with us

NOTE Confidence: 0.8566511

00:00:43.790 --> 00:00:44.290 and,

NOTE Confidence: 0.97293454

00:00:44.989 --> 00:00:47.795 as a psychology pediatrics fellow,

NOTE Confidence: 0.9819523

00:00:48.175 --> 00:00:48.975 and the rest has been

NOTE Confidence: 0.9819523

00:00:48.975 --> 00:00:51.075 history. She's been, setting up

NOTE Confidence: 0.9819523

00:00:51.215 --> 00:00:53.055 programs in eating disorders and

NOTE Confidence: 0.9819523

00:00:53.055 --> 00:00:55.075 treatment of adolescents with personality

NOTE Confidence: 0.9819523

00:00:55.215 --> 00:00:55.715 disorders.

NOTE Confidence: 0.9556486

00:00:56.815 --> 00:00:58.755 She is the queen literally

NOTE Confidence: 0.9556486

00:00:58.975 --> 00:01:00.850 of DBT. She knows everything.

NOTE Confidence: 0.9556486

00:01:00.850 --> 00:01:03.110 She almost invented dialectical behavioral

NOTE Confidence: 0.9556486

00:01:03.170 --> 00:01:03.670 therapy.

NOTE Confidence: 0.95658946

00:01:04.690 --> 00:01:05.650 And I'll say a couple

NOTE Confidence: 0.95658946

00:01:05.650 --> 00:01:07.090 of nice embarrassing things about

NOTE Confidence: 0.95658946

00:01:07.090 --> 00:01:08.530 her. One is that, at

NOTE Confidence: 0.95658946

00:01:08.530 --> 00:01:10.130 center left over there, Shay,

NOTE Confidence: 0.95658946

00:01:10.130 --> 00:01:10.790 say hello.

NOTE Confidence: 0.9097566

00:01:11.170 --> 00:01:12.375 That's Shay. That's,

NOTE Confidence: 0.8032587

00:01:13.095 --> 00:01:14.555 Rebecca's better half.

NOTE Confidence: 0.99423194

00:01:14.935 --> 00:01:16.375 And in the carriage, the

NOTE Confidence: 0.99423194

00:01:16.375 --> 00:01:16.875 beautiful,

NOTE Confidence: 0.5537455

00:01:17.655 --> 00:01:18.155 Sarah.

NOTE Confidence: 0.9859821

00:01:18.855 --> 00:01:20.295 So we're delighted that you

NOTE Confidence: 0.9859821

00:01:20.295 --> 00:01:21.595 are here with your family.

NOTE Confidence: 0.9859821

00:01:21.815 --> 00:01:23.095 And the other embarrassing thing

NOTE Confidence: 0.9859821

00:01:23.095 --> 00:01:24.535 that I'll say in public

NOTE Confidence: 0.9859821

00:01:24.535 --> 00:01:26.235 is that, I've known Rebecca

NOTE Confidence: 0.9859821

00:01:26.295 --> 00:01:27.575 for many years now, and

NOTE Confidence: 0.9859821

00:01:27.575 --> 00:01:28.319 I have great,

NOTE Confidence: 0.9834719

00:01:29.120 --> 00:01:30.880 fondness and admiration and respect

NOTE Confidence: 0.9834719

00:01:30.880 --> 00:01:31.459 for her.

NOTE Confidence: 0.9903514

00:01:31.920 --> 00:01:33.040 And one of the things

NOTE Confidence: 0.9903514

00:01:33.040 --> 00:01:34.240 is that when I go

NOTE Confidence: 0.9903514

00:01:34.240 --> 00:01:34.979 through my,

NOTE Confidence: 0.99636155

00:01:35.920 --> 00:01:37.220 roster of outpatients,

NOTE Confidence: 0.97118104

00:01:38.240 --> 00:01:39.920 without a doubt, the sickest

NOTE Confidence: 0.97118104

00:01:39.920 --> 00:01:40.880 patients who I have, the

NOTE Confidence: 0.97118104

00:01:40.880 --> 00:01:42.319 most complex patients who I

NOTE Confidence: 0.97118104

00:01:42.319 --> 00:01:44.134 have are the Rebecca Kamedy

NOTE Confidence: 0.97118104

00:01:44.134 --> 00:01:44.634 patients.

NOTE Confidence: 0.98125553

00:01:45.975 --> 00:01:48.155 She is a superb clinician,

NOTE Confidence: 0.996035

00:01:49.415 --> 00:01:49.915 unflappable,

NOTE Confidence: 0.8464734

00:01:50.615 --> 00:01:51.115 always,

NOTE Confidence: 0.9937604

00:01:51.575 --> 00:01:53.274 smiling, always friendly,

NOTE Confidence: 0.98794603

00:01:53.975 --> 00:01:54.295 but,

NOTE Confidence: 0.999835

00:01:54.854 --> 00:01:55.354 therapeutically

NOTE Confidence: 0.99537325

00:01:56.410 --> 00:01:57.930 incredible. And I think that,

NOTE Confidence: 0.9936385

00:01:58.650 --> 00:01:59.690 this is not just through

NOTE Confidence: 0.9936385

00:01:59.690 --> 00:02:01.050 force of her personality and

NOTE Confidence: 0.9936385

00:02:01.050 --> 00:02:02.410 her persona, but through all

NOTE Confidence: 0.9936385

00:02:02.410 --> 00:02:03.690 the knowledge that she,

NOTE Confidence: 0.97288877

00:02:04.090 --> 00:02:04.970 has and that she will

NOTE Confidence: 0.97288877

00:02:04.970 --> 00:02:06.250 share with us today. So

NOTE Confidence: 0.97288877

00:02:06.250 --> 00:02:07.930 let's welcome Rebecca Kamedy. Thanks

NOTE Confidence: 0.97288877

00:02:07.930 --> 00:02:08.990 for being here today.

NOTE Confidence: 0.9751511

00:02:15.655 --> 00:02:16.614 Well, it's a pleasure to

NOTE Confidence: 0.9751511

00:02:16.614 --> 00:02:18.534 be back, and really amazing

NOTE Confidence: 0.9751511

00:02:18.534 --> 00:02:19.495 to, I think, to come

NOTE Confidence: 0.9751511

00:02:19.495 --> 00:02:20.534 back full circle and to

NOTE Confidence: 0.9751511

00:02:20.534 --> 00:02:21.575 be in the child study

NOTE Confidence: 0.9751511

00:02:21.575 --> 00:02:22.454 center again and to be

NOTE Confidence: 0.9751511

00:02:22.454 --> 00:02:23.655 able to be here with

NOTE Confidence: 0.9751511

00:02:23.655 --> 00:02:24.614 my four month old and

NOTE Confidence: 0.9751511

00:02:24.614 --> 00:02:25.655 my husband. So it's a

NOTE Confidence: 0.9751511

00:02:25.655 --> 00:02:26.614 pleasure to be here.

NOTE Confidence: 0.9752844

00:02:27.254 --> 00:02:28.590 And I was thrilled when

NOTE Confidence: 0.9752844

00:02:28.590 --> 00:02:29.630 Andres had asked me to

NOTE Confidence: 0.9752844

00:02:29.630 --> 00:02:31.470 give this talk. DBT really

NOTE Confidence: 0.9752844

00:02:31.470 --> 00:02:32.510 is a passion of mine,

NOTE Confidence: 0.9752844

00:02:32.510 --> 00:02:33.470 one that we've tried to

NOTE Confidence: 0.9752844

00:02:33.470 --> 00:02:34.910 integrate into some of these

NOTE Confidence: 0.9752844

00:02:34.910 --> 00:02:36.190 different modalities here at the

NOTE Confidence: 0.9752844

00:02:36.190 --> 00:02:37.150 Child Study Center,

NOTE Confidence: 0.9435983

00:02:37.630 --> 00:02:38.990 and I'm excited to just

NOTE Confidence: 0.9435983

00:02:38.990 --> 00:02:39.709 talk about some of the

NOTE Confidence: 0.9435983

00:02:39.709 --> 00:02:41.389 nuances of it today and

NOTE Confidence: 0.9435983

00:02:41.389 --> 00:02:42.209 hopefully inspire, some more collaborations,

NOTE Confidence: 0.6268376

00:02:42.750 --> 00:02:43.250 some

NOTE Confidence: 0.92707044

00:02:43.925 --> 00:02:45.445 some ideas of where we

NOTE Confidence: 0.92707044

00:02:45.445 --> 00:02:46.325 can bring in some of

NOTE Confidence: 0.92707044

00:02:46.325 --> 00:02:46.985 the programming.

NOTE Confidence: 0.9739693

00:02:50.165 --> 00:02:52.264 No conflicts to disclose today.

NOTE Confidence: 0.99474305

00:02:52.725 --> 00:02:53.685 And in terms of the

NOTE Confidence: 0.99474305

00:02:53.685 --> 00:02:54.505 learning objectives,

NOTE Confidence: 0.9756458

00:02:55.365 --> 00:02:56.085 I hope that we'll be

NOTE Confidence: 0.9756458

00:02:56.085 --> 00:02:57.489 able to understand the tenets

NOTE Confidence: 0.9756458

00:02:57.489 --> 00:02:58.690 of DBT that make it

NOTE Confidence: 0.9756458

00:02:58.690 --> 00:02:59.810 a unique treatment from other

NOTE Confidence: 0.9756458

00:02:59.810 --> 00:03:01.330 evidence based approaches for youth

NOTE Confidence: 0.9756458

00:03:01.330 --> 00:03:03.110 with complex mental health concerns,

NOTE Confidence: 0.9874177

00:03:03.650 --> 00:03:05.250 describe the applications of DBT

NOTE Confidence: 0.9874177

00:03:05.250 --> 00:03:05.989 with transdiagnostic

NOTE Confidence: 0.9889879

00:03:06.290 --> 00:03:07.590 youth mental health presentations,

NOTE Confidence: 0.9989962

00:03:07.889 --> 00:03:08.930 and discuss some of the

NOTE Confidence: 0.9989962

00:03:08.930 --> 00:03:10.690 adaptations of DBT for different

NOTE Confidence: 0.9989962

00:03:10.690 --> 00:03:11.669 levels of care.

NOTE Confidence: 0.9914743

00:03:15.264 --> 00:03:16.785 So starting with the the

NOTE Confidence: 0.9914743

00:03:16.785 --> 00:03:17.985 history of DBT, I'm gonna

NOTE Confidence: 0.9914743

00:03:17.985 --> 00:03:19.985 be focusing quite predominantly on,

NOTE Confidence: 0.96992874

00:03:20.465 --> 00:03:22.325 adolescents and and youth today,

NOTE Confidence: 0.96992874

00:03:22.385 --> 00:03:23.825 but, for those with some

NOTE Confidence: 0.96992874

00:03:23.825 --> 00:03:24.325 familiarity

NOTE Confidence: 0.99772763

00:03:24.625 --> 00:03:25.985 or those that are newer,

NOTE Confidence: 0.99772763

00:03:26.225 --> 00:03:27.739 to the treatment, the original

NOTE Confidence: 0.99772763

00:03:27.739 --> 00:03:29.500 development was designed for adults

NOTE Confidence: 0.99772763

00:03:29.500 --> 00:03:31.359 with borderline personality disorder.

NOTE Confidence: 0.986877

00:03:32.780 --> 00:03:33.840 Where the inspiration

NOTE Confidence: 0.99241054

00:03:34.219 --> 00:03:36.140 for the development came from

NOTE Confidence: 0.99241054

00:03:36.140 --> 00:03:36.959 was actually,

NOTE Confidence: 0.8902449

00:03:37.420 --> 00:03:39.019 from Marshall Linhan, the creator's

NOTE Confidence: 0.8902449

00:03:39.019 --> 00:03:40.859 own, lived experience. She had

NOTE Confidence: 0.8902449

00:03:40.859 --> 00:03:42.370 a diagnosis or misdiagnosis of

NOTE Confidence: 0.8902449

00:03:42.370 --> 00:03:43.125 schizophrenia as a,

NOTE Confidence: 0.9973173

00:03:44.485 --> 00:03:45.145 in her

NOTE Confidence: 0.9800741

00:03:45.845 --> 00:03:47.145 kind of growing up periods,

NOTE Confidence: 0.9824473

00:03:47.605 --> 00:03:48.805 and then was diagnosed with

NOTE Confidence: 0.9824473

00:03:48.805 --> 00:03:50.405 borderline as an adult. And

NOTE Confidence: 0.9824473

00:03:50.405 --> 00:03:51.785 she talked about this experience

NOTE Confidence: 0.97399545

00:03:52.085 --> 00:03:53.605 of living life like she

NOTE Confidence: 0.97399545

00:03:53.605 --> 00:03:54.805 had third degree burns on

NOTE Confidence: 0.97399545

00:03:54.805 --> 00:03:56.165 her skin, in terms of

NOTE Confidence: 0.97399545

00:03:56.165 --> 00:03:57.810 the emotional experience. That's something

NOTE Confidence: 0.97399545

00:03:57.810 --> 00:03:59.090 that would feel like a

NOTE Confidence: 0.97399545

00:03:59.090 --> 00:04:00.130 light gust of wind to

NOTE Confidence: 0.97399545

00:04:00.130 --> 00:04:01.570 most people felt like the

NOTE Confidence: 0.97399545

00:04:01.570 --> 00:04:03.330 most intense experience that that

NOTE Confidence: 0.97399545

00:04:03.330 --> 00:04:04.050 she would have,

NOTE Confidence: 0.82286394

00:04:04.450 --> 00:04:04.950 emotionally.

NOTE Confidence: 0.9866279

00:04:05.650 --> 00:04:07.410 And recognizing that then with

NOTE Confidence: 0.9866279

00:04:07.410 --> 00:04:08.130 that came a lot of

NOTE Confidence: 0.9866279

00:04:08.130 --> 00:04:09.970 challenges with navigating our mental

NOTE Confidence: 0.9866279

00:04:09.970 --> 00:04:11.015 health care system,

NOTE Confidence: 0.9793486

00:04:11.715 --> 00:04:13.394 that when in different programs

NOTE Confidence: 0.9793486

00:04:13.394 --> 00:04:14.995 that were specifically about change

NOTE Confidence: 0.9793486

00:04:14.995 --> 00:04:17.315 based therapeutic strategies only, about

NOTE Confidence: 0.9793486

00:04:17.315 --> 00:04:19.335 reframing cognitions, reframing,

NOTE Confidence: 0.99050534

00:04:20.435 --> 00:04:20.935 behaviors,

NOTE Confidence: 0.96629983

00:04:21.315 --> 00:04:22.195 making a lot of these

NOTE Confidence: 0.96629983

00:04:22.195 --> 00:04:24.275 changes that it led to

NOTE Confidence: 0.96629983

00:04:24.275 --> 00:04:25.475 some a lot of,

NOTE Confidence: 0.945966

00:04:26.250 --> 00:04:27.850 increased rates of hospitalization for

NOTE Confidence: 0.945966

00:04:27.850 --> 00:04:28.970 her and for others as

NOTE Confidence: 0.945966

00:04:28.970 --> 00:04:30.010 well as then the the

NOTE Confidence: 0.945966

00:04:30.010 --> 00:04:31.070 bounce back and rehospitalizations

NOTE Confidence: 0.9991033

00:04:31.690 --> 00:04:32.589 that would happen.

NOTE Confidence: 0.96487033

00:04:32.890 --> 00:04:33.930 So she found and had

NOTE Confidence: 0.96487033

00:04:33.930 --> 00:04:35.850 this experience of needing a

NOTE Confidence: 0.96487033

00:04:35.850 --> 00:04:37.050 different type of approach to

NOTE Confidence: 0.96487033

00:04:37.050 --> 00:04:38.589 her treatment, one that provided

NOTE Confidence: 0.96487033

00:04:38.810 --> 00:04:40.089 more of a balance in

NOTE Confidence: 0.96487033

00:04:40.089 --> 00:04:41.445 terms of changing the behavior,

NOTE Confidence: 0.98101497

00:04:43.925 --> 00:04:44.885 and it's something that then

NOTE Confidence: 0.98101497

00:04:44.885 --> 00:04:46.165 has been studied in terms

NOTE Confidence: 0.98101497

00:04:46.165 --> 00:04:46.904 of the differences

NOTE Confidence: 0.9564828

00:04:47.205 --> 00:04:48.725 of when we look at

NOTE Confidence: 0.9564828

00:04:48.725 --> 00:04:50.165 the DBT approaches to things

NOTE Confidence: 0.9564828

00:04:50.165 --> 00:04:52.185 versus other change based therapeutic

NOTE Confidence: 0.9564828

00:04:52.404 --> 00:04:52.904 strategies

NOTE Confidence: 0.9499819

00:04:53.285 --> 00:04:54.425 of what can we do

NOTE Confidence: 0.9499819

00:04:54.485 --> 00:04:56.050 to to reduce the need

NOTE Confidence: 0.9499819

00:04:56.050 --> 00:04:57.730 for higher levels of care,

NOTE Confidence: 0.99326843

00:04:58.050 --> 00:05:00.290 and the increase, being able

NOTE Confidence: 0.99326843

00:05:00.290 --> 00:05:01.330 to stay in one's own

NOTE Confidence: 0.99326843

00:05:01.330 --> 00:05:01.830 life.

NOTE Confidence: 0.9880131

00:05:03.170 --> 00:05:04.529 The idea here also being

NOTE Confidence: 0.9880131

00:05:04.529 --> 00:05:05.410 that if we're looking to

NOTE Confidence: 0.9880131

00:05:05.410 --> 00:05:07.010 have cohesive treatment and one

NOTE Confidence: 0.9880131

00:05:07.010 --> 00:05:08.130 that we can continue with

NOTE Confidence: 0.9880131

00:05:08.130 --> 00:05:09.910 with our patients across the

NOTE Confidence: 0.9880131

00:05:09.995 --> 00:05:11.355 the entire kind of span

NOTE Confidence: 0.9880131

00:05:11.355 --> 00:05:12.875 of their treatment that limits,

NOTE Confidence: 0.9880131

00:05:12.875 --> 00:05:14.154 again, needing to go in

NOTE Confidence: 0.9880131

00:05:14.154 --> 00:05:15.195 and out of higher levels

NOTE Confidence: 0.9880131

00:05:15.195 --> 00:05:15.775 of care,

NOTE Confidence: 0.99742806

00:05:16.075 --> 00:05:17.035 that we can reduce some

NOTE Confidence: 0.99742806

00:05:17.035 --> 00:05:18.235 of those barriers and end

NOTE Confidence: 0.99742806

00:05:18.235 --> 00:05:19.775 up having a more

NOTE Confidence: 0.9539552

00:05:20.714 --> 00:05:21.995 cohesive kind of course of

NOTE Confidence: 0.9539552

00:05:21.995 --> 00:05:23.915 treatment, leading patients to meeting

NOTE Confidence: 0.9539552

00:05:23.915 --> 00:05:24.654 their goals.

NOTE Confidence: 0.996719

00:05:27.580 --> 00:05:29.339 So I imagine everybody here

NOTE Confidence: 0.996719

00:05:29.339 --> 00:05:30.800 is familiar with our biopsychosocial

NOTE Confidence: 0.9536721

00:05:31.259 --> 00:05:32.879 theories, and biopsychosocial

NOTE Confidence: 0.9654537

00:05:33.339 --> 00:05:34.539 frameworks that we use in

NOTE Confidence: 0.9654537

00:05:34.539 --> 00:05:36.379 kind of understanding where, our

NOTE Confidence: 0.9654537

00:05:36.379 --> 00:05:37.665 our patients are at and

NOTE Confidence: 0.9654537

00:05:37.904 --> 00:05:39.265 understanding the challenges that they

NOTE Confidence: 0.9654537

00:05:39.265 --> 00:05:41.025 have. The biosocial theory that

NOTE Confidence: 0.9654537

00:05:41.025 --> 00:05:43.265 underlies DBT specifically looks at

NOTE Confidence: 0.9654537

00:05:43.265 --> 00:05:45.185 this biological vulnerability that one

NOTE Confidence: 0.9654537

00:05:45.185 --> 00:05:46.404 may have to the emotions.

NOTE Confidence: 0.9654537

00:05:46.464 --> 00:05:47.665 So the way that I

NOTE Confidence: 0.9654537

00:05:47.665 --> 00:05:48.625 often talk about it with

NOTE Confidence: 0.9654537

00:05:48.625 --> 00:05:50.310 patients and their families is

NOTE Confidence: 0.9654537

00:05:50.389 --> 00:05:51.029 that some of us have

NOTE Confidence: 0.9654537

00:05:51.029 --> 00:05:52.310 really big feelings. Right? We

NOTE Confidence: 0.9654537

00:05:52.310 --> 00:05:53.370 have that high sensitivity,

NOTE Confidence: 0.97746223

00:05:53.910 --> 00:05:55.029 and we feel them really

NOTE Confidence: 0.97746223

00:05:55.029 --> 00:05:56.730 intensely. There's a high reactivity,

NOTE Confidence: 0.97746223

00:05:57.029 --> 00:05:58.550 and once we experience those

NOTE Confidence: 0.97746223

00:05:58.550 --> 00:06:00.230 emotions very intensely, it's a

NOTE Confidence: 0.97746223

00:06:00.230 --> 00:06:01.669 slow return to baseline. So

NOTE Confidence: 0.97746223

00:06:01.669 --> 00:06:03.315 once we've had that experience

NOTE Confidence: 0.97746223

00:06:03.315 --> 00:06:04.675 of the emotional burn skin,

NOTE Confidence: 0.97746223

00:06:04.675 --> 00:06:05.714 it takes us a long

NOTE Confidence: 0.97746223

15

00:06:05.714 --> 00:06:06.675 time to get back to

NOTE Confidence: 0.97746223

00:06:06.675 --> 00:06:07.815 what feels like,

NOTE Confidence: 0.97651976

00:06:08.195 --> 00:06:09.555 our our more even keeled

NOTE Confidence: 0.97651976

00:06:09.555 --> 00:06:10.055 place.

NOTE Confidence: 0.95543164

00:06:10.755 --> 00:06:12.595 There's a transaction that happens

NOTE Confidence: 0.95543164

00:06:12.595 --> 00:06:14.035 with the the invalidation in

NOTE Confidence: 0.95543164

00:06:14.035 --> 00:06:16.110 our environment when we somehow

NOTE Confidence: 0.95543164

00:06:16.110 --> 00:06:17.710 feel that it's communicated that

NOTE Confidence: 0.95543164

00:06:17.710 --> 00:06:19.230 what we're thinking, what we're

NOTE Confidence: 0.95543164

00:06:19.230 --> 00:06:20.510 feeling, or what we're doing

NOTE Confidence: 0.95543164

00:06:20.510 --> 00:06:21.490 doesn't make sense.

NOTE Confidence: 0.9678812

00:06:22.190 --> 00:06:23.070 Or we can think about

NOTE Confidence: 0.9678812

00:06:23.070 --> 00:06:23.950 it in other ways as

NOTE Confidence: 0.9678812

00:06:23.950 --> 00:06:24.770 being a forfeit

NOTE Confidence: 0.9846679

00:06:25.150 --> 00:06:26.510 between the temperament of the

NOTE Confidence: 0.9846679

00:06:26.510 --> 00:06:27.730 person and the environment.

NOTE Confidence: 0.9623258

00:06:28.670 --> 00:06:30.194 And I think an important

NOTE Confidence: 0.9623258

00:06:30.194 --> 00:06:31.074 piece here that I often

NOTE Confidence: 0.9623258

00:06:31.074 --> 00:06:32.354 talk with families about is

NOTE Confidence: 0.9623258

00:06:32.354 --> 00:06:33.474 there's both the overt and

NOTE Confidence: 0.9623258

00:06:33.474 --> 00:06:35.555 covert invalidating environment in the

NOTE Confidence: 0.9623258

00:06:35.555 --> 00:06:36.835 way. You of course, we've

NOTE Confidence: 0.9623258

00:06:36.835 --> 00:06:37.875 all worked with parents I

NOTE Confidence: 0.9623258

00:06:37.875 --> 00:06:38.995 think that may be more

NOTE Confidence: 0.9623258

00:06:38.995 --> 00:06:40.275 critical of their children than

NOTE Confidence: 0.9623258

00:06:40.275 --> 00:06:41.074 than we would like or

NOTE Confidence: 0.9623258

00:06:41.074 --> 00:06:42.115 we may see some more

NOTE Confidence: 0.9623258

00:06:42.115 --> 00:06:43.235 of that kind of o

NOTE Confidence: 0.9623258

00:06:43.395 --> 00:06:44.214 overt invalidation

NOTE Confidence: 0.97500485

00:06:51.210 --> 00:06:52.650 even keeled or or help

NOTE Confidence: 0.97500485

00:06:52.650 --> 00:06:53.930 check the facts and recognize

NOTE Confidence: 0.97500485

00:06:53.930 --> 00:06:54.970 that something isn't that big

NOTE Confidence: 0.97500485

00:06:54.970 --> 00:06:55.690 of a deal, but how

NOTE Confidence: 0.97500485

00:06:55.690 --> 00:06:56.890 that can actually feel very

NOTE Confidence: 0.97500485

00:06:56.890 --> 00:06:58.910 invalidating than for somebody experiencing

NOTE Confidence: 0.97500485

00:06:58.970 --> 00:06:59.950 things so intensely.

NOTE Confidence: 0.9661759

00:07:01.725 --> 00:07:03.105 When we have that transaction

NOTE Confidence: 0.9661759

00:07:03.245 --> 00:07:04.525 and those things coupled together

NOTE Confidence: 0.9661759

00:07:04.525 --> 00:07:05.885 the theory behind the treatment

NOTE Confidence: 0.9661759

00:07:05.885 --> 00:07:06.765 is that that's what leads

NOTE Confidence: 0.9661759

00:07:06.765 --> 00:07:08.045 to the chronic emotional and

NOTE Confidence: 0.9661759

00:07:08.045 --> 00:07:09.105 behavioral dysregulation,

NOTE Confidence: 0.9478707

00:07:10.525 --> 00:07:11.645 and what I like about

NOTE Confidence: 0.9478707

00:07:11.645 --> 00:07:12.760 the model itself is it

NOTE Confidence: 0.9478707

00:07:12.760 --> 00:07:13.400 does give us a lot

NOTE Confidence: 0.9478707

00:07:13.400 --> 00:07:14.780 of different points of intervention.

NOTE Confidence: 0.9478707

00:07:14.840 --> 00:07:15.800 So of course, one of

NOTE Confidence: 0.9478707

00:07:15.800 --> 00:07:16.600 the things that we'll talk

NOTE Confidence: 0.9478707

00:07:16.600 --> 00:07:18.199 about in, when we're thinking

NOTE Confidence: 0.9478707

00:07:18.199 --> 00:07:19.720 about youth specifically is how

NOTE Confidence: 0.9478707

00:07:19.720 --> 00:07:21.100 do we create more validating

NOTE Confidence: 0.9478707

00:07:21.240 --> 00:07:22.680 environments in the home and

NOTE Confidence: 0.9478707

00:07:22.680 --> 00:07:23.419 their environments.

NOTE Confidence: 0.96361077

00:07:23.880 --> 00:07:24.919 But also when it comes

NOTE Confidence: 0.96361077

00:07:24.919 --> 00:07:26.380 to the biological vulnerability

NOTE Confidence: 0.97188866

00:07:26.760 --> 00:07:27.315 there there's, of course, a

NOTE Confidence: 0.97188866

00:07:27.315 --> 00:07:28.194 piece that we may think

NOTE Confidence: 0.97188866

00:07:28.194 --> 00:07:30.514 about through psychiatric intervention, and

NOTE Confidence: 0.97188866

00:07:30.514 --> 00:07:31.555 then there's also the piece

NOTE Confidence: 0.97188866

00:07:31.555 --> 00:07:32.675 that comes from the skill

NOTE Confidence: 0.97188866

00:07:32.675 --> 00:07:34.115 acquisition, and that's a big

NOTE Confidence: 0.97188866

00:07:34.115 --> 00:07:35.155 part of the treatment that

NOTE Confidence: 0.97188866

19

00:07:35.155 --> 00:07:36.615 we'll be talking more about.

NOTE Confidence: 0.95699567

00:07:39.650 --> 00:07:41.190 In terms of then specifically

NOTE Confidence: 0.9532339

00:07:41.490 --> 00:07:41.990 applications

NOTE Confidence: 0.9669398

00:07:42.370 --> 00:07:44.690 of, DBT with youth, there

NOTE Confidence: 0.9669398

00:07:44.690 --> 00:07:46.390 has been, of course, DVTA,

NOTE Confidence: 0.9813524

00:07:47.090 --> 00:07:48.290 which is something that we

NOTE Confidence: 0.9813524

00:07:48.290 --> 00:07:49.090 do a lot of work

NOTE Confidence: 0.9813524

00:07:49.090 --> 00:07:50.450 in here with the skills,

NOTE Confidence: 0.9813524

00:07:50.690 --> 00:07:51.675 with our fellows and with

NOTE Confidence: 0.9813524

00:07:51.675 --> 00:07:52.655 some of our clinicians,

NOTE Confidence: 0.91673905

00:07:53.115 --> 00:07:54.495 and there has more recently

NOTE Confidence: 0.91673905

00:07:54.555 --> 00:07:55.995 will hit on, been the

NOTE Confidence: 0.91673905

00:07:55.995 --> 00:07:58.014 DBTC or the child DBT.

NOTE Confidence: 0.997711

00:07:59.435 --> 00:08:00.895 Focusing just for a moment

NOTE Confidence: 0.9367611

00:08:01.435 --> 00:08:03.275 on the DBTA, it is

NOTE Confidence: 0.9367611

00:08:03.275 --> 00:08:04.395 when it comes to youth

NOTE Confidence: 0.9367611

00:08:04.395 --> 00:08:05.830 our most robust evidence based,

NOTE Confidence: 0.9367611

00:08:06.150 --> 00:08:07.370 compared to the DBTC,

NOTE Confidence: 0.98903984

00:08:08.310 --> 00:08:09.430 and some of the reason

NOTE Confidence: 0.98903984

00:08:09.430 --> 00:08:10.250 for that is

NOTE Confidence: 0.95763075

00:08:11.030 --> 00:08:12.390 as we'll talk more about,

NOTE Confidence: 0.95763075

00:08:12.710 --> 00:08:13.990 when thinking about some of

NOTE Confidence: 0.95763075

00:08:13.990 --> 00:08:15.290 the targets of the treatment,

NOTE Confidence: 0.8326563

00:08:15.830 --> 00:08:16.470 a lot of what we

NOTE Confidence: 0.8326563

00:08:16.470 --> 00:08:18.310 consider borderline tendencies, some of

NOTE Confidence: 0.8326563

00:08:18.310 --> 00:08:18.590 the impulsivity, some of the

NOTE Confidence: 0.8326563

00:08:18.590 --> 00:08:18.740 intensity of the emotion, some

NOTE Confidence: 0.8326563

00:08:18.740 --> 00:08:18.890 of the lability, some of

NOTE Confidence: 0.8326563

00:08:18.890 --> 00:08:19.610 the challenges in relationships,

NOTE Confidence: 0.9231997

00:08:20.065 --> 00:08:21.105 intensity of the emotions, some

NOTE Confidence: 0.9231997

00:08:21.105 --> 00:08:22.145 of the lability, some of

NOTE Confidence: 0.9231997

00:08:22.145 --> 00:08:23.525 the challenges in relationships

NOTE Confidence: 0.94453543

00:08:24.145 --> 00:08:26.065 are also some developmentally normative

NOTE Confidence: 0.94453543

00:08:26.065 --> 00:08:27.825 things in adolescence, so for

NOTE Confidence: 0.94453543

00:08:27.825 --> 00:08:29.505 our teens with big feelings

NOTE Confidence: 0.94453543

00:08:29.505 --> 00:08:31.445 and those really intense reactions

NOTE Confidence: 0.94453543

00:08:31.505 --> 00:08:32.785 to those, it's a very

NOTE Confidence: 0.94453543

00:08:32.785 --> 00:08:35.280 effective treatment, of adapting to

NOTE Confidence: 0.94453543

00:08:35.360 --> 00:08:36.480 to this age group,

NOTE Confidence: 0.9589538

00:08:36.880 --> 00:08:38.240 and has been, again, found

NOTE Confidence: 0.9589538

00:08:38.240 --> 00:08:38.740 as

NOTE Confidence: 0.88891447

00:08:39.360 --> 00:08:40.800 a evidence based treatment for

NOTE Confidence: 0.88891447

00:08:40.800 --> 00:08:42.420 youth age thirteen to eighteen.

NOTE Confidence: 0.99127793

00:08:44.080 --> 00:08:45.200 There's some writing about what

NOTE Confidence: 0.99127793

00:08:45.200 --> 00:08:46.340 they call the extrapolation

NOTE Confidence: 0.9963398

00:08:46.720 --> 00:08:48.020 of an adult module,

NOTE Confidence: 0.962053

00:08:48.400 --> 00:08:50.580 specifically in interpersonal effectiveness,

22

NOTE Confidence: 0.9339575

00:08:51.554 --> 00:08:52.995 and how that in dbt

NOTE Confidence: 0.9339575

00:08:52.995 --> 00:08:54.275 a we then target that

NOTE Confidence: 0.9339575

00:08:54.275 --> 00:08:55.955 specifically related to the parent

NOTE Confidence: 0.9339575

00:08:55.955 --> 00:08:57.554 child dynamic. So I'll talk

NOTE Confidence: 0.9339575

00:08:57.554 --> 00:08:58.755 a little bit later on

NOTE Confidence: 0.9339575

00:08:58.755 --> 00:08:59.715 on what that looks like

NOTE Confidence: 0.9339575

00:08:59.715 --> 00:09:00.995 in terms of the walking

NOTE Confidence: 0.9339575

00:09:00.995 --> 00:09:02.135 the middle path module.

NOTE Confidence: 0.95293707

00:09:02.915 --> 00:09:03.875 But one of the things

NOTE Confidence: 0.95293707

00:09:03.875 --> 00:09:05.690 that this that the DBT

NOTE Confidence: 0.95293707

00:09:05.690 --> 00:09:07.290 for adolescents also highlights are

NOTE Confidence: 0.95293707

00:09:07.290 --> 00:09:09.210 these typical dialectical dilemmas that

NOTE Confidence: 0.95293707

00:09:09.210 --> 00:09:10.350 can come up between,

NOTE Confidence: 0.93136567

00:09:11.050 --> 00:09:12.890 teens and their parents. Now

NOTE Confidence: 0.93136567

00:09:12.890 --> 00:09:14.170 there's of course, and we'll

NOTE Confidence: 0.93136567

00:09:14.170 --> 00:09:15.290 always say to patients that

NOTE Confidence: 0.93136567

00:09:15.290 --> 00:09:16.010 there may be more than

NOTE Confidence: 0.93136567

00:09:16.010 --> 00:09:16.890 this, but these are some

NOTE Confidence: 0.93136567

00:09:16.890 --> 00:09:18.010 of those primary ones that

NOTE Confidence: 0.93136567

00:09:18.010 --> 00:09:19.585 were that ends up becoming

NOTE Confidence: 0.93136567

00:09:19.585 --> 00:09:20.085 this

NOTE Confidence: 0.95759976

00:09:20.545 --> 00:09:21.665 dilemma or conflict that can

NOTE Confidence: 0.95759976

00:09:21.665 --> 00:09:23.105 happen of, of course, when

NOTE Confidence: 0.95759976

00:09:23.105 --> 00:09:24.145 the parent feels that they're

NOTE Confidence: 0.95759976

00:09:24.145 --> 00:09:25.985 being maybe too strict, too

NOTE Confidence: 0.95759976

00:09:25.985 --> 00:09:27.265 loose, the child feels that

NOTE Confidence: 0.95759976

00:09:27.265 --> 00:09:28.405 they're being too strict.

NOTE Confidence: 0.9765688

00:09:28.865 --> 00:09:29.985 How does a parent find

NOTE Confidence: 0.9765688

00:09:29.985 --> 00:09:31.845 that middle ground between fostering

NOTE Confidence: 0.9765688

00:09:31.985 --> 00:09:33.684 dependence and forcing independence?

NOTE Confidence: 0.86582667

00:09:34.260 --> 00:09:35.059 And then said, how do

NOTE Confidence: 0.86582667

00:09:35.059 --> 00:09:36.200 we foster independence?

NOTE Confidence: 0.9370209

00:09:36.820 --> 00:09:37.860 And one of the ones

NOTE Confidence: 0.9370209

00:09:37.860 --> 00:09:38.900 that comes up for I

NOTE Confidence: 0.9370209

00:09:38.900 --> 00:09:39.860 think a number of us

NOTE Confidence: 0.9370209

00:09:39.860 --> 00:09:41.220 who work with higher risk

NOTE Confidence: 0.9370209

00:09:41.220 --> 00:09:41.720 patients,

NOTE Confidence: 0.88368183

00:09:42.420 --> 00:09:44.179 helping parents and teens with

NOTE Confidence: 0.88368183

00:09:44.179 --> 00:09:45.940 the dilemma of not making

NOTE Confidence: 0.88368183

00:09:45.940 --> 00:09:47.540 light of problem behaviors, but

NOTE Confidence: 0.88368183

00:09:47.540 --> 00:09:48.420 also how do we not

NOTE Confidence: 0.88368183

00:09:48.420 --> 00:09:50.035 make too much of typical

NOTE Confidence: 0.88368183

00:09:50.035 --> 00:09:50.775 teen behaviors?

NOTE Confidence: 0.99527055

00:09:51.235 --> 00:09:52.355 This is something that comes

NOTE Confidence: 0.99527055

00:09:52.355 --> 00:09:53.715 up all the time in,

NOTE Confidence: 0.96497095

00:09:54.275 --> 00:09:55.955 my our trials with Michael,

NOTE Confidence: 0.96497095

00:09:56.115 --> 00:09:57.155 and thinking of our patients

NOTE Confidence: 0.96497095

00:09:57.155 --> 00:09:58.675 who have been hospitalized and

NOTE Confidence: 0.96497095

00:09:58.675 --> 00:10:00.434 patient and parents who don't

NOTE Confidence: 0.96497095

00:10:00.434 --> 00:10:01.415 know exactly

NOTE Confidence: 0.9746553

00:10:01.809 --> 00:10:02.850 when do we start to

NOTE Confidence: 0.9746553

00:10:02.850 --> 00:10:03.890 to loosen the reins on

NOTE Confidence: 0.9746553

00:10:03.890 --> 00:10:05.809 things again. So there these

NOTE Confidence: 0.9746553

00:10:05.809 --> 00:10:07.270 are typical, again,

NOTE Confidence: 0.98543584

00:10:07.650 --> 00:10:09.250 teen and parent dilemmas that

NOTE Confidence: 0.98543584

00:10:09.250 --> 00:10:10.850 happen, but in the context

NOTE Confidence: 0.98543584

00:10:10.850 --> 00:10:12.610 of high risk behavior, it

NOTE Confidence: 0.98543584

00:10:12.610 --> 00:10:13.650 ends up making it much

NOTE Confidence: 0.98543584

00:10:13.650 --> 00:10:15.250 more challenging to navigate and

NOTE Confidence: 0.98543584

00:10:15.250 --> 00:10:16.530 can lead to to more

NOTE Confidence: 0.98543584

00:10:16.530 --> 00:10:17.625 conflict in the home.

NOTE Confidence: 0.99065775

00:10:20.665 --> 00:10:21.405 In terms

00:10:21.865 --> 00:10:23.145 of then thinking about the

00:10:23.145 --> 00:10:24.825 the DBT for children, I'll

00:10:24.825 --> 00:10:25.945 hit on briefly to give

00:10:25.945 --> 00:10:27.465 the overview, but we'll be,

00:10:27.785 --> 00:10:29.304 talking more about the area

00:10:29.304 --> 00:10:30.184 that we have more of

00:10:30.184 --> 00:10:31.885 the evidence base for currently.

00:10:33.079 --> 00:10:35.160 The DBT for children is

00:10:35.160 --> 00:10:35.980 was developed

00:10:36.839 --> 00:10:38.120 for youth ages six to

00:10:38.120 --> 00:10:40.040 twelve actually started here at

00:10:40.040 --> 00:10:41.720 Yale. Francesca was a fellow

00:10:41.720 --> 00:10:43.480 in the adult DBT program

00:10:43.480 --> 00:10:45.100 when she was developing the

00:10:45.240 --> 00:10:47.100 the protocol for for children

00:10:47.514 --> 00:10:48.795 and it's meant to be

NOTE Confidence: 0.960691

00:10:48.795 --> 00:10:50.635 used for youth with any

NOTE Confidence: 0.960691

00:10:50.635 --> 00:10:52.334 presentations of childhood dysregulation

NOTE Confidence: 0.89531964

00:10:52.795 --> 00:10:54.654 including predominantly DMDD.

NOTE Confidence: 0.9459064

00:10:55.675 --> 00:10:56.635 They talk about in the

NOTE Confidence: 0.9459064

00:10:56.635 --> 00:10:58.315 treatment itself children who are

NOTE Confidence: 0.9459064

00:10:58.315 --> 00:11:00.255 super sensors. So again we

NOTE Confidence: 0.9459064

00:11:00.390 --> 00:11:01.510 we all talk with families

NOTE Confidence: 0.9459064

00:11:01.510 --> 00:11:03.270 about, having those big feelings,

NOTE Confidence: 0.9459064

00:11:03.270 --> 00:11:04.470 and we're thinking about those

NOTE Confidence: 0.9459064

00:11:04.470 --> 00:11:05.670 younger ones where we may

NOTE Confidence: 0.9459064

00:11:05.670 --> 00:11:07.030 not have seen self harm

NOTE Confidence: 0.9459064

00:11:07.030 --> 00:11:08.309 or like threatening behaviors, but

NOTE Confidence: 0.9459064

00:11:08.309 --> 00:11:09.929 still an intensity and dysregulation

NOTE Confidence: 0.9982093

00:11:10.230 --> 00:11:11.130 in their presentation.

NOTE Confidence: 0.96303946

00:11:14.405 --> 00:11:15.205 One of the things that

NOTE Confidence: 0.96303946

00:11:15.205 --> 00:11:16.245 I think is really apt,

NOTE Confidence: 0.96303946

00:11:16.245 --> 00:11:17.605 especially thinking about at the

NOTE Confidence: 0.96303946

00:11:17.605 --> 00:11:18.885 child study center where we

NOTE Confidence: 0.96303946

00:11:18.885 --> 00:11:20.485 so often and so importantly

NOTE Confidence: 0.96303946

00:11:20.485 --> 00:11:21.865 think about family systems,

NOTE Confidence: 0.9988135

00:11:22.325 --> 00:11:23.545 and the role of parents

NOTE Confidence: 0.9621578

00:11:24.005 --> 00:11:25.125 is that there is a

NOTE Confidence: 0.9621578

00:11:25.125 --> 00:11:26.825 crucial nature of the parenting

NOTE Confidence: 0.9621578

00:11:26.885 --> 00:11:28.230 component here. Right? It would

NOTE Confidence: 0.9621578

00:11:28.230 --> 00:11:29.190 be very atypical that we

NOTE Confidence: 0.9621578

00:11:29.190 --> 00:11:29.910 are thinking of a six

NOTE Confidence: 0.9621578

00:11:29.910 --> 00:11:30.870 year old who can fully

NOTE Confidence: 0.9621578

00:11:30.870 --> 00:11:31.990 regulate their emotions, and we

NOTE Confidence: 0.9621578

00:11:31.990 --> 00:11:33.270 would have more concern about

NOTE Confidence: 0.9621578

00:11:33.270 --> 00:11:34.730 that for maybe other reasons.

NOTE Confidence: 0.91852903

00:11:35.190 --> 00:11:36.550 And so really what we're

NOTE Confidence: 0.91852903

00:11:36.550 --> 00:11:37.750 thinking of here though for

NOTE Confidence: 0.91852903

00:11:37.750 --> 00:11:39.190 those who have really intense

NOTE Confidence: 0.91852903

00:11:39.190 --> 00:11:40.550 emotions and are those super

NOTE Confidence: 0.91852903

00:11:40.550 --> 00:11:41.050 sensors

NOTE Confidence: 0.94431406

00:11:41.429 --> 00:11:42.524 is when there is a

NOTE Confidence: 0.94431406

00:11:42.524 --> 00:11:44.125 secure attachment with the parents

NOTE Confidence: 0.94431406

00:11:44.125 --> 00:11:45.245 and there is that safe

NOTE Confidence: 0.94431406

00:11:45.245 --> 00:11:47.325 modeling, the developing modeling and

NOTE Confidence: 0.94431406

00:11:47.325 --> 00:11:48.925 coaching of forms of self

NOTE Confidence: 0.94431406

00:11:48.925 --> 00:11:49.425 regulation.

NOTE Confidence: 0.9532319

00:11:50.524 --> 00:11:51.645 An important piece is it's

NOTE Confidence: 0.9532319

00:11:51.645 --> 00:11:53.404 actually grounded primarily in the

NOTE Confidence: 0.9532319

00:11:53.404 --> 00:11:54.865 parents ability to even mentalize

NOTE Confidence: 0.9532319

00:11:54.925 --> 00:11:56.600 their child's experience. And so

NOTE Confidence: 0.9532319

00:11:56.600 --> 00:11:57.800 oftentimes we're having to think

NOTE Confidence: 0.9532319

00:11:57.800 --> 00:11:59.160 before an intervention like this,

NOTE Confidence: 0.9532319

00:11:59.160 --> 00:12:00.040 how are we building up

NOTE Confidence: 0.9532319

00:12:00.040 --> 00:12:01.640 the parent's own mentalization of

NOTE Confidence: 0.9532319

00:12:01.640 --> 00:12:02.779 their their child's,

NOTE Confidence: 0.79033566

00:12:03.320 --> 00:12:03.820 state.

NOTE Confidence: 0.951358

00:12:05.000 --> 00:12:06.279 And that leads to some

NOTE Confidence: 0.951358

00:12:06.279 --> 00:12:08.040 challenges and assumptions about the

NOTE Confidence: 0.951358

00:12:08.040 --> 00:12:09.480 family's ability. Right? Where are

NOTE Confidence: 0.951358

00:12:09.480 --> 00:12:11.260 they at psyche psychologically

NOTE Confidence: 0.9840465

00:12:11.585 --> 00:12:13.285 and and the family's ability

NOTE Confidence: 0.9840465

00:12:13.425 --> 00:12:15.025 to understand these concepts and

NOTE Confidence: 0.9840465

00:12:15.025 --> 00:12:16.565 model in a regulated way?

NOTE Confidence: 0.9840465

00:12:16.705 --> 00:12:18.225 What is their availability to

NOTE Confidence: 0.9840465

00:12:18.225 --> 00:12:19.765 do this and what resources

NOTE Confidence: 0.9840465

00:12:19.825 --> 00:12:21.184 they have available, to be

NOTE Confidence: 0.9840465

00:12:21.184 --> 00:12:22.225 able to engage in that

NOTE Confidence: 0.9840465

00:12:22.225 --> 00:12:23.045 type of work?

NOTE Confidence: 0.9788743

00:12:26.540 --> 00:12:28.220 Some of the so so

NOTE Confidence: 0.9788743

00:12:28.220 --> 00:12:29.660 with that background in mind

NOTE Confidence: 0.9788743

00:12:29.660 --> 00:12:30.940 and thinking about just what

NOTE Confidence: 0.9788743

00:12:30.940 --> 00:12:32.059 what has been adapted for

NOTE Confidence: 0.9788743

00:12:32.059 --> 00:12:33.420 for children and then for

NOTE Confidence: 0.9788743

00:12:33.420 --> 00:12:33.920 adolescents,

NOTE Confidence: 0.9880554

00:12:34.300 --> 00:12:35.340 thinking about some of the

NOTE Confidence: 0.9880554

00:12:35.340 --> 00:12:37.600 unique aspects of DBT itself,

NOTE Confidence: 0.9656541

00:12:39.175 --> 00:12:39.975 I want to hit on

NOTE Confidence: 0.9656541

00:12:39.975 --> 00:12:40.775 some of the aspects that

NOTE Confidence: 0.9656541

00:12:40.775 --> 00:12:41.735 make it a bit different

NOTE Confidence: 0.9656541

00:12:41.735 --> 00:12:43.255 from other treatments and again

NOTE Confidence: 0.9656541

00:12:43.255 --> 00:12:44.135 some of the things that

NOTE Confidence: 0.9656541

00:12:44.135 --> 00:12:45.175 we may think about how

NOTE Confidence: 0.9656541

00:12:45.175 --> 00:12:46.775 these are integrated into different

NOTE Confidence: 0.9656541

00:12:46.775 --> 00:12:47.275 approaches.

NOTE Confidence: 0.9833558

00:12:48.135 --> 00:12:49.275 So one of the most

NOTE Confidence: 0.9833558

00:12:49.335 --> 00:12:51.335 unique aspects of DBT from

NOTE Confidence: 0.9833558

00:12:51.335 --> 00:12:52.375 some of the other change

NOTE Confidence: 0.9833558

00:12:52.375 --> 00:12:54.690 based approaches is the integration

NOTE Confidence: 0.9833558

00:12:54.750 --> 00:12:56.450 with the acceptance based techniques.

NOTE Confidence: 0.9833558

00:12:56.590 --> 00:12:57.950 So, we're taking what we

NOTE Confidence: 0.9833558

00:12:57.950 --> 00:12:59.170 know are a lot of

NOTE Confidence: 0.9833558

00:12:59.230 --> 00:13:01.010 evidence based change based strategies

NOTE Confidence: 0.9833558

00:13:01.150 --> 00:13:01.890 from CBT,

NOTE Confidence: 0.96822274

00:13:02.830 --> 00:13:04.430 integrating in with some more

NOTE Confidence: 0.96822274

00:13:04.430 --> 00:13:05.650 Zen and Buddhist philosophies.

NOTE Confidence: 0.9787531

00:13:06.755 --> 00:13:07.715 When it comes to the

NOTE Confidence: 0.9787531

00:13:07.715 --> 00:13:09.235 change based strategies that we

NOTE Confidence: 0.9787531

00:13:09.235 --> 00:13:10.434 focus on in the treatment

NOTE Confidence: 0.9787531

00:13:10.434 --> 00:13:12.295 we're thinking about basic behaviorism,

NOTE Confidence: 0.9787531

00:13:12.434 --> 00:13:13.495 how are we reinforcing,

NOTE Confidence: 0.9153889

00:13:14.355 --> 00:13:16.295 learned new behaviors and replacing

NOTE Confidence: 0.9153889

00:13:16.434 --> 00:13:17.554 behaviors that we want to

NOTE Confidence: 0.9153889

00:13:17.554 --> 00:13:19.095 change that may be distractive

NOTE Confidence: 0.9153889

00:13:19.315 --> 00:13:19.895 or destructive,

NOTE Confidence: 0.9495039

00:13:20.250 --> 00:13:21.630 excuse me self harm,

NOTE Confidence: 0.96716034

00:13:22.250 --> 00:13:23.230 substance use,

NOTE Confidence: 0.93504024

00:13:23.530 --> 00:13:24.510 lashing out,

NOTE Confidence: 0.9819682

00:13:25.610 --> 00:13:28.490 using cognitive techniques to in

NOTE Confidence: 0.9819682

00:13:28.490 --> 00:13:31.050 terms of understanding distortions and

NOTE Confidence: 0.9819682

00:13:31.050 --> 00:13:32.190 cognitive reframes

NOTE Confidence: 0.88129777

00:13:32.730 --> 00:13:34.270 of of one's experience,

NOTE Confidence: 0.98244244

00:13:34.785 --> 00:13:35.985 And then quite and one

NOTE Confidence: 0.98244244

00:13:35.985 --> 00:13:37.184 of the most important pieces,

34

NOTE Confidence: 0.98244244

00:13:37.184 --> 00:13:38.385 the skill building. So if

NOTE Confidence: 0.98244244

00:13:38.385 --> 00:13:39.665 we're yes, we need to

NOTE Confidence: 0.98244244

00:13:39.665 --> 00:13:41.345 use behavioral strategies and cognitive

NOTE Confidence: 0.98244244

00:13:41.345 --> 00:13:42.464 techniques to get there, but

NOTE Confidence: 0.98244244

00:13:42.464 --> 00:13:44.065 the skill acquisition being one

NOTE Confidence: 0.98244244

00:13:44.065 --> 00:13:45.584 of the most, important parts

NOTE Confidence: 0.98244244

00:13:45.584 --> 00:13:46.885 of the treatment itself.

NOTE Confidence: 0.9735703

00:13:48.790 --> 00:13:50.550 On the acceptance based side

NOTE Confidence: 0.9735703

00:13:50.550 --> 00:13:51.670 of things, and these are

NOTE Confidence: 0.9735703

00:13:51.670 --> 00:13:52.950 some of the the nuance

NOTE Confidence: 0.9735703

00:13:52.950 --> 00:13:53.990 pieces that we bring in

NOTE Confidence: 0.9735703

00:13:53.990 --> 00:13:54.950 as part of the the

NOTE Confidence: 0.9735703

00:13:54.950 --> 00:13:56.090 framing of the treatment,

NOTE Confidence: 0.98584676

00:13:57.190 --> 00:13:58.870 it's critical to the treatment

NOTE Confidence: 0.98584676

00:13:58.870 --> 00:14:00.070 itself to for there to

NOTE Confidence: 0.98584676

00:14:00.070 --> 00:14:01.695 be a validating environment of

NOTE Confidence: 0.98584676

00:14:01.695 --> 00:14:02.975 finding a kernel of truth

NOTE Confidence: 0.98584676

00:14:02.975 --> 00:14:04.495 no matter how ineffective the

NOTE Confidence: 0.98584676

00:14:04.495 --> 00:14:06.575 patient is presenting or in

NOTE Confidence: 0.98584676

00:14:06.575 --> 00:14:07.615 terms of their approach to

NOTE Confidence: 0.98584676

00:14:07.615 --> 00:14:09.135 things of finding something that

NOTE Confidence: 0.98584676

00:14:09.135 --> 00:14:10.255 we can validate in terms

NOTE Confidence: 0.98584676

00:14:10.255 --> 00:14:11.875 of their experience and making

NOTE Confidence: 0.98584676

00:14:12.015 --> 00:14:13.475 their emotional experience,

NOTE Confidence: 0.9988739

00:14:13.934 --> 00:14:15.295 something that is known and

NOTE Confidence: 0.9988739

00:14:15.295 --> 00:14:17.315 understood in the therapeutic room.

NOTE Confidence: 0.9572108

00:14:17.760 --> 00:14:19.460 The non judgmental approach,

NOTE Confidence: 0.96990335

00:14:20.160 --> 00:14:21.360 these are two things both

NOTE Confidence: 0.96990335

00:14:21.360 --> 00:14:22.800 the validating environment and non

NOTE Confidence: 0.96990335

00:14:22.800 --> 00:14:24.500 judgmental approach that have been

NOTE Confidence: 0.96990335

00:14:24.720 --> 00:14:25.760 identified through some of the

NOTE Confidence: 0.96990335

00:14:25.760 --> 00:14:27.120 research and the mechanisms of

NOTE Confidence: 0.96990335

00:14:27.120 --> 00:14:28.260 change of being crucial,

NOTE Confidence: 0.9905259

00:14:28.640 --> 00:14:29.840 as opposed to just pushing

NOTE Confidence: 0.9905259

00:14:29.840 --> 00:14:31.755 for the behavioral change and

NOTE Confidence: 0.9905259

00:14:31.755 --> 00:14:33.195 then the acceptance of wherever

NOTE Confidence: 0.9905259

00:14:33.195 --> 00:14:34.335 the patient is at.

NOTE Confidence: 0.9776678

00:14:34.875 --> 00:14:35.835 And that is where then

NOTE Confidence: 0.9776678

00:14:35.835 --> 00:14:37.375 the idea of the dialectics

NOTE Confidence: 0.9776678

00:14:37.435 --> 00:14:38.555 come in is that if

NOTE Confidence: 0.9776678

00:14:38.555 --> 00:14:39.835 we we can get imbalanced

NOTE Confidence: 0.9776678

00:14:39.835 --> 00:14:40.875 in either way. Right? If

NOTE Confidence: 0.9776678

00:14:40.875 --> 00:14:42.155 we push for change too

NOTE Confidence: 0.9776678

00:14:42.155 --> 00:14:43.195 much that and we create

NOTE Confidence: 0.9776678

00:14:43.195 --> 00:14:44.480 that sense of invalidation,

NOTE Confidence: 0.9705163

00:14:44.780 --> 00:14:46.620 a patient may rebuff treatment,

NOTE Confidence: 0.9705163

00:14:46.620 --> 00:14:47.520 may disengage,

NOTE Confidence: 0.9655578

00:14:48.380 --> 00:14:49.420 may not have the space

NOTE Confidence: 0.9655578

00:14:49.420 --> 00:14:50.380 to be able to work

NOTE Confidence: 0.9655578

00:14:50.380 --> 00:14:51.500 through where they're at. But

NOTE Confidence: 0.9655578

00:14:51.500 --> 00:14:52.460 if we lean too heavily

NOTE Confidence: 0.9655578

00:14:52.460 --> 00:14:53.340 on the acceptance, then we

NOTE Confidence: 0.9655578

00:14:53.340 --> 00:14:54.140 don't make change, and we

NOTE Confidence: 0.9655578

00:14:54.140 --> 00:14:55.420 see it stagnant. And we

NOTE Confidence: 0.9655578

00:14:55.420 --> 00:14:55.980 have I see a lot

NOTE Confidence: 0.9655578

00:14:55.980 --> 00:14:56.685 of head nods. I think

NOTE Confidence: 0.9655578

00:14:56.685 --> 00:14:57.485 we've all been there in

NOTE Confidence: 0.9655578

00:14:57.485 --> 00:14:58.365 the therapy room where it

NOTE Confidence: 0.9655578

00:14:58.365 --> 00:14:59.245 does kinda feel like you

NOTE Confidence: 0.9655578

00:14:59.245 --> 00:15:00.365 are just very stuck. So

NOTE Confidence: 0.9655578

00:15:00.365 --> 00:15:01.645 we're we're constantly on this

NOTE Confidence: 0.9655578

00:15:01.645 --> 00:15:03.505 teeter totter of the integration

NOTE Confidence: 0.9655578

00:15:03.725 --> 00:15:05.105 of the both of both

NOTE Confidence: 0.9655578

00:15:05.245 --> 00:15:06.445 and how do we accept

NOTE Confidence: 0.9655578

00:15:06.445 --> 00:15:07.645 where somebody is in order

NOTE Confidence: 0.9655578

00:15:07.645 --> 00:15:09.085 to make change rather than

NOTE Confidence: 0.9655578

00:15:09.085 --> 00:15:10.285 than leaning too heavily in

NOTE Confidence: 0.9655578

00:15:10.285 --> 00:15:11.185 the either or.

NOTE Confidence: 0.98460823

00:15:16.390 --> 00:15:17.430 So in terms of the

NOTE Confidence: 0.98460823

00:15:17.430 --> 00:15:18.390 other one of the other

NOTE Confidence: 0.98460823

00:15:18.390 --> 00:15:19.910 unique aspects related to the

NOTE Confidence: 0.98460823

00:15:19.910 --> 00:15:20.410 application

NOTE Confidence: 0.9853484

00:15:20.790 --> 00:15:22.790 of the the dialectics behind

NOTE Confidence: 0.9853484

00:15:22.790 --> 00:15:24.149 the treatment is actually an

NOTE Confidence: 0.9853484

00:15:24.149 --> 00:15:25.370 introduction to the concepts.

NOTE Confidence: 0.96451443

00:15:25.985 --> 00:15:27.265 So there is this important

NOTE Confidence: 0.96451443

00:15:27.265 --> 00:15:28.785 piece of helping youth and

NOTE Confidence: 0.96451443

00:15:28.785 --> 00:15:30.385 their families understand the whole

NOTE Confidence: 0.96451443

00:15:30.385 --> 00:15:31.445 concept of dialectics,

NOTE Confidence: 0.9734372

00:15:32.144 --> 00:15:33.584 and the assumptions that underline

NOTE Confidence: 0.9734372

00:15:33.584 --> 00:15:34.165 the treatment.

NOTE Confidence: 0.92378503

00:15:34.945 --> 00:15:36.625 The idea of the both

NOTE Confidence: 0.92378503

00:15:36.625 --> 00:15:37.825 and rather than the either

NOTE Confidence: 0.92378503

00:15:37.825 --> 00:15:39.125 or that is such a

NOTE Confidence: 0.9920889

00:15:39.665 --> 00:15:41.770 integral piece of working with

NOTE Confidence: 0.9920889

00:15:41.770 --> 00:15:43.370 with both youth and with

NOTE Confidence: 0.9920889

00:15:43.370 --> 00:15:44.730 their parents in the treatment

NOTE Confidence: 0.9920889

00:15:44.730 --> 00:15:45.230 modality

NOTE Confidence: 0.9635729

00:15:45.690 --> 00:15:46.810 that we can go to

NOTE Confidence: 0.9635729

00:15:46.810 --> 00:15:48.170 extremes in either direction in

NOTE Confidence: 0.9635729

00:15:48.170 --> 00:15:49.530 terms of our emotion mind

NOTE Confidence: 0.9635729

00:15:49.530 --> 00:15:50.570 and and what is when

NOTE Confidence: 0.9635729

00:15:50.570 --> 00:15:51.770 the emotions drive the bus.

NOTE Confidence: 0.9635729

00:15:51.770 --> 00:15:53.210 Right? That we're very impulsive.

NOTE Confidence: 0.9635729

00:15:53.210 --> 00:15:54.330 We do whatever those big

NOTE Confidence: 0.9635729

00:15:54.330 --> 00:15:55.530 feelings are telling us to

NOTE Confidence: 0.9635729

00:15:55.530 --> 00:15:55.935 do

NOTE Confidence: 0.9431182

00:15:56.415 --> 00:15:57.375 versus the other end of

NOTE Confidence: 0.9431182

00:15:57.375 --> 00:15:58.654 the extreme if we're too

NOTE Confidence: 0.9431182

00:15:58.654 --> 00:15:59.935 rational and we're only in

NOTE Confidence: 0.9431182

00:15:59.935 --> 00:16:01.135 rational mind how that can

NOTE Confidence: 0.9431182

00:16:01.135 --> 00:16:02.035 be very invalidating.

NOTE Confidence: 0.98468465

00:16:02.495 --> 00:16:03.535 How do we find this

NOTE Confidence: 0.98468465

00:16:03.535 --> 00:16:05.055 middle path of actually getting

NOTE Confidence: 0.98468465

00:16:05.055 --> 00:16:05.775 to what we call the

NOTE Confidence: 0.98468465

00:16:05.775 --> 00:16:06.915 wise mind place

NOTE Confidence: 0.98217815

00:16:07.215 --> 00:16:08.815 where we validate our emotions

NOTE Confidence: 0.98217815

00:16:08.815 --> 00:16:10.275 and use and are appreciative

NOTE Confidence: 0.98217815

00:16:10.335 --> 00:16:11.280 of what they give us,

NOTE Confidence: 0.98217815

00:16:11.600 --> 00:16:12.800 but also bring facts and

NOTE Confidence: 0.98217815

00:16:12.800 --> 00:16:14.020 logic into things.

NOTE Confidence: 0.980233

00:16:16.560 --> 00:16:17.680 And true to then the

NOTE Confidence: 0.980233

00:16:17.680 --> 00:16:19.600 modality itself, there's the assumptions

NOTE Confidence: 0.980233

00:16:19.600 --> 00:16:21.280 that underlie the treatment, that

NOTE Confidence: 0.980233

00:16:21.280 --> 00:16:22.400 make it unique, that that

NOTE Confidence: 0.980233

00:16:22.400 --> 00:16:24.100 lean heavily into the dialectics.

NOTE Confidence: 0.96114475

00:16:25.360 --> 00:16:26.345 There's these are some of

NOTE Confidence: 0.96114475

00:16:26.345 --> 00:16:27.545 the assumptions that if you're

NOTE Confidence: 0.96114475

00:16:27.545 --> 00:16:28.504 doing the treatment that you're

NOTE Confidence: 0.96114475

00:16:28.504 --> 00:16:29.865 saying I will agree to

NOTE Confidence: 0.96114475

00:16:29.865 --> 00:16:30.985 this is that we're all

NOTE Confidence: 0.96114475

00:16:30.985 --> 00:16:32.264 doing the best we can,

NOTE Confidence: 0.96114475

00:16:32.264 --> 00:16:33.305 and we all can try

NOTE Confidence: 0.96114475

00:16:33.305 --> 00:16:34.985 harder increase our motivation for

NOTE Confidence: 0.96114475

00:16:34.985 --> 00:16:36.285 change and be more skillful.

NOTE Confidence: 0.97264296

00:16:36.985 --> 00:16:38.185 An important piece here is

NOTE Confidence: 0.97264296

00:16:38.185 --> 00:16:39.225 that it doesn't just apply

NOTE Confidence: 0.97264296

00:16:39.225 --> 00:16:40.185 to patients. It is something

NOTE Confidence: 0.97264296

00:16:40.185 --> 00:16:41.130 that I often talk about

NOTE Confidence: 0.97264296

00:16:41.130 --> 00:16:42.050 with patients is that that's

NOTE Confidence: 0.97264296

00:16:42.050 --> 00:16:42.770 true for me in the

NOTE Confidence: 0.97264296

00:16:42.770 --> 00:16:43.810 room with them. That's true

NOTE Confidence: 0.97264296

00:16:43.810 --> 00:16:45.010 for their parents. Right? That's

NOTE Confidence: 0.97264296

00:16:45.010 --> 00:16:46.230 true for everybody involved.

NOTE Confidence: 0.93921757

00:16:46.850 --> 00:16:48.370 So we're not blaming anyone.

NOTE Confidence: 0.93921757

00:16:48.370 --> 00:16:49.410 We are assuming we're all

NOTE Confidence: 0.93921757

00:16:49.410 --> 00:16:50.530 doing our best that maybe

NOTE Confidence: 0.93921757

00:16:50.530 --> 00:16:51.730 because of different emotions at

NOTE Confidence: 0.93921757

00:16:51.730 --> 00:16:53.010 different times where we're less

NOTE Confidence: 0.93921757

00:16:53.010 --> 00:16:53.510 effective,

NOTE Confidence: 0.9982813

00:16:54.130 --> 00:16:54.930 and so we can all

NOTE Confidence: 0.9982813

00:16:54.930 --> 00:16:55.990 keep trying harder.

NOTE Confidence: 0.9754299

00:16:56.605 --> 00:16:57.965 And I think what's really

NOTE Confidence: 0.9754299

00:16:57.965 --> 00:16:59.005 nice about some of these

NOTE Confidence: 0.9754299

00:16:59.005 --> 00:17:00.845 assumptions in that way is

NOTE Confidence: 0.9754299

00:17:00.845 --> 00:17:01.805 it it takes the blame

NOTE Confidence: 0.9754299

00:17:01.805 --> 00:17:03.165 away from any one individual,

NOTE Confidence: 0.9754299

00:17:03.165 --> 00:17:03.965 right, of being on the

NOTE Confidence: 0.9754299

00:17:03.965 --> 00:17:05.005 parent, of being on the

NOTE Confidence: 0.9754299

00:17:05.005 --> 00:17:06.685 teen, but also gives agency

NOTE Confidence: 0.9754299

00:17:06.685 --> 00:17:08.125 in in continuing to make

NOTE Confidence: 0.9754299

00:17:08.125 --> 00:17:08.625 change.

NOTE Confidence: 0.9830636

00:17:10.070 --> 00:17:11.270 One of the other assumptions

NOTE Confidence: 0.9830636

00:17:11.270 --> 00:17:12.230 of the treatment, we may

NOTE Confidence: 0.9830636

00:17:12.230 --> 00:17:13.609 not have caused our problems,

NOTE Confidence: 0.9931885

00:17:14.070 --> 00:17:15.109 and we can also still

NOTE Confidence: 0.9931885

00:17:15.109 --> 00:17:16.810 have agency in finding solutions

NOTE Confidence: 0.9931885

00:17:16.869 --> 00:17:18.310 to change our circumstances and

NOTE Confidence: 0.9931885

00:17:18.310 --> 00:17:18.810 responses.

NOTE Confidence: 0.9790799

00:17:19.350 --> 00:17:20.470 I think that this is

NOTE Confidence: 0.9790799

00:17:20.470 --> 00:17:22.070 crucial when we're working with

NOTE Confidence: 0.9790799

00:17:22.070 --> 00:17:24.085 our our patients with chronically

NOTE Confidence: 0.9790799

00:17:24.085 --> 00:17:26.005 invalidating environments whether that is

NOTE Confidence: 0.9790799

00:17:26.005 --> 00:17:28.085 because of their their home

NOTE Confidence: 0.9790799

00:17:28.085 --> 00:17:29.764 environment, whether that is larger

NOTE Confidence: 0.9790799

00:17:29.764 --> 00:17:31.445 systems or or world issues.

NOTE Confidence: 0.95987046

00:17:31.924 --> 00:17:33.365 I'm looking at Christy thinking

NOTE Confidence: 0.95987046

00:17:33.365 --> 00:17:34.644 about what our our patients

NOTE Confidence: 0.95987046

00:17:34.644 --> 00:17:35.924 in the gender program are

NOTE Confidence: 0.95987046

00:17:35.924 --> 00:17:37.625 navigating and how do we

NOTE Confidence: 0.95987046

00:17:37.680 --> 00:17:39.040 still find ways of navigating

NOTE Confidence: 0.95987046

00:17:39.040 --> 00:17:39.540 these

NOTE Confidence: 0.9987023

00:17:40.080 --> 00:17:41.860 impossible situations as

NOTE Confidence: 0.97019917

00:17:42.240 --> 00:17:43.060 effectively as possible.

NOTE Confidence: 0.9334704

00:17:46.080 --> 00:17:47.680 That figuring out and changing

NOTE Confidence: 0.9334704

00:17:47.680 --> 00:17:49.200 the cause of behavior is

NOTE Confidence: 0.9334704

00:17:49.200 --> 00:17:50.560 more effective is a more

NOTE Confidence: 0.9334704

00:17:50.560 --> 00:17:52.375 effective change than judging and

NOTE Confidence: 0.9334704

00:17:52.375 --> 00:17:52.875 blaming,

NOTE Confidence: 0.9707862

00:17:53.415 --> 00:17:54.775 so often I think when

NOTE Confidence: 0.9707862

00:17:54.775 --> 00:17:56.375 we're working with families or

NOTE Confidence: 0.9707862

00:17:56.375 --> 00:17:57.815 with individuals who may be

NOTE Confidence: 0.9707862

00:17:57.815 --> 00:17:59.515 internalizing some of their feelings

NOTE Confidence: 0.9707862

00:17:59.734 --> 00:18:01.015 that there there's often a

NOTE Confidence: 0.9707862

00:18:01.015 --> 00:18:02.455 lot of self judgment, self

NOTE Confidence: 0.9707862

00:18:02.455 --> 00:18:02.955 blame,

NOTE Confidence: 0.95247364

00:18:03.520 --> 00:18:04.880 or judgment or blame from

NOTE Confidence: 0.95247364

00:18:04.880 --> 00:18:06.320 others in the system. And

NOTE Confidence: 0.95247364

00:18:06.320 --> 00:18:07.359 so it's said if we

NOTE Confidence: 0.95247364

00:18:07.359 --> 00:18:09.119 can get curious about what

NOTE Confidence: 0.95247364

00:18:09.119 --> 00:18:10.640 is causing a behavior that

NOTE Confidence: 0.95247364

00:18:10.640 --> 00:18:12.340 we're assuming that all behavior

NOTE Confidence: 0.95247364

00:18:12.480 --> 00:18:14.320 including actions, thoughts, and emotions

NOTE Confidence: 0.95247364

00:18:14.320 --> 00:18:16.080 are caused, which gives us

NOTE Confidence: 0.95247364

00:18:16.080 --> 00:18:17.440 again a place to to

NOTE Confidence: 0.95247364

00:18:17.440 --> 00:18:18.720 really jump in and to

NOTE Confidence: 0.95247364

00:18:18.720 --> 00:18:19.095 get,

NOTE Confidence: 0.99908227

00:18:19.655 --> 00:18:21.174 to get very curious about

NOTE Confidence: 0.99908227

00:18:21.174 --> 00:18:22.135 what is leading to these

NOTE Confidence: 0.99908227

00:18:22.135 --> 00:18:23.275 higher risk behaviors.

NOTE Confidence: 0.98100936

00:18:24.615 --> 00:18:25.655 So there there is an

NOTE Confidence: 0.98100936

00:18:25.655 --> 00:18:27.414 assumption of the treatment that

NOTE Confidence: 0.98100936

00:18:27.414 --> 00:18:28.934 if every behavior is caused,

NOTE Confidence: 0.98100936

00:18:28.934 --> 00:18:30.054 right, whether that is because

NOTE Confidence: 0.98100936

00:18:30.054 --> 00:18:31.914 of something internally or externally

NOTE Confidence: 0.98100936

00:18:31.975 --> 00:18:33.580 in the environment, that if

NOTE Confidence: 0.98100936

00:18:33.580 --> 00:18:34.780 we can understand it, it

NOTE Confidence: 0.98100936

00:18:34.780 --> 00:18:35.660 gives us a place to

NOTE Confidence: 0.98100936

00:18:35.660 --> 00:18:36.400 make change.

NOTE Confidence: 0.9292448

00:18:37.500 --> 00:18:39.280 And so there is DBT

NOTE Confidence: 0.9292448

00:18:39.340 --> 00:18:40.540 though that we'll talk and

NOTE Confidence: 0.9292448

00:18:40.540 --> 00:18:41.740 we have been talking some

NOTE Confidence: 0.9292448

00:18:41.740 --> 00:18:42.140 about,

NOTE Confidence: 0.91551685

00:18:42.780 --> 00:18:43.920 some of the more,

NOTE Confidence: 0.9375928

00:18:45.340 --> 00:18:46.940 intellectual underpinnings of it, it

NOTE Confidence: 0.9375928

00:18:46.940 --> 00:18:48.494 is a very behavioral treatment.

NOTE Confidence: 0.9688427

00:18:48.895 --> 00:18:49.934 So one of where it

NOTE Confidence: 0.9688427

00:18:49.934 --> 00:18:50.655 comes down to it and

NOTE Confidence: 0.9688427

00:18:50.655 --> 00:18:51.615 when we're thinking about all

NOTE Confidence: 0.9688427

00:18:51.615 --> 00:18:52.975 behavior is caused, if we

NOTE Confidence: 0.9688427

00:18:52.975 --> 00:18:53.855 can under it, if we

NOTE Confidence: 0.9688427

00:18:53.855 --> 00:18:54.975 can do a chain analysis

NOTE Confidence: 0.9688427

00:18:54.975 --> 00:18:55.855 on it, if we can

NOTE Confidence: 0.9688427

00:18:55.855 --> 00:18:57.055 start with what that behavior

NOTE Confidence: 0.9688427

00:18:57.055 --> 00:18:58.994 is, whether it's self harm,

NOTE Confidence: 0.9688427

00:18:59.055 --> 00:19:00.275 suicide suicidality,

NOTE Confidence: 0.87545156

00:19:01.220 --> 00:19:02.119 again externalizing

NOTE Confidence: 0.8922479

00:19:02.420 --> 00:19:03.560 behaviors, avoidance.

NOTE Confidence: 0.9591898

00:19:04.100 --> 00:19:05.140 If we can understand what

NOTE Confidence: 0.9591898

00:19:05.140 --> 00:19:06.820 is reinforcing it by understanding

NOTE Confidence: 0.9591898

00:19:06.820 --> 00:19:08.260 the consequences, if we can

NOTE Confidence: 0.9591898

00:19:08.260 --> 00:19:09.780 understand the prompting event that

NOTE Confidence: 0.9591898

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00:19:09.780 --> 00:19:11.220 started it and understand every

NOTE Confidence: 0.9591898

00:19:11.220 --> 00:19:12.520 single link in that chain,

NOTE Confidence: 0.9591898

00:19:12.580 --> 00:19:13.619 even starting back with the

NOTE Confidence: 0.9591898

00:19:13.619 --> 00:19:16.095 vulnerability factors, it gives us

NOTE Confidence: 0.9591898

00:19:16.095 --> 00:19:17.935 a multitude of points of

NOTE Confidence: 0.9591898

00:19:17.935 --> 00:19:20.815 intervention. So really the the

NOTE Confidence: 0.9591898

00:19:20.815 --> 00:19:22.415 whole behavioral focus of the

NOTE Confidence: 0.9591898

00:19:22.415 --> 00:19:24.494 treatment is to to imbue

NOTE Confidence: 0.9591898

00:19:24.494 --> 00:19:25.935 and and to give, the

NOTE Confidence: 0.9591898

00:19:25.935 --> 00:19:26.975 patients that we work with

NOTE Confidence: 0.9591898

00:19:26.975 --> 00:19:28.335 in that agency to make

NOTE Confidence: 0.9591898

00:19:28.335 --> 00:19:28.835 change.

NOTE Confidence: 0.9734096

00:19:30.170 --> 00:19:31.690 A critical point that the

NOTE Confidence: 0.9734096

00:19:31.690 --> 00:19:32.970 the image doesn't actually show

NOTE Confidence: 0.9734096

00:19:32.970 --> 00:19:34.910 itself is the solution analysis,

NOTE Confidence: 0.9734096

00:19:35.049 --> 00:19:36.090 which has to come after

NOTE Confidence: 0.9734096

00:19:36.090 --> 00:19:37.369 the chain analysis and and

NOTE Confidence: 0.9734096

00:19:37.369 --> 00:19:38.890 is quite critical because once

NOTE Confidence: 0.9734096

00:19:38.890 --> 00:19:40.570 we understand the behavior, we

NOTE Confidence: 0.9734096

00:19:40.570 --> 00:19:42.170 understand that it's caused, which

NOTE Confidence: 0.9734096

00:19:42.170 --> 00:19:43.290 is so important. We also

NOTE Confidence: 0.9734096

00:19:43.290 --> 00:19:44.170 wanna know what to do

NOTE Confidence: 0.9734096

00:19:44.170 --> 00:19:45.255 about it. Right?

NOTE Confidence: 0.9918815

00:19:45.715 --> 00:19:46.914 And that is one of

NOTE Confidence: 0.9918815

00:19:46.914 --> 00:19:47.715 the pieces that will come

NOTE Confidence: 0.9918815

00:19:47.715 --> 00:19:48.674 into play as we're talking

NOTE Confidence: 0.9918815

00:19:48.674 --> 00:19:50.054 more about the the unique,

NOTE Confidence: 0.9989683

00:19:50.515 --> 00:19:51.794 components with the skills.

NOTE Confidence: 0.92114574

00:19:55.315 --> 00:19:57.155 Importantly, there's an assumption to

NOTE Confidence: 0.92114574

00:19:57.155 --> 00:19:58.990 the treatment that new behavior

NOTE Confidence: 0.92114574

00:19:58.990 --> 00:20:00.190 must be learned in all

NOTE Confidence: 0.92114574

00:20:00.190 --> 00:20:01.790 relevant contexts, so we can

NOTE Confidence: 0.92114574

00:20:01.790 --> 00:20:02.830 learn all the skills that

NOTE Confidence: 0.92114574

00:20:02.830 --> 00:20:03.630 we want when we're in

NOTE Confidence: 0.92114574

00:20:03.630 --> 00:20:04.670 the hospital or in the

NOTE Confidence: 0.92114574

00:20:04.670 --> 00:20:05.950 therapy room, but if we

NOTE Confidence: 0.92114574

00:20:05.950 --> 00:20:06.830 don't know how to apply

NOTE Confidence: 0.92114574

00:20:06.830 --> 00:20:08.030 them in the other relevant

NOTE Confidence: 0.92114574

00:20:08.030 --> 00:20:09.470 contexts in the home, at

NOTE Confidence: 0.92114574

00:20:09.470 --> 00:20:10.090 school, in the different stressful

NOTE Confidence: 0.92114574

00:20:10.090 --> 00:20:10.180 context that we're in, that

NOTE Confidence: 0.92114574

00:20:10.180 --> 00:20:10.255 it won't be effective, and

NOTE Confidence: 0.92114574

00:20:10.255 --> 00:20:11.010 so that the

NOTE Confidence: 0.9585853

00:20:13.105 --> 00:20:14.385 that it won't be effective.

NOTE Confidence: 0.9585853

00:20:14.385 --> 00:20:15.425 And so that that's a

NOTE Confidence: 0.9585853

00:20:15.425 --> 00:20:16.385 a critical part of the

NOTE Confidence: 0.9585853

00:20:16.385 --> 00:20:17.765 treatment is that generalizability.

NOTE Confidence: 0.97923195

00:20:20.625 --> 00:20:22.065 And then the the ultimate

NOTE Confidence: 0.97923195

00:20:22.065 --> 00:20:23.265 dialectic of the treatment itself

NOTE Confidence: 0.97923195

00:20:23.265 --> 00:20:24.210 that change is the only

NOTE Confidence: 0.97923195

00:20:24.289 --> 00:20:25.570 constant. So that we're thinking

NOTE Confidence: 0.97923195

00:20:25.570 --> 00:20:26.850 about that there will continue

NOTE Confidence: 0.97923195

00:20:26.850 --> 00:20:27.730 to be change in terms

NOTE Confidence: 0.97923195

00:20:27.730 --> 00:20:29.330 of behavior, how our patients

NOTE Confidence: 0.97923195

00:20:29.330 --> 00:20:30.690 will relate to us, what

NOTE Confidence: 0.97923195

00:20:30.690 --> 00:20:31.970 is evolving in the therapy

NOTE Confidence: 0.97923195

00:20:31.970 --> 00:20:33.750 room, what's happening at home,

NOTE Confidence: 0.97923195

00:20:33.890 --> 00:20:34.929 and that really then the

NOTE Confidence: 0.97923195

00:20:34.929 --> 00:20:36.049 treatment is always about how

NOTE Confidence: 0.97923195

00:20:36.049 --> 00:20:37.169 can we respond to that

NOTE Confidence: 0.97923195

00:20:37.169 --> 00:20:38.609 most effectively and work towards

NOTE Confidence: 0.97923195

00:20:38.609 --> 00:20:39.270 our goals.

NOTE Confidence: 0.9881017

00:20:43.405 --> 00:20:45.965 So in addition to the

NOTE Confidence: 0.9881017

00:20:45.965 --> 00:20:47.645 the applications of the,

NOTE Confidence: 0.9771597

00:20:48.205 --> 00:20:49.425 these kind of underlying,

NOTE Confidence: 0.9906121

00:20:49.885 --> 00:20:51.185 components of the dialectics,

NOTE Confidence: 0.97621405

00:20:52.380 --> 00:20:53.340 one of the other things

NOTE Confidence: 0.97621405

00:20:53.340 --> 00:20:55.340 really unique to DBT and

NOTE Confidence: 0.97621405

00:20:55.340 --> 00:20:56.380 I think to the piece

NOTE Confidence: 0.97621405

00:20:56.380 --> 00:20:58.140 that, Andres had brought up

NOTE Confidence: 0.97621405

00:20:58.140 --> 00:20:59.100 of some of our high

NOTE Confidence: 0.97621405

00:20:59.100 --> 00:20:59.580 risk,

NOTE Confidence: 0.96704835

00:20:59.980 --> 00:21:01.420 patients that we've shared or

NOTE Confidence: 0.96704835

00:21:01.420 --> 00:21:02.800 that we see coming through,

NOTE Confidence: 0.93287385

00:21:03.180 --> 00:21:04.380 the child study center and

NOTE Confidence: 0.93287385

00:21:04.380 --> 00:21:06.380 other contexts is DBT was

NOTE Confidence: 0.93287385

00:21:06.380 --> 00:21:07.945 developed specifically to manage high

NOTE Confidence: 0.93287385

00:21:07.945 --> 00:21:09.465 risk behaviors at the outpatient

NOTE Confidence: 0.93287385

00:21:09.465 --> 00:21:10.365 level of care.

NOTE Confidence: 0.9835787

00:21:10.984 --> 00:21:12.664 The idea being again from

NOTE Confidence: 0.9835787

00:21:12.664 --> 00:21:13.945 that first slide is that

NOTE Confidence: 0.9835787

00:21:13.945 --> 00:21:14.924 it leads to

NOTE Confidence: 0.95669925

00:21:15.625 --> 00:21:17.385 a disruption in cohesive treatment

NOTE Confidence: 0.95669925

00:21:17.385 --> 00:21:19.385 if somebody's constantly needing to

NOTE Confidence: 0.95669925

00:21:19.385 --> 00:21:20.345 go to a higher level

NOTE Confidence: 0.95669925

00:21:20.345 --> 00:21:22.109 of care. So it's specifically

NOTE Confidence: 0.95669925

00:21:22.109 --> 00:21:23.310 designed to manage these at

NOTE Confidence: 0.95669925

00:21:23.310 --> 00:21:24.590 a lower level of care

NOTE Confidence: 0.95669925

00:21:24.590 --> 00:21:25.390 in a way that both

NOTE Confidence: 0.95669925

00:21:25.390 --> 00:21:26.750 the patient and the provider

NOTE Confidence: 0.95669925

00:21:26.750 --> 00:21:27.570 feel supported,

NOTE Confidence: 0.9449223

00:21:28.270 --> 00:21:29.310 and that leads to the

NOTE Confidence: 0.9449223

00:21:29.310 --> 00:21:31.170 multi component nature of it,

NOTE Confidence: 0.985607

00:21:31.869 --> 00:21:33.630 which for folks not familiar

NOTE Confidence: 0.985607

00:21:33.630 --> 00:21:34.510 with the treatment, before I

NOTE Confidence: 0.985607

00:21:34.510 --> 00:21:35.390 pop it up here, you'll

NOTE Confidence: 0.985607

00:21:35.390 --> 00:21:36.190 see where it's not your

NOTE Confidence: 0.985607

00:21:36.350 --> 00:21:37.515 even though it's outpatient, it's

NOTE Confidence: 0.985607

00:21:37.515 --> 00:21:39.115 not your typical once weekly

NOTE Confidence: 0.985607

00:21:39.115 --> 00:21:39.615 therapy,

NOTE Confidence: 0.9972477

00:21:40.155 --> 00:21:40.875 which is one of the

NOTE Confidence: 0.9972477

00:21:40.875 --> 00:21:41.835 things that can make it

NOTE Confidence: 0.9972477

00:21:41.835 --> 00:21:43.675 challenging as well, in terms

NOTE Confidence: 0.9972477

00:21:43.675 --> 00:21:44.734 of how to be implemented.

NOTE Confidence: 0.96736604

00:21:45.835 --> 00:21:48.015 So to truly be, implementing

NOTE Confidence: 0.96736604

00:21:48.155 --> 00:21:49.595 DBT and when we're thinking

NOTE Confidence: 0.96736604

00:21:49.595 --> 00:21:50.955 about the most robust evidence

NOTE Confidence: 0.96736604

00:21:50.955 --> 00:21:52.910 base, it's anything that's not

NOTE Confidence: 0.96736604

00:21:52.910 --> 00:21:54.690 in italics is a requirement.

NOTE Confidence: 0.96736604

00:21:54.750 --> 00:21:55.710 So we have the the

NOTE Confidence: 0.96736604

00:21:55.710 --> 00:21:56.910 four modes of the treatment

NOTE Confidence: 0.96736604

00:21:56.910 --> 00:21:58.750 including individual therapy one to

NOTE Confidence: 0.96736604

00:21:58.750 --> 00:21:59.890 two times per week,

NOTE Confidence: 0.983875

00:22:00.350 --> 00:22:02.190 a separate skills training group

NOTE Confidence: 0.983875

00:22:02.190 --> 00:22:03.230 so that you're keeping the

NOTE Confidence: 0.983875

00:22:03.230 --> 00:22:05.410 skills separate from therapy itself,

NOTE Confidence: 0.95404696

00:22:06.234 --> 00:22:07.994 The ability to engage in

NOTE Confidence: 0.95404696

00:22:07.994 --> 00:22:09.294 intersession phone coaching,

NOTE Confidence: 0.9677291

00:22:09.835 --> 00:22:11.195 so the idea that you're

NOTE Confidence: 0.9677291

00:22:11.195 --> 00:22:12.635 probably gonna need your therapist

NOTE Confidence: 0.9677291

00:22:12.635 --> 00:22:14.315 outside of those sessions, but

NOTE Confidence: 0.9677291

00:22:14.315 --> 00:22:15.274 how do we have it

NOTE Confidence: 0.9677291

00:22:15.274 --> 00:22:16.494 be a coaching,

NOTE Confidence: 0.964297

00:22:17.034 --> 00:22:18.475 type of contact rather than

NOTE Confidence: 0.964297

00:22:18.475 --> 00:22:19.615 intersession therapy.

NOTE Confidence: 0.9626401

00:22:20.234 --> 00:22:21.515 And then also the idea

NOTE Confidence: 0.9626401

00:22:21.515 --> 00:22:22.790 of the consult team.

NOTE Confidence: 0.97674555

00:22:23.650 --> 00:22:24.530 As a plug, I I

NOTE Confidence: 0.97674555

00:22:24.530 --> 00:22:26.050 believe in consult team for

NOTE Confidence: 0.97674555

00:22:26.050 --> 00:22:27.590 DBT or outside of DBT.

NOTE Confidence: 0.97674555

00:22:27.890 --> 00:22:29.730 The idea is that, it

NOTE Confidence: 0.97674555

00:22:29.730 --> 00:22:31.410 is hard for providers to

NOTE Confidence: 0.97674555

00:22:31.410 --> 00:22:32.770 work with high risk patients.

NOTE Confidence: 0.97674555

00:22:32.770 --> 00:22:33.510 And so,

NOTE Confidence: 0.9675151

00:22:33.970 --> 00:22:35.234 anybody who does DBT will

NOTE Confidence: 0.9675151

00:22:35.234 --> 00:22:36.195 say if they're not on

NOTE Confidence: 0.9675151

00:22:36.195 --> 00:22:37.075 the team then it's not

NOTE Confidence: 0.9675151

00:22:37.075 --> 00:22:38.355 DBT. And it's the idea

NOTE Confidence: 0.9675151

00:22:38.355 --> 00:22:39.795 of providers coming together weekly

NOTE Confidence: 0.9675151

00:22:39.795 --> 00:22:41.155 or biweekly and to talk

NOTE Confidence: 0.9675151

00:22:41.155 --> 00:22:42.275 about their own burnout with

NOTE Confidence: 0.9675151

00:22:42.275 --> 00:22:43.494 working with these clients,

NOTE Confidence: 0.9684554

00:22:44.195 --> 00:22:46.035 in order to to prevent

NOTE Confidence: 0.9684554

00:22:46.035 --> 00:22:47.730 any impact on the clinical

NOTE Confidence: 0.9684554

00:22:47.730 --> 00:22:48.850 work itself or if there

NOTE Confidence: 0.9684554

00:22:48.850 --> 00:22:50.050 is impact on the clinical

NOTE Confidence: 0.9684554

00:22:50.050 --> 00:22:50.850 work to be able to

NOTE Confidence: 0.9684554

00:22:50.850 --> 00:22:52.290 get support with that and

NOTE Confidence: 0.9684554

00:22:52.290 --> 00:22:53.330 has a a very kind

NOTE Confidence: 0.9684554

00:22:53.330 --> 00:22:54.690 of clear structure to it

NOTE Confidence: 0.9684554

00:22:54.690 --> 00:22:55.890 so that it's different than

NOTE Confidence: 0.9684554

00:22:55.890 --> 00:22:57.570 something like supervision or peer

NOTE Confidence: 0.9684554

00:22:57.570 --> 00:22:59.090 supervision and is really meant

NOTE Confidence: 0.9684554

00:22:59.090 --> 00:23:00.690 to be support and therapy

NOTE Confidence: 0.9684554

00:23:00.690 --> 00:23:01.350 for therapists.

NOTE Confidence: 0.9594079

00:23:03.275 --> 00:23:04.715 Then in addition to those,

NOTE Confidence: 0.9594079

00:23:04.715 --> 00:23:05.595 of course, that I have

NOTE Confidence: 0.9594079

00:23:05.595 --> 00:23:06.955 these ones in it, the

NOTE Confidence: 0.9594079

00:23:06.955 --> 00:23:08.315 italics that are often a

NOTE Confidence: 0.9594079

00:23:08.315 --> 00:23:09.674 part of of what the

NOTE Confidence: 0.9594079

00:23:09.674 --> 00:23:11.115 multiple components look like for

NOTE Confidence: 0.9594079

00:23:11.115 --> 00:23:12.975 coheed for comprehensive treatment.

NOTE Confidence: 0.96162564

00:23:13.515 --> 00:23:14.635 So often these high risk

NOTE Confidence: 0.96162564

00:23:14.635 --> 00:23:15.855 patients do have psychiatric,

NOTE Confidence: 0.9998128

00:23:16.395 --> 00:23:17.775 concerns that do require

NOTE Confidence: 0.9439126

00:23:18.179 --> 00:23:19.859 psychiatric intervention in the medication

NOTE Confidence: 0.9439126

00:23:19.859 --> 00:23:20.840 management piece.

NOTE Confidence: 0.97117543

00:23:21.539 --> 00:23:22.500 I don't know any of

NOTE Confidence: 0.97117543

00:23:22.500 --> 00:23:23.379 the teens that I work

NOTE Confidence: 0.97117543

00:23:23.379 --> 00:23:24.419 with that we're not also

NOTE Confidence: 0.97117543

00:23:24.419 --> 00:23:25.539 doing some type of family

NOTE Confidence: 0.97117543

00:23:25.539 --> 00:23:26.820 therapy because often as we're

NOTE Confidence: 0.97117543

00:23:26.820 --> 00:23:28.100 talking about the importance of

NOTE Confidence: 0.97117543

00:23:28.100 --> 00:23:29.240 the family system.

NOTE Confidence: 0.9597617

00:23:29.940 --> 00:23:30.980 And then I have under

NOTE Confidence: 0.9597617

00:23:30.980 --> 00:23:33.095 the skills group here ideally,

NOTE Confidence: 0.9597617

00:23:33.234 --> 00:23:34.674 we're doing what we'd consider

NOTE Confidence: 0.9597617

00:23:34.674 --> 00:23:36.355 multifamily skills group. So not

NOTE Confidence: 0.9597617

00:23:36.355 --> 00:23:37.315 just being the kid learning

NOTE Confidence: 0.9597617

00:23:37.315 --> 00:23:38.595 skills, but parents being there

NOTE Confidence: 0.9597617

00:23:38.595 --> 00:23:39.174 as well.

NOTE Confidence: 0.9376235

00:23:40.835 --> 00:23:41.955 The challenge there that we'll

NOTE Confidence: 0.9376235

00:23:41.955 --> 00:23:42.674 come to to some of

NOTE Confidence: 0.9376235

00:23:42.674 --> 00:23:43.335 the barriers

NOTE Confidence: 0.9572823

00:23:43.635 --> 00:23:45.234 is for working families having,

NOTE Confidence: 0.9572823

00:23:45.234 --> 00:23:46.355 you know, two parents be

NOTE Confidence: 0.9572823

00:23:46.355 --> 00:23:47.940 able to attend a multifamily

NOTE Confidence: 0.9572823

00:23:48.080 --> 00:23:48.960 skills group at the same

NOTE Confidence: 0.9572823

00:23:48.960 --> 00:23:50.420 time as their child requires

NOTE Confidence: 0.9572823

00:23:50.560 --> 00:23:51.760 a lot of resource and

NOTE Confidence: 0.9572823

00:23:51.760 --> 00:23:53.119 time in terms of time

NOTE Confidence: 0.9572823

00:23:53.119 --> 00:23:53.619 availability,

NOTE Confidence: 0.9973221

00:23:54.080 --> 00:23:54.880 and yet we do know

NOTE Confidence: 0.9973221

00:23:54.880 --> 00:23:55.760 that it is the most

NOTE Confidence: 0.9973221

00:23:55.760 --> 00:23:56.260 successful

NOTE Confidence: 0.96122414

00:23:56.560 --> 00:23:57.840 in terms of managing and

NOTE Confidence: 0.96122414

00:23:57.840 --> 00:23:58.820 changing behaviors.

NOTE Confidence: 0.9673173

00:24:00.734 --> 00:24:01.935 As you can imagine from

NOTE Confidence: 0.9673173

00:24:01.935 --> 00:24:03.295 the multifamily and the way

NOTE Confidence: 0.9673173

00:24:03.295 --> 00:24:04.815 the multifamily skills groups can

NOTE Confidence: 0.9673173

00:24:04.815 --> 00:24:06.815 work, it not only, provides

NOTE Confidence: 0.9673173

00:24:06.815 --> 00:24:07.775 the ability to teach the

NOTE Confidence: 0.9673173

00:24:07.775 --> 00:24:09.295 parents the skills themselves, but

NOTE Confidence: 0.9673173

00:24:09.295 --> 00:24:10.415 then can create more of

NOTE Confidence: 0.9673173

00:24:10.415 --> 00:24:11.935 that validating environment as well

NOTE Confidence: 0.9673173

00:24:11.935 --> 00:24:13.695 that they're understanding more of

NOTE Confidence: 0.9673173

00:24:13.695 --> 00:24:15.559 what their child's experience is

NOTE Confidence: 0.9673173

00:24:15.700 --> 00:24:16.740 and how to be more

NOTE Confidence: 0.9673173

00:24:16.740 --> 00:24:18.179 effective and can understand more

NOTE Confidence: 0.9673173

00:24:18.179 --> 00:24:19.140 of where they they play

NOTE Confidence: 0.9673173

00:24:19.140 --> 00:24:20.500 a role in that in,

NOTE Confidence: 0.9983508

00:24:21.059 --> 00:24:21.880 in what occurs.

NOTE Confidence: 0.8637298

00:24:27.045 --> 00:24:28.405 So importantly, I I hit

NOTE Confidence: 0.8637298

00:24:28.405 --> 00:24:29.785 on these two pieces,

NOTE Confidence: 0.92335355

00:24:30.645 --> 00:24:31.845 a bit briefly, but I

NOTE Confidence: 0.92335355

00:24:31.845 --> 00:24:32.725 do want to to hit

NOTE Confidence: 0.92335355

00:24:32.725 --> 00:24:34.165 on them a bit more

NOTE Confidence: 0.92335355

00:24:34.165 --> 00:24:35.445 to think about kind of

NOTE Confidence: 0.92335355

00:24:35.445 --> 00:24:36.725 what makes again the treatment,

NOTE Confidence: 0.9521025

00:24:37.125 --> 00:24:38.345 unique in and of itself.

NOTE Confidence: 0.9521025

00:24:38.485 --> 00:24:39.705 The idea of the intersession

NOTE Confidence: 0.9521025

00:24:39.845 --> 00:24:41.310 support is often a really

NOTE Confidence: 0.9521025

00:24:41.310 --> 00:24:42.850 scary thing for new providers.

NOTE Confidence: 0.9197551

00:24:43.310 --> 00:24:45.330 Starting dbt it can feel

NOTE Confidence: 0.9197551

00:24:45.550 --> 00:24:46.670 like the idea of that

NOTE Confidence: 0.9197551

00:24:46.670 --> 00:24:47.870 you're on call twenty four

NOTE Confidence: 0.9197551

00:24:47.870 --> 00:24:49.070 seven or that the the

NOTE Confidence: 0.9197551

00:24:49.070 --> 00:24:50.690 therapist is a crisis line.

NOTE Confidence: 0.97094935

00:24:51.390 --> 00:24:52.830 And that there's this really

NOTE Confidence: 0.97094935

00:24:52.830 --> 00:24:54.430 important piece of the the

NOTE Confidence: 0.97094935

00:24:54.430 --> 00:24:55.570 intersession communication

NOTE Confidence: 0.9735794

00:24:55.870 --> 00:24:56.990 and the phone coaching being

NOTE Confidence: 0.9735794

00:24:56.990 --> 00:24:58.805 very structured. So what makes

64

NOTE Confidence: 0.9735794

00:24:58.805 --> 00:25:00.005 it different than just being

NOTE Confidence: 0.9735794

00:25:00.005 --> 00:25:01.545 on call twenty four seven

NOTE Confidence: 0.9735794

00:25:01.765 --> 00:25:02.484 is in a lot of

NOTE Confidence: 0.9735794

00:25:02.484 --> 00:25:04.085 ways a contract that one

NOTE Confidence: 0.9735794

00:25:04.085 --> 00:25:05.685 enters into with the client,

NOTE Confidence: 0.9735794

00:25:05.925 --> 00:25:07.305 before starting the treatment

NOTE Confidence: 0.9696857

00:25:07.685 --> 00:25:09.465 of the true focus being

NOTE Confidence: 0.9696857

00:25:09.605 --> 00:25:11.520 coaching in between sessions. So

NOTE Confidence: 0.9696857

00:25:11.520 --> 00:25:12.560 if there is something that

NOTE Confidence: 0.9696857

00:25:12.560 --> 00:25:14.560 really requires another session then

NOTE Confidence: 0.9696857

00:25:14.560 --> 00:25:16.340 another session should be scheduled,

NOTE Confidence: 0.9696857

00:25:16.400 --> 00:25:17.600 but if it is somebody

NOTE Confidence: 0.9696857

00:25:17.600 --> 00:25:19.119 trying to generalize their skills,

NOTE Confidence: 0.9696857

00:25:19.119 --> 00:25:20.640 they're having urges coming up

NOTE Confidence: 0.9696857

00:25:20.640 --> 00:25:21.840 and they just can't problem

NOTE Confidence: 0.9696857

00:25:21.840 --> 00:25:22.800 solve and figure it out

NOTE Confidence: 0.9696857

00:25:22.800 --> 00:25:24.165 on their own, I always

NOTE Confidence: 0.9696857

00:25:24.165 --> 00:25:25.125 tell my patients I would

NOTE Confidence: 0.9696857

00:25:25.125 --> 00:25:26.325 rather spend five minutes on

NOTE Confidence: 0.9696857

00:25:26.325 --> 00:25:27.045 the phone with them or

NOTE Confidence: 0.9696857

00:25:27.045 --> 00:25:27.925 ten minutes on the phone

NOTE Confidence: 0.9696857

00:25:27.925 --> 00:25:29.445 with them problem solving, being

NOTE Confidence: 0.9696857

00:25:29.445 --> 00:25:30.805 skillful to then resist the

NOTE Confidence: 0.9696857

00:25:30.805 --> 00:25:32.085 urge rather than us having

NOTE Confidence: 0.9696857

00:25:32.085 --> 00:25:33.045 to spend our whole therapy

NOTE Confidence: 0.9696857

00:25:33.045 --> 00:25:34.325 session figuring out why that

NOTE Confidence: 0.9696857

00:25:34.325 --> 00:25:36.310 behavior happened, right? So it's

NOTE Confidence: 0.9696857

00:25:36.310 --> 00:25:37.450 this very structured,

NOTE Confidence: 0.9692536

00:25:38.470 --> 00:25:40.390 very time limited way of

NOTE Confidence: 0.9692536

00:25:40.390 --> 00:25:42.150 providing support in between session

NOTE Confidence: 0.9692536

00:25:42.150 --> 00:25:43.510 and the theory again behind

NOTE Confidence: 0.9692536

00:25:43.510 --> 00:25:45.510 it being that as these

NOTE Confidence: 0.9692536

00:25:45.510 --> 00:25:46.510 patients are trying to make

NOTE Confidence: 0.9692536

00:25:46.510 --> 00:25:47.830 a lot of changes across

NOTE Confidence: 0.9692536

00:25:47.830 --> 00:25:48.890 these different contexts,

NOTE Confidence: 0.98361176

00:25:49.350 --> 00:25:50.865 it's almost unfair of us

NOTE Confidence: 0.98361176

00:25:50.865 --> 00:25:51.984 as providers to expect that

NOTE Confidence: 0.98361176

00:25:51.984 --> 00:25:53.185 they're just gonna remember everything

NOTE Confidence: 0.98361176

00:25:53.185 --> 00:25:54.145 that happened in session and

NOTE Confidence: 0.98361176

00:25:54.145 --> 00:25:55.185 know how to implement it

NOTE Confidence: 0.98361176

00:25:55.185 --> 00:25:56.865 perfectly. Right? And so that

NOTE Confidence: 0.98361176

00:25:56.865 --> 00:25:58.304 idea of reaching out for

NOTE Confidence: 0.98361176

00:25:58.625 --> 00:26:00.165 specifically for phone coaching.

NOTE Confidence: 0.97699267

00:26:00.865 --> 00:26:02.242 So there's even scripts that

NOTE Confidence: 0.97699267

00:26:02.242 --> 00:26:03.406 can go along with it.

NOTE Confidence: 0.97699267

00:26:03.406 --> 00:26:04.570 I will say every time

NOTE Confidence: 0.97699267

00:26:04.570 --> 00:26:05.734 a patient reaches out for

NOTE Confidence: 0.97699267

00:26:05.734 --> 00:26:06.898 phone coaching, I ask what

NOTE Confidence: 0.97699267

00:26:06.898 --> 00:26:08.294 did they try why are

NOTE Confidence: 0.97699267

00:26:08.294 --> 00:26:09.458 they coaching, like, what is

NOTE Confidence: 0.97699267

00:26:09.458 --> 00:26:10.622 the urge, what do they

NOTE Confidence: 0.97699267

00:26:10.622 --> 00:26:11.786 need help with, and that

NOTE Confidence: 0.97699267

00:26:11.786 --> 00:26:12.950 we can be very, very

NOTE Confidence: 0.97699267

00:26:12.950 --> 00:26:14.114 targeted and have it, again,

NOTE Confidence: 0.97699267

00:26:14.114 --> 00:26:15.765 stay very time limited. I've

NOTE Confidence: 0.97699267

00:26:15.765 --> 00:26:17.045 heard from other providers that

NOTE Confidence: 0.97699267

00:26:17.045 --> 00:26:17.845 if it's more than ten

NOTE Confidence: 0.97699267

00:26:17.845 --> 00:26:18.885 minutes, it's not a coaching

NOTE Confidence: 0.97699267

00:26:18.885 --> 00:26:20.484 session. I will say sometimes

NOTE Confidence: 0.97699267

00:26:20.484 --> 00:26:21.365 it gets a little bit

NOTE Confidence: 0.97699267

00:26:21.365 --> 00:26:22.244 longer than that, but you

NOTE Confidence: 0.97699267

00:26:22.244 --> 00:26:23.205 try to keep it very

NOTE Confidence: 0.97699267

00:26:23.205 --> 00:26:24.805 truncated. Right? And and the

NOTE Confidence: 0.97699267

00:26:24.805 --> 00:26:26.325 other important piece here is

NOTE Confidence: 0.97699267

00:26:26.325 --> 00:26:27.445 that because it's not a

NOTE Confidence: 0.97699267

00:26:27.445 --> 00:26:28.725 hotline is that you're not

NOTE Confidence: 0.97699267

00:26:28.725 --> 00:26:30.570 always available. Right? And so

NOTE Confidence: 0.97699267

00:26:30.570 --> 00:26:31.609 that idea of when a

NOTE Confidence: 0.97699267

00:26:31.609 --> 00:26:32.570 patient does reach out, I

NOTE Confidence: 0.97699267

00:26:32.570 --> 00:26:33.290 will get back to them

NOTE Confidence: 0.97699267

00:26:33.290 --> 00:26:34.429 as soon as I can.

NOTE Confidence: 0.9714198

00:26:35.290 --> 00:26:36.410 But having a new baby

NOTE Confidence: 0.9714198

00:26:36.410 --> 00:26:37.290 is that I, you know,

NOTE Confidence: 0.9714198

00:26:37.290 --> 00:26:38.590 I won't always be available

NOTE Confidence: 0.9714198

00:26:38.730 --> 00:26:39.770 twenty four seven and that

NOTE Confidence: 0.9714198

00:26:39.770 --> 00:26:40.730 that's okay and that there's

NOTE Confidence: 0.9714198

00:26:40.730 --> 00:26:42.410 also the contingency plans in

NOTE Confidence: 0.9714198

00:26:42.410 --> 00:26:43.784 place for how that then

NOTE Confidence: 0.9714198

00:26:43.784 --> 00:26:44.904 they can have that support

NOTE Confidence: 0.9714198

00:26:44.904 --> 00:26:46.205 in in case an emergency

NOTE Confidence: 0.9714198

00:26:46.345 --> 00:26:47.625 does come up. So there's

NOTE Confidence: 0.9714198

00:26:47.625 --> 00:26:49.705 this very important explicit discussion

NOTE Confidence: 0.9714198

00:26:49.705 --> 00:26:50.764 as part of the treatment

NOTE Confidence: 0.9714198

00:26:50.825 --> 00:26:51.865 is again that you're you're

NOTE Confidence: 0.9714198

00:26:51.865 --> 00:26:53.304 not the a crisis line

NOTE Confidence: 0.9714198

00:26:53.304 --> 00:26:54.984 but rather an intercession form

NOTE Confidence: 0.9714198

00:26:54.984 --> 00:26:56.585 of support to generalize the

NOTE Confidence: 0.9714198

00:26:56.585 --> 00:26:57.085 skills.

NOTE Confidence: 0.9610093

00:26:59.350 --> 00:27:00.390 One of the other really

NOTE Confidence: 0.9610093

00:27:00.390 --> 00:27:01.830 unique pieces that I think

NOTE Confidence: 0.9610093

00:27:01.830 --> 00:27:03.910 is crucial and will hit

NOTE Confidence: 0.9610093

00:27:03.910 --> 00:27:04.710 on as a piece of

NOTE Confidence: 0.9610093

00:27:04.710 --> 00:27:06.390 the mechanism of change is

NOTE Confidence: 0.9610093

00:27:06.390 --> 00:27:08.150 the skills training component actually

NOTE Confidence: 0.9610093

00:27:08.150 --> 00:27:09.590 being separate from the therapy

NOTE Confidence: 0.9610093

00:27:09.590 --> 00:27:10.090 itself.

NOTE Confidence: 0.94630176

00:27:11.015 --> 00:27:12.615 So the idea being that

NOTE Confidence: 0.94630176

00:27:12.615 --> 00:27:14.075 the therapy and the therapeutic

NOTE Confidence: 0.94630176

00:27:14.215 --> 00:27:16.534 relationship is so critical to

NOTE Confidence: 0.94630176

00:27:16.534 --> 00:27:18.375 to making gains that learning

NOTE Confidence: 0.94630176

00:27:18.375 --> 00:27:19.815 skills is a completely separate

NOTE Confidence: 0.94630176

00:27:19.815 --> 00:27:21.095 thing. Right? It's almost more

NOTE Confidence: 0.94630176

00:27:21.095 --> 00:27:22.455 didactic in a way. It's

NOTE Confidence: 0.94630176

00:27:22.455 --> 00:27:23.520 like a class. If If

NOTE Confidence: 0.94630176

00:27:23.520 --> 00:27:24.720 anybody has ever been part

NOTE Confidence: 0.94630176

00:27:24.720 --> 00:27:26.480 of the skills training session,

NOTE Confidence: 0.94630176

00:27:26.480 --> 00:27:27.600 it is you really are

NOTE Confidence: 0.94630176

00:27:27.600 --> 00:27:28.960 following a curriculum in a

NOTE Confidence: 0.94630176

00:27:28.960 --> 00:27:30.180 way, right, and just teaching

NOTE Confidence: 0.94630176

00:27:30.320 --> 00:27:32.000 certain emotion regulation skills or

NOTE Confidence: 0.94630176

00:27:32.000 --> 00:27:33.619 certain distress tolerance skills.

NOTE Confidence: 0.966872

00:27:33.920 --> 00:27:35.200 And while your therapist may

NOTE Confidence: 0.966872

00:27:35.200 --> 00:27:36.400 also be your skills trainer

NOTE Confidence: 0.966872

00:27:36.400 --> 00:27:37.359 that we're thinking about those

NOTE Confidence: 0.966872

00:27:37.359 --> 00:27:38.865 as very separate roles to

NOTE Confidence: 0.966872

00:27:38.865 --> 00:27:40.625 allow the therapy to continue

NOTE Confidence: 0.966872

00:27:40.625 --> 00:27:41.765 to say the processing,

NOTE Confidence: 0.90013987

00:27:42.545 --> 00:27:43.665 of of the therapy and

NOTE Confidence: 0.90013987

00:27:43.665 --> 00:27:45.265 the skills learning and training

NOTE Confidence: 0.90013987

00:27:45.265 --> 00:27:45.925 is separate.

NOTE Confidence: 0.9950806

00:27:48.625 --> 00:27:49.825 In terms of the skills,

NOTE Confidence: 0.9733101

00:27:50.145 --> 00:27:51.425 themselves, I I think a

NOTE Confidence: 0.9733101

00:27:51.425 --> 00:27:52.290 number of people on the

NOTE Confidence: 0.9733101

00:27:52.369 --> 00:27:53.010 Zoom and some I see

NOTE Confidence: 0.9733101

00:27:53.010 --> 00:27:54.130 in this room have have

NOTE Confidence: 0.9733101

00:27:54.130 --> 00:27:55.650 done, DBT skills,

NOTE Confidence: 0.9983633

00:27:56.130 --> 00:27:57.350 seminars with me.

NOTE Confidence: 0.9924587

00:27:57.810 --> 00:27:58.850 It is one of the

NOTE Confidence: 0.9924587

00:27:58.850 --> 00:27:59.810 the most crucial,

NOTE Confidence: 0.9913721

00:28:00.210 --> 00:28:01.350 parts of the treatment.

NOTE Confidence: 0.9773046

00:28:02.050 --> 00:28:03.010 I will probably keep saying

NOTE Confidence: 0.9773046

00:28:03.010 --> 00:28:03.730 that about all parts of

NOTE Confidence: 0.9773046

00:28:03.730 --> 00:28:04.850 the treatment as we're trying

NOTE Confidence: 0.9773046

00:28:04.850 --> 00:28:05.810 to think about what which

NOTE Confidence: 0.9773046

00:28:05.810 --> 00:28:07.090 aspects are are the most

NOTE Confidence: 0.9773046

00:28:07.090 --> 00:28:08.605 effective, but that there is

NOTE Confidence: 0.9773046

00:28:08.605 --> 00:28:09.965 there's these different areas of

NOTE Confidence: 0.9773046

00:28:09.965 --> 00:28:11.184 the skills that we're believing

NOTE Confidence: 0.9773046

00:28:11.244 --> 00:28:12.684 that patients with the intensity

NOTE Confidence: 0.9773046

00:28:12.684 --> 00:28:14.205 of these emotional experiences and

NOTE Confidence: 0.9773046

00:28:14.205 --> 00:28:14.705 dysregulation,

NOTE Confidence: 0.9915756

00:28:15.484 --> 00:28:16.765 may have deficits in that

NOTE Confidence: 0.9915756

00:28:16.765 --> 00:28:18.225 we're having to build up.

NOTE Confidence: 0.90620625

00:28:18.845 --> 00:28:20.125 So the five that come

NOTE Confidence: 0.90620625

00:28:20.125 --> 00:28:22.700 into play for our adolescents,

NOTE Confidence: 0.9636245

00:28:23.480 --> 00:28:24.700 are gonna be mindfulness,

NOTE Confidence: 0.98004913

00:28:25.080 --> 00:28:27.660 distress tolerance, emotion regulation, interpersonal

NOTE Confidence: 0.98004913

00:28:27.800 --> 00:28:28.300 effectiveness,

NOTE Confidence: 0.9971402

00:28:28.760 --> 00:28:29.980 and then this additional

NOTE Confidence: 0.9352634

00:28:30.280 --> 00:28:31.400 module of the walking the

NOTE Confidence: 0.9352634

00:28:31.400 --> 00:28:33.080 middle path. In the adult

NOTE Confidence: 0.9352634

00:28:33.080 --> 00:28:34.440 curriculum you don't have that

NOTE Confidence: 0.9352634

00:28:34.440 --> 00:28:35.895 one it's just integrated into

NOTE Confidence: 0.9352634

00:28:35.895 --> 00:28:37.115 interpersonal effectiveness.

NOTE Confidence: 0.9630275

74

00:28:38.375 --> 00:28:39.575 But in hitting on on

NOTE Confidence: 0.9630275

00:28:39.575 --> 00:28:41.175 each of these briefly because

NOTE Confidence: 0.9630275

00:28:41.175 --> 00:28:42.455 of the we won't be

NOTE Confidence: 0.9630275

00:28:42.455 --> 00:28:43.495 hitting on the skills too

NOTE Confidence: 0.9630275

00:28:43.495 --> 00:28:45.495 much today, but we always

NOTE Confidence: 0.9630275

00:28:45.495 --> 00:28:46.535 happy to talk with folks

NOTE Confidence: 0.9630275

00:28:46.535 --> 00:28:47.515 about those more.

NOTE Confidence: 0.97823584

00:28:49.010 --> 00:28:50.550 It's true to the dialectical

NOTE Confidence: 0.97823584

00:28:50.690 --> 00:28:52.290 underpinnings of the treatment itself

NOTE Confidence: 0.97823584

00:28:52.290 --> 00:28:53.350 of we have to balance

NOTE Confidence: 0.97823584

00:28:53.490 --> 00:28:55.410 acceptance and change, so when

NOTE Confidence: 0.97823584

00:28:55.410 --> 00:28:57.030 we're learning the full modules

NOTE Confidence: 0.97823584

00:28:57.090 --> 00:28:58.390 and the course of things,

NOTE Confidence: 0.9649211

00:28:58.770 --> 00:28:59.650 if you're going through the

NOTE Confidence: 0.9649211

00:28:59.650 --> 00:29:01.330 entire curriculum, your change based

NOTE Confidence: 0.9649211

00:29:01.330 --> 00:29:02.370 skills are gonna be those

NOTE Confidence: 0.9649211

00:29:02.370 --> 00:29:03.705 that focus on actually changing

NOTE Confidence: 0.9649211

00:29:03.705 --> 00:29:05.225 your emotions and regulating them.

NOTE Confidence: 0.9649211

00:29:05.225 --> 00:29:06.365 So emotion regulation,

NOTE Confidence: 0.9447697

00:29:07.225 --> 00:29:08.345 actually learning how to be

NOTE Confidence: 0.9447697

00:29:08.345 --> 00:29:09.085 more interpersonally

NOTE Confidence: 0.9796997

00:29:09.465 --> 00:29:10.825 effective with the idea if

NOTE Confidence: 0.9796997

00:29:10.825 --> 00:29:12.044 we have more fulfilling,

NOTE Confidence: 0.9313846

00:29:12.745 --> 00:29:14.664 more effective relationships that we

NOTE Confidence: 0.9313846

00:29:14.664 --> 00:29:16.009 have less we're less prone

NOTE Confidence: 0.9313846

00:29:16.009 --> 00:29:17.870 to dysregulation in our experiences.

NOTE Confidence: 0.97498435

00:29:19.769 --> 00:29:20.730 And those are gonna be

NOTE Confidence: 0.97498435

00:29:20.730 --> 00:29:21.529 a lot of the skills,

NOTE Confidence: 0.97498435

00:29:21.529 --> 00:29:22.809 especially the ones related to

NOTE Confidence: 0.97498435

00:29:22.809 --> 00:29:24.169 emotion regulation that are gonna

NOTE Confidence: 0.97498435

00:29:24.169 --> 00:29:25.529 feel a little more similar

NOTE Confidence: 0.97498435

00:29:25.529 --> 00:29:26.809 to your more traditional kind

NOTE Confidence: 0.97498435

00:29:26.809 --> 00:29:27.950 of CBT approaches.

NOTE Confidence: 0.9997754

00:29:29.085 --> 00:29:29.585 Comparatively

NOTE Confidence: 0.9621262

00:29:30.125 --> 00:29:31.645 there's entire modules of learning

NOTE Confidence: 0.9621262

00:29:31.645 --> 00:29:32.445 just how do we not

NOTE Confidence: 0.9621262

00:29:32.445 --> 00:29:33.965 make the situation worse. Right?

NOTE Confidence: 0.9621262

00:29:33.965 --> 00:29:34.845 And these are gonna be

NOTE Confidence: 0.9621262

00:29:34.845 --> 00:29:36.304 the acceptance based skills.

NOTE Confidence: 0.99846554

00:29:37.085 --> 00:29:39.245 Learning very concretely what and

NOTE Confidence: 0.99846554

00:29:39.245 --> 00:29:40.625 how do we do mindfulness

NOTE Confidence: 0.9193165

00:29:41.085 --> 00:29:42.785 and also the distress tolerance

NOTE Confidence: 0.95912075

00:29:43.380 --> 00:29:44.740 which is I think one

NOTE Confidence: 0.95912075

00:29:44.740 --> 00:29:46.180 of the the most difficult

NOTE Confidence: 0.95912075

00:29:46.180 --> 00:29:47.140 to get buy in with

NOTE Confidence: 0.95912075

00:29:47.140 --> 00:29:48.580 some teens because really the

NOTE Confidence: 0.95912075

00:29:48.580 --> 00:29:49.860 focus of all those skills

NOTE Confidence: 0.95912075

00:29:49.860 --> 00:29:50.980 is again how do we

NOTE Confidence: 0.95912075

00:29:50.980 --> 00:29:52.580 not make the situation better,

NOTE Confidence: 0.95912075

00:29:52.580 --> 00:29:53.460 but how do we not

NOTE Confidence: 0.95912075

00:29:53.460 --> 00:29:54.760 make it worse for them?

NOTE Confidence: 0.9935093

00:29:56.044 --> 00:29:57.485 Because what is often happening

NOTE Confidence: 0.9935093

00:29:57.485 --> 00:29:58.684 for patients coming to this

NOTE Confidence: 0.9935093

00:29:58.684 --> 00:29:59.184 treatment

NOTE Confidence: 0.96799415

00:29:59.565 --> 00:30:00.924 is that their responses to

NOTE Confidence: 0.96799415

00:30:00.924 --> 00:30:03.105 their emotions, the behavioral responses

NOTE Confidence: 0.96799415

00:30:03.404 --> 00:30:05.164 ends up creating more distress

NOTE Confidence: 0.96799415

00:30:05.164 --> 00:30:06.284 in their life and hasn't,

NOTE Confidence: 0.96799415

00:30:06.525 --> 00:30:08.284 solved the original problem. Right?

NOTE Confidence: 0.96799415

00:30:08.284 --> 00:30:09.245 So if there is a

NOTE Confidence: 0.96799415

00:30:09.245 --> 00:30:10.605 crisis where you've broken up

NOTE Confidence: 0.96799415

00:30:10.605 --> 00:30:12.120 with your girlfriend or boyfriend

NOTE Confidence: 0.96799415

00:30:12.120 --> 00:30:13.080 or you failed the test

NOTE Confidence: 0.96799415

00:30:13.080 --> 00:30:13.800 or got in a fight

NOTE Confidence: 0.96799415

00:30:13.800 --> 00:30:15.000 with mom and dad and

NOTE Confidence: 0.96799415

00:30:15.000 --> 00:30:16.600 you self harmed, there's still

NOTE Confidence: 0.96799415

00:30:16.600 --> 00:30:17.560 the issue to deal with,

NOTE Confidence: 0.96799415

00:30:17.560 --> 00:30:18.840 and we've also then created

NOTE Confidence: 0.96799415

00:30:18.840 --> 00:30:19.880 this big problem that we

NOTE Confidence: 0.96799415

00:30:19.880 --> 00:30:21.320 have to solve. And so

NOTE Confidence: 0.96799415

00:30:21.320 --> 00:30:22.680 we're teaching both those skills

NOTE Confidence: 0.96799415

00:30:22.680 --> 00:30:23.720 of when we can change

NOTE Confidence: 0.96799415

00:30:23.720 --> 00:30:25.240 the situation, but also when

NOTE Confidence: 0.96799415

00:30:25.240 --> 00:30:26.380 we just have to tolerate

NOTE Confidence: 0.96799415

00:30:26.440 --> 00:30:27.135 the situation.

NOTE Confidence: 0.95088446

00:30:28.735 --> 00:30:30.035 And then in the synthesis

NOTE Confidence: 0.95088446

00:30:30.095 --> 00:30:31.455 in the middle, we're thinking

NOTE Confidence: 0.95088446

00:30:31.455 --> 00:30:32.415 of again that the idea

NOTE Confidence: 0.95088446

00:30:32.415 --> 00:30:33.375 of the walking the middle

NOTE Confidence: 0.95088446

00:30:33.375 --> 00:30:34.575 path, which is really gonna

NOTE Confidence: 0.95088446

00:30:34.575 --> 00:30:35.935 hit on the ideas of

NOTE Confidence: 0.95088446

00:30:35.935 --> 00:30:37.295 the dialectics of the both

NOTE Confidence: 0.95088446

00:30:37.295 --> 00:30:39.295 and, in those parent teen

NOTE Confidence: 0.95088446

00:30:39.295 --> 00:30:39.795 relationships,

NOTE Confidence: 0.9940436

00:30:40.500 --> 00:30:41.860 and and finding that balance

NOTE Confidence: 0.9940436

00:30:41.860 --> 00:30:43.640 between acceptance and change.

NOTE Confidence: 0.94655514

00:30:48.740 --> 00:30:49.700 One of the other,

NOTE Confidence: 0.9752347

00:30:50.420 --> 00:30:51.940 areas that that is really

NOTE Confidence: 0.9752347

00:30:51.940 --> 00:30:52.395 unique

NOTE Confidence: 0.97022617

00:30:53.195 --> 00:30:53.328 about the treatment that I

NOTE Confidence: 0.97022617

00:30:53.328 --> 00:30:54.475 think often gets lost,

NOTE Confidence: 0.9763352

00:30:54.795 --> 00:30:55.675 that is one of the

NOTE Confidence: 0.9763352

00:30:55.675 --> 00:30:57.115 things that I'm excited to

NOTE Confidence: 0.9763352

00:30:57.115 --> 00:30:58.075 hit on today is actually

NOTE Confidence: 0.9763352

00:30:58.075 --> 00:30:59.595 the multistage nature of the

NOTE Confidence: 0.9763352

00:30:59.595 --> 00:31:01.195 treatment. When we're thinking about

NOTE Confidence: 0.9763352

00:31:01.195 --> 00:31:01.855 the comprehensive

NOTE Confidence: 0.99659383

00:31:02.155 --> 00:31:02.655 treatment,

NOTE Confidence: 0.9707733

00:31:04.235 --> 00:31:05.195 a lot of people often

NOTE Confidence: 0.9707733

00:31:05.195 --> 00:31:06.795 only think about stage one,

NOTE Confidence: 0.9707733

00:31:06.795 --> 00:31:07.595 and this is the the

NOTE Confidence: 0.9707733

00:31:07.595 --> 00:31:09.840 DBT house which kinda illustrates

NOTE Confidence: 0.9707733

00:31:09.840 --> 00:31:10.640 what the full course of

NOTE Confidence: 0.9707733

00:31:10.640 --> 00:31:12.000 treatment looks like. So a

NOTE Confidence: 0.9707733

00:31:12.000 --> 00:31:13.040 lot of times when when

NOTE Confidence: 0.9707733

00:31:13.040 --> 00:31:13.920 we're thinking of of the

NOTE Confidence: 0.9707733

00:31:13.920 --> 00:31:15.200 treatment itself, we're thinking just

NOTE Confidence: 0.9707733

00:31:15.200 --> 00:31:16.320 that stage one of when

NOTE Confidence: 0.9707733

00:31:16.320 --> 00:31:18.240 somebody is experiencing that severe

NOTE Confidence: 0.9707733

00:31:18.240 --> 00:31:20.275 behavioral dis control. Right? That

NOTE Confidence: 0.9707733

00:31:20.275 --> 00:31:21.155 we're thinking about a house

NOTE Confidence: 0.9707733

00:31:21.155 --> 00:31:22.195 is on fire, you're on

NOTE Confidence: 0.9707733

00:31:22.195 --> 00:31:23.554 that bottom floor and we're

NOTE Confidence: 0.9707733

00:31:23.554 --> 00:31:24.515 having to get in control

NOTE Confidence: 0.9707733

00:31:24.515 --> 00:31:25.795 of behavior. So we're thinking

NOTE Confidence: 0.9707733

00:31:25.795 --> 00:31:26.835 about any of those life

NOTE Confidence: 0.9707733

00:31:26.835 --> 00:31:27.735 threatening behaviors

NOTE Confidence: 0.96886873

00:31:28.195 --> 00:31:28.995 and what do we have

NOTE Confidence: 0.96886873

00:31:28.995 --> 00:31:30.195 to do or any high

NOTE Confidence: 0.96886873

00:31:30.195 --> 00:31:31.475 risk behaviors that are causing

NOTE Confidence: 0.96886873

00:31:31.475 --> 00:31:32.995 us problems that we have

NOTE Confidence: 0.96886873

00:31:32.995 --> 00:31:34.769 to bind a certain amount

NOTE Confidence: 0.96886873

00:31:34.769 --> 00:31:36.769 of behavioral control in order

NOTE Confidence: 0.96886873

00:31:36.769 --> 00:31:37.570 to move on to the

NOTE Confidence: 0.96886873

00:31:37.570 --> 00:31:38.870 next floor of the house.

NOTE Confidence: 0.99522096

00:31:39.730 --> 00:31:40.769 When we get to stage

NOTE Confidence: 0.99522096

00:31:40.769 --> 00:31:42.309 two, if we have behavioral

NOTE Confidence: 0.99522096

00:31:42.450 --> 00:31:43.890 control of our emotional and

NOTE Confidence: 0.99522096

00:31:43.890 --> 00:31:45.885 behavioral responses to things, then

NOTE Confidence: 0.99522096

00:31:45.885 --> 00:31:47.005 we can actually address the

NOTE Confidence: 0.99522096

00:31:47.005 --> 00:31:48.545 idea of the emotional experiencing

NOTE Confidence: 0.9857867

00:31:49.085 --> 00:31:50.605 and getting in touch. Now

NOTE Confidence: 0.9857867

00:31:50.605 --> 00:31:51.805 I think the what I

NOTE Confidence: 0.9857867

00:31:51.805 --> 00:31:53.085 really like about the framing

NOTE Confidence: 0.9857867

00:31:53.085 --> 00:31:54.125 of the house is that

NOTE Confidence: 0.9857867

00:31:54.125 --> 00:31:56.065 it shows why that oftentimes

NOTE Confidence: 0.9857867

00:31:56.285 --> 00:31:57.565 we or why we need

NOTE Confidence: 0.9857867

00:31:57.565 --> 00:31:59.190 to have behavioral control first

NOTE Confidence: 0.9857867

00:31:59.350 --> 00:32:00.309 even if the part that

NOTE Confidence: 0.9857867

00:32:00.309 --> 00:32:01.429 is more important to our

NOTE Confidence: 0.9857867

00:32:01.429 --> 00:32:03.210 patient is the emotional experiencing.

NOTE Confidence: 0.99130327

00:32:04.070 --> 00:32:05.269 I you know, I've had

NOTE Confidence: 0.99130327

00:32:05.269 --> 00:32:06.149 a number of patients that

NOTE Confidence: 0.99130327

00:32:06.149 --> 00:32:07.429 will be very frustrated when

NOTE Confidence: 0.99130327

00:32:07.429 --> 00:32:08.389 we're having to focus on

NOTE Confidence: 0.99130327

00:32:08.389 --> 00:32:09.990 the behavioral piece to start

NOTE Confidence: 0.99130327

00:32:09.990 --> 00:32:11.350 because there is a lot

NOTE Confidence: 0.99130327

00:32:11.350 --> 00:32:12.730 of valid truth in,

NOTE Confidence: 0.9944928

00:32:13.035 --> 00:32:14.795 how important the emotional component

NOTE Confidence: 0.9944928

00:32:14.795 --> 00:32:15.755 and what they're wanting to

NOTE Confidence: 0.9944928

00:32:15.755 --> 00:32:17.135 hit on related to,

NOTE Confidence: 0.9517238

00:32:17.675 --> 00:32:18.635 the things that they're getting

NOTE Confidence: 0.9517238

00:32:18.635 --> 00:32:20.315 in touch with are. And

NOTE Confidence: 0.9517238

00:32:20.315 --> 00:32:21.595 the framing of the treatment

NOTE Confidence: 0.9517238

00:32:21.595 --> 00:32:22.555 is that in order to

NOTE Confidence: 0.9517238

00:32:22.555 --> 00:32:23.915 do that, we have to

NOTE Confidence: 0.9517238

00:32:23.915 --> 00:32:25.355 have enough behavioral control to

NOTE Confidence: 0.9517238

00:32:25.355 --> 00:32:26.160 not be in the hospital,

NOTE Confidence: 0.9400633

00:32:29.440 --> 00:32:31.040 crisis. And so you're getting

NOTE Confidence: 0.9400633

00:32:31.040 --> 00:32:31.920 this buy in to the

NOTE Confidence: 0.9400633

00:32:31.920 --> 00:32:33.280 treatment that I can that

NOTE Confidence: 0.9400633

00:32:33.280 --> 00:32:34.080 if we can get that

NOTE Confidence: 0.9400633

00:32:34.080 --> 00:32:35.600 end of control, let's spend

NOTE Confidence: 0.9400633

00:32:35.600 --> 00:32:36.560 all the time in stage

NOTE Confidence: 0.9400633

00:32:36.560 --> 00:32:37.680 two that that we need,

NOTE Confidence: 0.9400633

00:32:37.680 --> 00:32:38.800 right, to be able to

NOTE Confidence: 0.9400633

00:32:38.800 --> 00:32:39.840 to get more in touch

NOTE Confidence: 0.9400633

00:32:39.840 --> 00:32:41.620 with the actual emotional experiencing.

NOTE Confidence: 0.98098123

00:32:43.055 --> 00:32:44.655 That allows once we're able

NOTE Confidence: 0.98098123

00:32:44.655 --> 00:32:45.475 to address,

NOTE Confidence: 0.9900238

00:32:45.855 --> 00:32:46.975 when we're thinking about kind

NOTE Confidence: 0.9900238

00:32:46.975 --> 00:32:47.855 of what is being addressed

NOTE Confidence: 0.9900238

00:32:47.855 --> 00:32:49.055 in that stage, any experiences

NOTE Confidence: 0.9900238

00:32:49.055 --> 00:32:50.915 of quiet or internal desperation

NOTE Confidence: 0.9875316

00:32:51.375 --> 00:32:52.495 to move on to stage

NOTE Confidence: 0.9875316

00:32:52.495 --> 00:32:53.775 three of the problems with

NOTE Confidence: 0.9875316

00:32:53.775 --> 00:32:56.015 living. So actually getting connected

NOTE Confidence: 0.9875316

00:32:56.015 --> 00:32:57.055 to a life that feels

NOTE Confidence: 0.9875316

00:32:57.055 --> 00:32:57.795 worth living,

NOTE Confidence: 0.9676146

00:32:58.170 --> 00:33:00.170 identifying values, working towards kind

NOTE Confidence: 0.9676146

00:33:00.170 --> 00:33:01.850 of value based action and

NOTE Confidence: 0.9676146

00:33:01.850 --> 00:33:03.370 dealing with the ins and

NOTE Confidence: 0.9676146

00:33:03.370 --> 00:33:04.970 outs of the ordinary happiness

NOTE Confidence: 0.9676146

00:33:04.970 --> 00:33:05.630 and unhappiness.

NOTE Confidence: 0.9567385

00:33:06.650 --> 00:33:08.570 For patients with those very

NOTE Confidence: 0.9567385

00:33:08.570 --> 00:33:10.410 intense emotional experiences that can

NOTE Confidence: 0.9567385

00:33:10.410 --> 00:33:11.655 be a new phase, right?

NOTE Confidence: 0.9567385

00:33:11.655 --> 00:33:12.855 That there can just be

NOTE Confidence: 0.9567385

00:33:12.855 --> 00:33:14.215 typical ups and downs and

NOTE Confidence: 0.9567385

00:33:14.215 --> 00:33:15.335 that it doesn't have to

NOTE Confidence: 0.9567385

00:33:15.335 --> 00:33:16.375 be a crisis, and how

NOTE Confidence: 0.9567385

00:33:16.375 --> 00:33:17.815 do we navigate that and

NOTE Confidence: 0.9567385

00:33:17.815 --> 00:33:19.435 engage in value based action

NOTE Confidence: 0.9147238

00:33:19.895 --> 00:33:21.655 that ultimately gets us up

NOTE Confidence: 0.9147238

00:33:21.655 --> 00:33:23.575 to stage four where we

NOTE Confidence: 0.9147238

00:33:23.575 --> 00:33:25.115 are thinking of more dynamic

NOTE Confidence: 0.9147238

00:33:25.335 --> 00:33:26.615 kind of nature to the

NOTE Confidence: 0.9147238

00:33:26.615 --> 00:33:27.435 the therapeutic,

NOTE Confidence: 0.9368082

00:33:28.830 --> 00:33:30.430 the the therapeutic modality. So

NOTE Confidence: 0.9368082

00:33:30.430 --> 00:33:31.870 we're focusing on the capacity

NOTE Confidence: 0.9368082

00:33:31.870 --> 00:33:33.470 for sustained joy. What I

NOTE Confidence: 0.9368082

00:33:33.470 --> 00:33:35.310 say is kinda ultimately we

NOTE Confidence: 0.9368082

00:33:35.310 --> 00:33:36.190 would get to that very

NOTE Confidence: 0.9368082

00:33:36.190 --> 00:33:37.630 peak experience of, like, self

NOTE Confidence: 0.9368082

00:33:37.630 --> 00:33:39.550 actualization, but that ongoing work

NOTE Confidence: 0.9368082

00:33:39.550 --> 00:33:41.070 that that we're all doing

NOTE Confidence: 0.9368082

00:33:41.070 --> 00:33:42.105 throughout our life.

NOTE Confidence: 0.9381877

00:33:42.905 --> 00:33:44.025 And what the house really

NOTE Confidence: 0.9381877

00:33:44.025 --> 00:33:45.544 illustrates I think nicely is

NOTE Confidence: 0.9381877

00:33:45.544 --> 00:33:46.745 that there are the ladders

NOTE Confidence: 0.9381877

00:33:46.745 --> 00:33:47.544 we want to keep moving

NOTE Confidence: 0.9381877

00:33:47.544 --> 00:33:48.924 up, but sometimes we do,

NOTE Confidence: 0.9615663

00:33:49.304 --> 00:33:50.265 end up down on the

NOTE Confidence: 0.9615663

00:33:50.265 --> 00:33:51.785 lower floors, and when that

NOTE Confidence: 0.9615663

00:33:51.785 --> 00:33:53.465 does happen we might have

NOTE Confidence: 0.9615663

00:33:53.465 --> 00:33:54.600 to go back to focusing

NOTE Confidence: 0.9615663

00:33:54.600 --> 00:33:56.120 on behavioral control. Right? If

NOTE Confidence: 0.9615663

00:33:56.120 --> 00:33:57.500 we're doing some very intensive

NOTE Confidence: 0.9850434

00:33:57.880 --> 00:33:59.559 trauma focused work, on in

NOTE Confidence: 0.9850434

00:33:59.559 --> 00:34:00.920 the second stage and that's

NOTE Confidence: 0.9850434

00:34:00.920 --> 00:34:02.760 causing more behavioral dysregulation, we

NOTE Confidence: 0.9850434

00:34:02.760 --> 00:34:03.480 have to go back and

NOTE Confidence: 0.9850434

00:34:03.480 --> 00:34:05.240 get that behavioral control to

NOTE Confidence: 0.9850434

00:34:05.240 --> 00:34:05.740 continue,

NOTE Confidence: 0.9995271

00:34:06.040 --> 00:34:06.920 to be able to keep

NOTE Confidence: 0.9995271

00:34:06.920 --> 00:34:07.580 a cohesive

NOTE Confidence: 0.9594395

00:34:07.880 --> 00:34:09.480 a cohesive treatment and moving

NOTE Confidence: 0.9594395

00:34:09.480 --> 00:34:09.980 forward.

NOTE Confidence: 0.9808396

00:34:13.555 --> 00:34:15.015 And lastly, in terms

NOTE Confidence: 0.98832804

00:34:15.315 --> 00:34:16.515 of the of the unique

NOTE Confidence: 0.98832804

00:34:16.515 --> 00:34:18.055 aspects of the treatment itself,

NOTE Confidence: 0.98832804

00:34:18.194 --> 00:34:19.635 the commitment phase that I

NOTE Confidence: 0.98832804

00:34:19.635 --> 00:34:21.094 think often gets overlooked,

NOTE Confidence: 0.96968645

00:34:22.580 --> 00:34:23.940 that the the commitment phase

NOTE Confidence: 0.96968645

00:34:23.940 --> 00:34:25.620 is the pretreatment part of

NOTE Confidence: 0.96968645

00:34:25.620 --> 00:34:26.120 DBT

NOTE Confidence: 0.98998505

00:34:26.500 --> 00:34:27.620 that lasts as long as

NOTE Confidence: 0.98998505

00:34:27.620 --> 00:34:29.219 it needs to, and it

NOTE Confidence: 0.98998505

00:34:29.219 --> 00:34:30.660 makes it very effective. It

NOTE Confidence: 0.98998505

00:34:30.660 --> 00:34:31.900 also can make it a

NOTE Confidence: 0.98998505

00:34:31.900 --> 00:34:33.620 a very challenging part of

NOTE Confidence: 0.98998505

00:34:33.620 --> 00:34:35.140 the treatment. So the idea

NOTE Confidence: 0.98998505

00:34:35.140 --> 00:34:36.580 with the commitment phase is

NOTE Confidence: 0.98998505

00:34:36.580 --> 00:34:37.080 that

NOTE Confidence: 0.99122536

00:34:37.625 --> 00:34:38.905 when you're entering into the

NOTE Confidence: 0.99122536

00:34:38.905 --> 00:34:40.265 treatment with your client in

NOTE Confidence: 0.99122536

00:34:40.265 --> 00:34:42.424 this modality, you are entering

NOTE Confidence: 0.99122536

00:34:42.424 --> 00:34:43.864 into the behavioral contract of

NOTE Confidence: 0.99122536

00:34:43.864 --> 00:34:45.325 what you're both committing to.

NOTE Confidence: 0.99122536

00:34:45.545 --> 00:34:47.244 If somebody has any ambivalence

NOTE Confidence: 0.99122536

00:34:47.385 --> 00:34:48.825 about that, you spend all

NOTE Confidence: 0.99122536

00:34:48.825 --> 00:34:50.665 the time getting commitment, to

NOTE Confidence: 0.99122536

00:34:50.665 --> 00:34:52.260 what behavioral change they're being

NOTE Confidence: 0.99122536

00:34:52.260 --> 00:34:53.940 willing to make until that

NOTE Confidence: 0.99122536

00:34:53.940 --> 00:34:54.440 until,

NOTE Confidence: 0.9199588

00:34:55.060 --> 00:34:56.100 there is a commitment to

NOTE Confidence: 0.9199588

00:34:56.100 --> 00:34:57.460 it. Because otherwise you can

NOTE Confidence: 0.9199588

00:34:57.460 --> 00:34:58.980 throw every skill you want

NOTE Confidence: 0.9199588

00:34:58.980 --> 00:35:00.260 at them. It's probably not

NOTE Confidence: 0.9199588

00:35:00.260 --> 00:35:01.640 gonna be the most effective,

NOTE Confidence: 0.9199588

00:35:01.940 --> 00:35:03.060 and so there's the ins

NOTE Confidence: 0.9199588

00:35:03.060 --> 00:35:03.700 and outs of all the

NOTE Confidence: 0.9199588

00:35:03.700 --> 00:35:05.305 different commitment strategies that we

NOTE Confidence: 0.9199588

00:35:05.305 --> 00:35:06.505 might be trying to increase

91

NOTE Confidence: 0.9199588

00:35:06.505 --> 00:35:07.005 motivation

NOTE Confidence: 0.95251596

00:35:07.465 --> 00:35:08.505 to see the buy in

NOTE Confidence: 0.95251596

00:35:08.505 --> 00:35:09.645 of what you can get.

NOTE Confidence: 0.93603307

00:35:10.265 --> 00:35:12.265 I have absolutely with clients

NOTE Confidence: 0.93603307

00:35:12.265 --> 00:35:13.625 gotten the commitment of the

NOTE Confidence: 0.93603307

00:35:13.625 --> 00:35:14.585 goal to be like to

NOTE Confidence: 0.93603307

00:35:14.585 --> 00:35:15.465 fire me. And if we,

NOTE Confidence: 0.93603307

00:35:15.465 --> 00:35:16.185 you know, if we you

NOTE Confidence: 0.93603307

00:35:16.185 --> 00:35:17.105 don't wanna see me anymore.

NOTE Confidence: 0.93603307

00:35:17.105 --> 00:35:18.105 Right? Like, can we both

NOTE Confidence: 0.93603307

00:35:18.105 --> 00:35:18.540 be committed

NOTE Confidence: 0.943472

00:35:20.140 --> 00:35:20.926 to getting enough behavioral control

NOTE Confidence: 0.943472

00:35:20.926 --> 00:35:22.060 to not need to do

NOTE Confidence: 0.943472

00:35:22.060 --> 00:35:23.000 therapy anymore? So we're trying

NOTE Confidence: 0.943472

00:35:23.000 --> 00:35:24.540 to find whatever nugget we

NOTE Confidence: 0.943472

00:35:24.540 --> 00:35:25.739 can to get a buy

NOTE Confidence: 0.943472

00:35:25.739 --> 00:35:26.460 in. Is it that you

NOTE Confidence: 0.943472

00:35:26.460 --> 00:35:27.340 want your parents off your

NOTE Confidence: 0.943472

00:35:27.340 --> 00:35:28.380 back? Is it that you

NOTE Confidence: 0.943472

00:35:28.380 --> 00:35:29.260 don't wanna have to keep

NOTE Confidence: 0.943472

00:35:29.260 --> 00:35:30.380 going to the hospital? Is

NOTE Confidence: 0.943472

00:35:30.380 --> 00:35:31.180 it that you do want

NOTE Confidence: 0.943472

00:35:31.180 --> 00:35:32.475 more freedom, and that then

NOTE Confidence: 0.943472

00:35:32.475 --> 00:35:33.595 you can get that commitment

NOTE Confidence: 0.943472

00:35:33.595 --> 00:35:34.395 to be working on the

NOTE Confidence: 0.943472

00:35:34.395 --> 00:35:35.835 things that maybe they're not

NOTE Confidence: 0.943472

00:35:35.835 --> 00:35:37.135 in in and of themselves,

NOTE Confidence: 0.92946106

00:35:37.915 --> 00:35:39.595 motivators that might be motivators

NOTE Confidence: 0.92946106

00:35:39.595 --> 00:35:40.955 for the parents or the,

NOTE Confidence: 0.92946106

00:35:41.275 --> 00:35:42.015 the provider?

NOTE Confidence: 0.99755305

00:35:44.150 --> 00:35:45.510 To that point, it's one

NOTE Confidence: 0.99755305

00:35:45.510 --> 00:35:46.310 of the things that I

NOTE Confidence: 0.99755305

00:35:46.310 --> 00:35:47.750 really appreciate of the treatment

NOTE Confidence: 0.99755305

00:35:47.750 --> 00:35:49.030 itself is that it's viewed

NOTE Confidence: 0.99755305

00:35:49.030 --> 00:35:50.730 as a relationship between equals,

NOTE Confidence: 0.98350114

00:35:51.270 --> 00:35:52.310 and the idea that any

NOTE Confidence: 0.98350114

00:35:52.310 --> 00:35:53.590 patient we have regardless of

NOTE Confidence: 0.98350114

00:35:53.590 --> 00:35:54.710 age is just as much

NOTE Confidence: 0.98350114

00:35:54.710 --> 00:35:56.230 of an expert in themselves

NOTE Confidence: 0.98350114

00:35:56.230 --> 00:35:57.270 as we are in our

NOTE Confidence: 0.98350114

00:35:57.270 --> 00:35:57.770 fields.

NOTE Confidence: 0.9313971

00:35:58.665 --> 00:35:59.864 And so that that's why

NOTE Confidence: 0.9313971

00:35:59.864 --> 00:36:00.745 we need to have that

NOTE Confidence: 0.9313971

00:36:00.745 --> 00:36:01.945 commitment because it's not gonna

NOTE Confidence: 0.9313971

00:36:01.945 --> 00:36:03.225 work if one person is

NOTE Confidence: 0.9313971

00:36:03.225 --> 00:36:05.145 trying is, more invested than

NOTE Confidence: 0.9313971

00:36:05.145 --> 00:36:06.665 the other. And to give

NOTE Confidence: 0.9313971

00:36:06.665 --> 00:36:07.625 the analogy of you're in

NOTE Confidence: 0.9313971

00:36:07.625 --> 00:36:08.605 the boat, right,

NOTE Confidence: 0.9681824

00:36:09.065 --> 00:36:10.265 you don't wanna be just

NOTE Confidence: 0.9681824

00:36:10.265 --> 00:36:11.145 sitting in the back seat

NOTE Confidence: 0.9681824

00:36:11.145 --> 00:36:11.945 of the or the back

NOTE Confidence: 0.9681824

00:36:11.945 --> 00:36:12.825 of the boat and your

NOTE Confidence: 0.9681824

00:36:12.825 --> 00:36:13.799 clients having to do all

NOTE Confidence: 0.9681824

00:36:13.799 --> 00:36:14.420 the work,

NOTE Confidence: 0.9849123

00:36:14.719 --> 00:36:16.239 which I I think clients

NOTE Confidence: 0.9849123

00:36:16.239 --> 00:36:18.180 do experience that that sometimes,

NOTE Confidence: 0.94126356

00:36:18.719 --> 00:36:19.920 or have that perception and

NOTE Confidence: 0.94126356

00:36:19.920 --> 00:36:20.880 it's something then to be

NOTE Confidence: 0.94126356

00:36:20.880 --> 00:36:21.380 addressed.

NOTE Confidence: 0.98263806

00:36:21.680 --> 00:36:22.960 But you also don't wanna

NOTE Confidence: 0.98263806

00:36:22.960 --> 00:36:24.320 be if we're thinking about

NOTE Confidence: 0.98263806

00:36:24.320 --> 00:36:25.040 we're trying to get them

NOTE Confidence: 0.98263806

00:36:25.040 --> 00:36:25.680 to the other side of

NOTE Confidence: 0.98263806

00:36:25.680 --> 00:36:26.640 the lake, which is their

NOTE Confidence: 0.98263806

00:36:26.640 --> 00:36:27.905 life worth living, you don't

NOTE Confidence: 0.98263806

00:36:27.905 --> 00:36:28.625 wanna be doing all the

NOTE Confidence: 0.98263806

00:36:28.625 --> 00:36:29.984 rowing, and then they're drilling

NOTE Confidence: 0.98263806

00:36:29.984 --> 00:36:30.785 holes in the back of

NOTE Confidence: 0.98263806

00:36:30.785 --> 00:36:31.744 the boat. Right? And that's

NOTE Confidence: 0.98263806

00:36:31.744 --> 00:36:32.244 an

NOTE Confidence: 0.9611672

00:36:32.864 --> 00:36:34.145 analogy that we often use

NOTE Confidence: 0.9611672

00:36:34.145 --> 00:36:35.585 in the commitment phase to

NOTE Confidence: 0.9611672

00:36:35.585 --> 00:36:36.545 get that buy in that

NOTE Confidence: 0.9611672

00:36:36.545 --> 00:36:37.744 of why we we can't

NOTE Confidence: 0.9611672

00:36:37.744 --> 00:36:39.265 be the only one, driving

NOTE Confidence: 0.9611672

00:36:39.265 --> 00:36:40.005 things forward.

NOTE Confidence: 0.9703587

00:36:44.950 --> 00:36:46.710 Thinking about the whole treatment

NOTE Confidence: 0.9703587

00:36:46.710 --> 00:36:48.070 itself and then the goals

NOTE Confidence: 0.9703587

00:36:48.070 --> 00:36:49.190 and the benefits, a lot

NOTE Confidence: 0.9703587

00:36:49.190 --> 00:36:50.630 of times, we think about

NOTE Confidence: 0.9703587

00:36:50.630 --> 00:36:52.310 the overall goal being a

NOTE Confidence: 0.9703587

00:36:52.310 --> 00:36:53.450 reduction in suicidality,

NOTE Confidence: 0.997937

00:36:53.910 --> 00:36:55.290 that DBT is

NOTE Confidence: 0.95453244

00:36:55.655 --> 00:36:57.575 a treatment for life threatening

NOTE Confidence: 0.95453244

00:36:57.575 --> 00:36:58.795 behaviors, for suicidality.

NOTE Confidence: 0.9468323

00:36:59.815 --> 00:37:01.015 And it's not actually the

NOTE Confidence: 0.9468323

00:37:01.015 --> 00:37:02.555 goal to to reduce suicidality

NOTE Confidence: 0.9468323

00:37:02.775 --> 00:37:04.375 or high risk behaviors. Truly

NOTE Confidence: 0.9468323

00:37:04.375 --> 00:37:05.494 the idea is building a

NOTE Confidence: 0.9468323

00:37:05.494 --> 00:37:06.775 life worth living. So if

NOTE Confidence: 0.9468323

00:37:06.775 --> 00:37:08.454 we're thinking instead of yes,

NOTE Confidence: 0.9468323

00:37:08.454 --> 00:37:10.030 we we do wanna reduce

NOTE Confidence: 0.9468323

00:37:10.030 --> 00:37:11.309 those high risk behaviors, those

NOTE Confidence: 0.9468323

00:37:11.309 --> 00:37:12.910 things related to behavioral dis

NOTE Confidence: 0.9468323

00:37:12.910 --> 00:37:14.270 control, but if we can

NOTE Confidence: 0.9468323

00:37:14.270 --> 00:37:15.710 have life feel worth living,

NOTE Confidence: 0.9468323

00:37:15.710 --> 00:37:17.329 what are we working towards?

NOTE Confidence: 0.9468323

00:37:17.549 --> 00:37:18.589 That that actually gives,

NOTE Confidence: 0.9479281

00:37:19.069 --> 00:37:19.569 patients

NOTE Confidence: 0.76629263

00:37:19.950 --> 00:37:20.849 a much more,

NOTE Confidence: 0.970017

00:37:21.975 --> 00:37:23.095 much more something to be

NOTE Confidence: 0.970017

00:37:23.095 --> 00:37:25.095 invested in. And the benefits

NOTE Confidence: 0.970017

00:37:25.095 --> 00:37:25.815 and the way that we

NOTE Confidence: 0.970017

00:37:25.815 --> 00:37:26.935 end up getting there are

NOTE Confidence: 0.970017

00:37:26.935 --> 00:37:28.635 by enhancing emotion regulation,

NOTE Confidence: 0.9017236

00:37:29.255 --> 00:37:30.475 improving relationships,

NOTE Confidence: 0.9533573

00:37:31.975 --> 00:37:33.335 yes, reducing life threatening and

NOTE Confidence: 0.9533573

00:37:33.335 --> 00:37:34.614 self destructive behaviors that get

NOTE Confidence: 0.9533573

00:37:34.614 --> 00:37:35.255 in their way of life

NOTE Confidence: 0.9533573

00:37:35.255 --> 00:37:36.295 worth living, but that not

NOTE Confidence: 0.9533573

00:37:36.295 --> 00:37:37.750 being the ultimate priority, priority,

NOTE Confidence: 0.9533573

00:37:37.750 --> 00:37:39.190 and then managing crises more

NOTE Confidence: 0.9533573

00:37:39.190 --> 00:37:40.630 effectively that allows for an

NOTE Confidence: 0.9533573

00:37:40.630 --> 00:37:41.770 increased self awareness.

NOTE Confidence: 0.99665314

00:37:45.910 --> 00:37:47.510 So with the goals and

NOTE Confidence: 0.99665314

00:37:47.510 --> 00:37:48.650 benefits in mind,

NOTE Confidence: 0.96528363

00:37:49.190 --> 00:37:50.390 and thinking about the very

NOTE Confidence: 0.96528363

00:37:50.390 --> 00:37:51.910 comprehensive treatment, one of the

NOTE Confidence: 0.96528363

00:37:51.910 --> 00:37:52.950 things that often comes up

NOTE Confidence: 0.96528363

00:37:52.950 --> 00:37:54.494 is what actually makes it

NOTE Confidence: 0.96528363

00:37:54.494 --> 00:37:55.694 effective. We do know that

NOTE Confidence: 0.96528363

00:37:55.694 --> 00:37:56.895 it's a, that there's a

NOTE Confidence: 0.96528363

00:37:56.895 --> 00:37:58.895 robust evidence base for DBT

NOTE Confidence: 0.96528363

00:37:58.895 --> 00:38:00.174 and we'll talk more about

NOTE Confidence: 0.96528363

00:38:00.174 --> 00:38:01.474 some of the different applications

NOTE Confidence: 0.96528363

00:38:01.535 --> 00:38:02.494 for it and what's been

NOTE Confidence: 0.96528363

00:38:02.494 --> 00:38:02.994 effective,

NOTE Confidence: 0.99582726

00:38:03.694 --> 00:38:04.194 but

NOTE Confidence: 0.8822805

00:38:04.575 --> 00:38:05.954 what what makes it effective,

NOTE Confidence: 0.9729154

00:38:06.415 --> 00:38:07.694 and some of the the

NOTE Confidence: 0.9729154

00:38:07.694 --> 00:38:09.135 analyses that have actually looked

NOTE Confidence: 0.9729154

00:38:09.135 --> 00:38:11.110 at identifying the mechanisms of

NOTE Confidence: 0.9729154

00:38:11.110 --> 00:38:12.550 change have identified kind of

NOTE Confidence: 0.9729154

00:38:12.550 --> 00:38:14.410 five areas that that tend

NOTE Confidence: 0.94028056

00:38:14.710 --> 00:38:16.150 to to be when rated

NOTE Confidence: 0.94028056

00:38:16.150 --> 00:38:17.190 tend to be tied to

NOTE Confidence: 0.94028056

00:38:17.190 --> 00:38:18.170 the greatest change.

NOTE Confidence: 0.9194191

00:38:19.510 --> 00:38:21.350 So first actually increasing self

NOTE Confidence: 0.9194191

100

00:38:21.350 --> 00:38:23.110 regulation capacity, the piece of

NOTE Confidence: 0.9194191

00:38:23.110 --> 00:38:24.255 actually learning the skills, skills

NOTE Confidence: 0.9194191

00:38:24.255 --> 00:38:25.055 right if we're going through

NOTE Confidence: 0.9194191

00:38:25.055 --> 00:38:26.035 this whole curriculum

NOTE Confidence: 0.9607021

00:38:26.335 --> 00:38:27.694 learning the ability of some

NOTE Confidence: 0.9607021

00:38:27.694 --> 00:38:28.575 of these different skills to

NOTE Confidence: 0.9607021

00:38:28.575 --> 00:38:30.015 help with self regulating that

NOTE Confidence: 0.9607021

00:38:30.015 --> 00:38:30.974 there is that actual kind

NOTE Confidence: 0.9607021

00:38:30.974 --> 00:38:31.875 of skill acquisition.

NOTE Confidence: 0.90160096

00:38:32.894 --> 00:38:34.015 But then second is actually

NOTE Confidence: 0.90160096

00:38:34.015 --> 00:38:35.775 the skill use right. So

NOTE Confidence: 0.90160096

00:38:35.775 --> 00:38:36.974 that important piece that will

NOTE Confidence: 0.90160096

00:38:36.974 --> 00:38:38.434 go through the entire curriculum.

NOTE Confidence: 0.9692145

00:38:39.000 --> 00:38:40.680 Is somebody actually practicing it

NOTE Confidence: 0.9692145

00:38:40.680 --> 00:38:41.719 and whether or not they're

NOTE Confidence: 0.9692145

00:38:41.719 --> 00:38:43.340 practicing it outside of session,

101

NOTE Confidence: 0.99013567

00:38:43.880 --> 00:38:45.580 leads to more significant changes,

NOTE Confidence: 0.99013567

00:38:45.640 --> 00:38:46.760 of course, in terms of

NOTE Confidence: 0.99013567

00:38:46.760 --> 00:38:47.340 the treatment.

NOTE Confidence: 0.9693853

00:38:48.760 --> 00:38:50.700 Third, very importantly, the validating

NOTE Confidence: 0.9693853

00:38:50.760 --> 00:38:51.820 therapeutic environment.

NOTE Confidence: 0.966494

00:38:52.280 --> 00:38:53.625 That I think is true

NOTE Confidence: 0.966494

00:38:53.625 --> 00:38:55.305 of course across treatments but

NOTE Confidence: 0.966494

00:38:55.305 --> 00:38:57.065 the importance of the providing

NOTE Confidence: 0.966494

00:38:57.065 --> 00:38:58.585 that in this treatment of

NOTE Confidence: 0.966494

00:38:58.585 --> 00:38:59.545 especially if we're pushing for

NOTE Confidence: 0.966494

00:38:59.545 --> 00:39:00.985 changing some very life threatening

NOTE Confidence: 0.966494

00:39:00.985 --> 00:39:02.665 behaviors that it's critical to

NOTE Confidence: 0.966494

00:39:02.665 --> 00:39:04.205 have that validating environment.

NOTE Confidence: 0.9620371

00:39:05.385 --> 00:39:06.985 And then fourth is that

NOTE Confidence: 0.9620371

00:39:06.985 --> 00:39:08.130 commitment to the treatment

NOTE Confidence: 0.96773636

102

00:39:08.529 --> 00:39:09.489 they do not they find

NOTE Confidence: 0.96773636

00:39:09.489 --> 00:39:10.609 it is not effective unless

NOTE Confidence: 0.96773636

00:39:10.609 --> 00:39:12.529 somebody has engaged in the

NOTE Confidence: 0.96773636

00:39:12.529 --> 00:39:14.369 commitment phase and is, that

NOTE Confidence: 0.96773636

00:39:14.369 --> 00:39:15.329 there is something that they're

NOTE Confidence: 0.96773636

00:39:15.329 --> 00:39:16.450 bought in to be working

NOTE Confidence: 0.96773636

00:39:16.450 --> 00:39:16.950 towards.

NOTE Confidence: 0.9061293

00:39:17.809 --> 00:39:19.589 And then lastly, the structure

NOTE Confidence: 0.9061293

00:39:19.730 --> 00:39:21.155 of the sessions themselves.

NOTE Confidence: 0.9795656

00:39:21.935 --> 00:39:22.895 So when we were talking

NOTE Confidence: 0.9795656

00:39:22.895 --> 00:39:24.175 about those different stages of

NOTE Confidence: 0.9795656

00:39:24.175 --> 00:39:25.715 treatment that the the

NOTE Confidence: 0.96916574

00:39:26.015 --> 00:39:27.775 treatment itself actually sets up

NOTE Confidence: 0.96916574

00:39:27.775 --> 00:39:29.215 a hierarchy of targets. Right?

NOTE Confidence: 0.96916574

00:39:29.215 --> 00:39:30.575 And so your first targets

NOTE Confidence: 0.96916574

00:39:30.575 --> 00:39:31.455 are always going to be

NOTE Confidence: 0.96916574

00:39:31.455 --> 00:39:32.915 if there's like threatening behaviors

NOTE Confidence: 0.96916574

00:39:33.099 --> 00:39:34.060 And that that has to

NOTE Confidence: 0.96916574

00:39:34.140 --> 00:39:35.180 that we have to focus

NOTE Confidence: 0.96916574

00:39:35.180 --> 00:39:36.780 on those followed by anything

NOTE Confidence: 0.96916574

00:39:36.780 --> 00:39:38.219 that interferes with treatment before

NOTE Confidence: 0.96916574

00:39:38.219 --> 00:39:39.420 we even get into quality

NOTE Confidence: 0.96916574

00:39:39.420 --> 00:39:40.700 of life. And that providing

NOTE Confidence: 0.96916574

00:39:40.700 --> 00:39:41.440 that structure,

NOTE Confidence: 0.98430794

00:39:42.140 --> 00:39:43.900 and those guardrails to moving

NOTE Confidence: 0.98430794

00:39:43.900 --> 00:39:45.739 forward actually allows patients to,

NOTE Confidence: 0.98430794

00:39:45.739 --> 00:39:47.904 again, continue to engage even

NOTE Confidence: 0.98430794

00:39:47.904 --> 00:39:48.785 when there might be things

NOTE Confidence: 0.98430794

00:39:48.785 --> 00:39:50.565 that feel like higher priorities

NOTE Confidence: 0.98430794

00:39:50.625 --> 00:39:51.285 to them.

NOTE Confidence: 0.97295576

00:39:56.785 --> 00:39:57.664 When thinking about,

NOTE Confidence: 0.98303664

00:39:58.224 --> 00:39:59.585 where DBT has actually been

NOTE Confidence: 0.98303664

00:39:59.585 --> 00:40:01.700 effective, the positive is that

NOTE Confidence: 0.98303664

00:40:01.700 --> 00:40:02.739 it's been found to have

NOTE Confidence: 0.98303664

00:40:02.739 --> 00:40:04.339 an evidence base across different

NOTE Confidence: 0.98303664

00:40:04.339 --> 00:40:05.719 presentations of dysregulation,

NOTE Confidence: 0.98763907

00:40:06.819 --> 00:40:07.940 so we do see in

NOTE Confidence: 0.98763907

00:40:07.940 --> 00:40:09.319 terms of the research the

NOTE Confidence: 0.8915922

00:40:10.420 --> 00:40:11.700 the evidence base of it

NOTE Confidence: 0.8915922

00:40:11.700 --> 00:40:12.200 reducing

NOTE Confidence: 0.9707893

00:40:13.815 --> 00:40:15.655 experiences of suicidality and action

NOTE Confidence: 0.9707893

00:40:15.655 --> 00:40:16.635 on self harm.

NOTE Confidence: 0.9404973

00:40:16.935 --> 00:40:18.135 There has also been the

NOTE Confidence: 0.9404973

00:40:18.135 --> 00:40:19.114 research particularly

NOTE Confidence: 0.9633718

00:40:19.415 --> 00:40:20.375 in patients with,

NOTE Confidence: 0.95523363

00:40:20.855 --> 00:40:23.355 diagnoses of borderline personality disorder

NOTE Confidence: 0.95523363

00:40:23.494 --> 00:40:24.635 of reduced hospitalizations,

NOTE Confidence: 0.9708807

00:40:25.415 --> 00:40:27.175 related to suicidality or other

NOTE Confidence: 0.9708807

00:40:27.175 --> 00:40:28.075 high risk behaviors,

NOTE Confidence: 0.9939049

00:40:28.469 --> 00:40:29.910 and so in that way

NOTE Confidence: 0.9939049

00:40:29.910 --> 00:40:30.969 actually ends up

NOTE Confidence: 0.95555264

00:40:31.349 --> 00:40:32.469 despite the cost of the

NOTE Confidence: 0.95555264

00:40:32.469 --> 00:40:33.910 treatment itself being a cost

NOTE Confidence: 0.95555264

00:40:33.910 --> 00:40:35.130 saver for the systems

NOTE Confidence: 0.9617394

00:40:36.390 --> 00:40:37.770 of just mood lability

NOTE Confidence: 0.96029365

00:40:38.230 --> 00:40:39.510 in general, and so when

NOTE Confidence: 0.96029365

00:40:39.510 --> 00:40:40.630 we think about again what

NOTE Confidence: 0.96029365

00:40:40.630 --> 00:40:42.150 BPD tendencies might look like

NOTE Confidence: 0.96029365

00:40:42.150 --> 00:40:43.130 across the developmental

NOTE Confidence: 0.71344745

00:40:43.430 --> 00:40:43.930 spectrum.

NOTE Confidence: 0.94459087

00:40:44.964 --> 00:40:46.165 For depression and other mood

NOTE Confidence: 0.94459087

00:40:46.165 --> 00:40:48.165 disorders including bipolar disorder in

NOTE Confidence: 0.94459087

00:40:48.165 --> 00:40:49.925 terms of reduction again in

NOTE Confidence: 0.94459087

00:40:49.925 --> 00:40:50.984 high risk behaviors

NOTE Confidence: 0.8893404

00:40:51.285 --> 00:40:52.565 and as well as,

NOTE Confidence: 0.9962077

00:40:52.964 --> 00:40:53.785 the hospitalizations

NOTE Confidence: 0.8179627

00:40:54.645 --> 00:40:55.145 associated,

NOTE Confidence: 0.90331155

00:40:56.420 --> 00:40:57.940 and depress and ratings of

NOTE Confidence: 0.90331155

00:40:57.940 --> 00:40:58.440 depression,

NOTE Confidence: 0.9915832

00:40:59.220 --> 00:41:01.300 for anxiety disorders, for substance

NOTE Confidence: 0.9915832

00:41:01.300 --> 00:41:01.860 use disorders.

NOTE Confidence: 0.97668785

00:41:03.220 --> 00:41:04.920 For eating disorders, predominantly

NOTE Confidence: 0.9574802

00:41:05.220 --> 00:41:07.300 those of, dysregulation, so we're

NOTE Confidence: 0.9574802

00:41:07.300 --> 00:41:08.980 thinking more bulimia and binge

NOTE Confidence: 0.9574802

00:41:08.980 --> 00:41:09.480 eating.

NOTE Confidence: 0.937328

00:41:09.780 --> 00:41:11.320 There's as a plug a

NOTE Confidence: 0.937328

00:41:11.594 --> 00:41:13.035 DBT flipped on its head

NOTE Confidence: 0.937328

00:41:13.035 --> 00:41:14.555 called radically open DBT that's

NOTE Confidence: 0.937328

00:41:14.555 --> 00:41:16.315 used more for, over control

NOTE Confidence: 0.937328

00:41:16.315 --> 00:41:17.614 presentations like anorexia.

NOTE Confidence: 0.99280876

00:41:18.875 --> 00:41:20.395 But then traditional DBT also

NOTE Confidence: 0.99280876

00:41:20.395 --> 00:41:22.155 being effective with impulsivity and

NOTE Confidence: 0.99280876

00:41:22.155 --> 00:41:22.655 ADHD

NOTE Confidence: 0.9922356

00:41:22.955 --> 00:41:24.555 as well, and some research

NOTE Confidence: 0.9922356

00:41:24.555 --> 00:41:25.935 most recently on ADHD

NOTE Confidence: 0.95936155

00:41:26.510 --> 00:41:28.589 and then in, presentations of

NOTE Confidence: 0.95936155

00:41:28.589 --> 00:41:29.809 PTSD as well.

NOTE Confidence: 0.99376124

00:41:30.670 --> 00:41:32.030 But underlying all of these

NOTE Confidence: 0.99376124

00:41:32.030 --> 00:41:33.630 are the emotional and behavioral

NOTE Confidence: 0.99376124

00:41:33.630 --> 00:41:34.130 dysregulation,

NOTE Confidence: 0.98530436

00:41:35.390 --> 00:41:37.069 which is where actually the

NOTE Confidence: 0.98530436

00:41:37.069 --> 00:41:37.569 workbook,

NOTE Confidence: 0.92832756

00:41:38.109 --> 00:41:39.550 that that is often used

NOTE Confidence: 0.92832756

00:41:39.550 --> 00:41:40.750 it has been adapted for

NOTE Confidence: 0.92832756

00:41:40.750 --> 00:41:41.835 the idea of the complex

NOTE Confidence: 0.92832756

00:41:42.075 --> 00:41:43.195 PTSD as well. So if

NOTE Confidence: 0.92832756

00:41:43.195 --> 00:41:43.935 we're understanding

NOTE Confidence: 0.81090903

00:41:44.555 --> 00:41:45.055 how,

NOTE Confidence: 0.9571941

00:41:45.994 --> 00:41:47.675 some experiences of having,

NOTE Confidence: 0.9962934

00:41:48.714 --> 00:41:50.075 some complex trauma in our

NOTE Confidence: 0.9962934

00:41:50.075 --> 00:41:51.355 life may lead to emotional

NOTE Confidence: 0.9962934

00:41:51.355 --> 00:41:52.575 or behavioral dysregulation

NOTE Confidence: 0.9371991

00:41:53.114 --> 00:41:54.075 how then we can still

NOTE Confidence: 0.9371991

00:41:54.075 --> 00:41:55.375 build a life worth living.

NOTE Confidence: 0.9798445

00:41:57.860 --> 00:41:59.380 So importantly to that point,

NOTE Confidence: 0.9798445

00:41:59.620 --> 00:42:00.660 I did just wanna highlight

NOTE Confidence: 0.9798445

00:42:00.660 --> 00:42:01.300 one of the things that

NOTE Confidence: 0.9798445

00:42:01.300 --> 00:42:02.260 often comes up in the

NOTE Confidence: 0.9798445

00:42:02.260 --> 00:42:03.400 the work with the CPTSD

NOTE Confidence: 0.9845858

00:42:04.260 --> 00:42:05.460 is the how that actually

NOTE Confidence: 0.9845858

00:42:05.460 --> 00:42:06.980 looks like borderline tendencies in

NOTE Confidence: 0.9845858

00:42:06.980 --> 00:42:07.800 and of themselves,

NOTE Confidence: 0.9281738

00:42:08.420 --> 00:42:10.040 but where the treatment regardless

NOTE Confidence: 0.9281738

00:42:10.100 --> 00:42:10.875 of what we call it

NOTE Confidence: 0.9281738

00:42:10.955 --> 00:42:12.235 or what the diagnosis is

NOTE Confidence: 0.9281738

00:42:12.235 --> 00:42:13.435 where the where it can

NOTE Confidence: 0.9281738

00:42:13.435 --> 00:42:14.715 still be effective for that

NOTE Confidence: 0.9281738

00:42:14.715 --> 00:42:15.215 transdiagnostic

NOTE Confidence: 0.9391603

00:42:15.755 --> 00:42:16.255 application.

NOTE Confidence: 0.82882124

00:42:16.795 --> 00:42:18.155 So when we're thinking truly

NOTE Confidence: 0.82882124

00:42:18.155 --> 00:42:19.695 but about like DSM criteria

NOTE Confidence: 0.82882124

00:42:19.835 --> 00:42:20.575 with borderline,

NOTE Confidence: 0.9659522

00:42:20.875 --> 00:42:22.175 we're thinking about that unstable

NOTE Confidence: 0.9659522

00:42:22.235 --> 00:42:24.349 sense of self, unstable relationships,

NOTE Confidence: 0.9659522

00:42:24.569 --> 00:42:26.510 impulsive behaviors, fear of abandonment,

NOTE Confidence: 0.9659522

00:42:26.730 --> 00:42:28.190 the chronic sense of emptiness.

NOTE Confidence: 0.9175862

00:42:29.369 --> 00:42:31.049 Those with experiences of complex

NOTE Confidence: 0.9175862

00:42:31.049 --> 00:42:32.569 trauma have some similar kind

NOTE Confidence: 0.9175862

00:42:32.569 --> 00:42:33.849 of overlap in symptoms. They

NOTE Confidence: 0.9175862

00:42:33.849 --> 00:42:35.130 have negative views of sense

NOTE Confidence: 0.9175862

00:42:35.130 --> 00:42:36.650 of self, a difficulty trusting

NOTE Confidence: 0.9175862

00:42:36.650 --> 00:42:37.905 others, They have a hyper

NOTE Confidence: 0.9175862

00:42:37.905 --> 00:42:39.445 vigilance, often and intrusive

NOTE Confidence: 0.96816415

00:42:39.745 --> 00:42:40.705 thoughts that need to be

NOTE Confidence: 0.96816415

00:42:40.705 --> 00:42:41.665 addressed as well as the

NOTE Confidence: 0.96816415

00:42:41.665 --> 00:42:42.705 loss of their own belief

NOTE Confidence: 0.96816415

00:42:42.705 --> 00:42:43.205 system.

NOTE Confidence: 0.9295173

00:42:43.585 --> 00:42:45.105 And with these overlaps we

NOTE Confidence: 0.9295173

00:42:45.105 --> 00:42:46.945 still see avoidant and impulsive

NOTE Confidence: 0.9295173

00:42:46.945 --> 00:42:49.445 behaviors, difficulties, regulating emotions,

NOTE Confidence: 0.9446799

00:42:49.980 --> 00:42:51.739 depression, anxiety, and anger, and

NOTE Confidence: 0.9446799

00:42:51.739 --> 00:42:53.100 trauma, and all things that

NOTE Confidence: 0.9446799

00:42:53.100 --> 00:42:54.619 the the treatment can target.

NOTE Confidence: 0.9446799

00:42:54.619 --> 00:42:55.980 So it's often we get

NOTE Confidence: 0.9446799

00:42:55.980 --> 00:42:57.280 away from what is diagnostically

NOTE Confidence: 0.9446799

00:42:57.420 --> 00:42:58.719 going on, is there dysregulation

NOTE Confidence: 0.9747082

00:42:59.020 --> 00:43:00.300 happening, is there something that

NOTE Confidence: 0.9747082

00:43:00.300 --> 00:43:01.420 we need to target towards

NOTE Confidence: 0.9747082

00:43:01.420 --> 00:43:02.480 a life worth living.

NOTE Confidence: 0.96893793

00:43:05.445 --> 00:43:06.485 And so to that point,

NOTE Confidence: 0.96893793

00:43:06.485 --> 00:43:07.925 thinking about the applications across

NOTE Confidence: 0.96893793

00:43:07.925 --> 00:43:09.065 levels of care,

NOTE Confidence: 0.9896575

00:43:09.925 --> 00:43:11.205 while the treatment itself was

NOTE Confidence: 0.9896575

00:43:11.205 --> 00:43:13.364 originally developed outpatient, it has

NOTE Confidence: 0.9896575

00:43:13.364 --> 00:43:15.364 been, used and adapted at,

NOTE Confidence: 0.9553914

00:43:16.085 --> 00:43:18.245 in inpatient modalities, residential, and

NOTE Confidence: 0.9553914

00:43:18.245 --> 00:43:20.100 PHPs, and IOPs. So often

NOTE Confidence: 0.9553914

00:43:20.100 --> 00:43:21.380 they're adapting how we're teaching

NOTE Confidence: 0.9553914

00:43:21.380 --> 00:43:22.740 the skill curriculum in a

NOTE Confidence: 0.9553914

00:43:22.740 --> 00:43:24.340 truncated way. That was my

NOTE Confidence: 0.9553914

00:43:24.340 --> 00:43:25.700 first experience in grad school

NOTE Confidence: 0.9553914

00:43:25.700 --> 00:43:27.060 was working at a a

NOTE Confidence: 0.9553914

00:43:27.060 --> 00:43:29.080 DBT adherent PHP program,

NOTE Confidence: 0.9953184

00:43:29.380 --> 00:43:30.660 and and then thinking about

NOTE Confidence: 0.9953184

00:43:30.660 --> 00:43:31.940 how that that carried over

NOTE Confidence: 0.9953184

00:43:31.940 --> 00:43:33.400 into outpatient work.

NOTE Confidence: 0.96948045

00:43:34.644 --> 00:43:36.484 The gold standard being, again,

NOTE Confidence: 0.96948045

00:43:36.484 --> 00:43:38.404 the the comprehensive outpatient treatment,

NOTE Confidence: 0.96948045

00:43:38.404 --> 00:43:39.204 which if you think about

NOTE Confidence: 0.96948045

00:43:39.204 --> 00:43:40.085 is more like three to

NOTE Confidence: 0.96948045

00:43:40.085 --> 00:43:41.684 four contact hours a week,

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NOTE Confidence: 0.96948045

00:43:41.684 --> 00:43:43.125 so more than traditional just,

NOTE Confidence: 0.96948045

00:43:43.364 --> 00:43:44.265 weekly outpatient.

NOTE Confidence: 0.96055174

00:43:44.805 --> 00:43:46.244 And then the lower levels

NOTE Confidence: 0.96055174

00:43:46.244 --> 00:43:48.480 of care, DBT informed outpatient.

NOTE Confidence: 0.96055174

00:43:48.480 --> 00:43:49.440 How are we pulling some

NOTE Confidence: 0.96055174

00:43:49.440 --> 00:43:50.719 of this work into weekly

NOTE Confidence: 0.96055174

00:43:50.719 --> 00:43:51.219 therapy?

NOTE Confidence: 0.96067595

00:43:52.000 --> 00:43:53.840 Skills training only. So just

NOTE Confidence: 0.96067595

00:43:53.840 --> 00:43:55.920 focusing on on equipping folks

NOTE Confidence: 0.96067595

00:43:55.920 --> 00:43:57.840 with learning, the skills related

NOTE Confidence: 0.96067595

00:43:57.840 --> 00:43:58.739 to self regulation.

NOTE Confidence: 0.94704115

00:43:59.600 --> 00:44:00.560 And actually that's the work

NOTE Confidence: 0.94704115

00:44:00.560 --> 00:44:02.485 that's been done in SEL

NOTE Confidence: 0.94704115

00:44:02.485 --> 00:44:04.325 curriculum in school. And so

NOTE Confidence: 0.94704115

00:44:04.325 --> 00:44:05.525 some trainings that that I've

NOTE Confidence: 0.94704115

114

00:44:05.525 --> 00:44:06.245 done with some of our

NOTE Confidence: 0.94704115

00:44:06.245 --> 00:44:08.344 local schools here in Connecticut

NOTE Confidence: 0.94704115

00:44:08.565 --> 00:44:09.844 as well as in, New

NOTE Confidence: 0.94704115

00:44:09.844 --> 00:44:11.605 York. And the this one

NOTE Confidence: 0.94704115

00:44:11.605 --> 00:44:13.045 on the right just recently

NOTE Confidence: 0.94704115

00:44:13.045 --> 00:44:14.905 came out for elementary schools.

NOTE Confidence: 0.9422822

00:44:15.260 --> 00:44:16.140 The the one on the

NOTE Confidence: 0.9422822

00:44:16.140 --> 00:44:17.339 left, the steps a, has

NOTE Confidence: 0.9422822

00:44:17.339 --> 00:44:19.099 been, used the the last

NOTE Confidence: 0.9422822

00:44:19.099 --> 00:44:20.780 few years, and the idea

NOTE Confidence: 0.9422822

00:44:20.780 --> 00:44:22.060 being that this is just

NOTE Confidence: 0.9422822

00:44:22.060 --> 00:44:23.660 as important to one's kind

NOTE Confidence: 0.9422822

00:44:23.660 --> 00:44:25.520 of health curriculum than anything

NOTE Confidence: 0.9765037

00:44:25.980 --> 00:44:26.940 else. Right? And so if

NOTE Confidence: 0.9765037

00:44:26.940 --> 00:44:29.119 we're learning throughout the education

NOTE Confidence: 0.9085425

00:44:29.420 --> 00:44:30.160 how to

NOTE Confidence: 0.9467615

00:44:30.915 --> 00:44:32.114 be mindful, how to tolerate

NOTE Confidence: 0.9467615

00:44:32.114 --> 00:44:33.715 distress, how to regulate emotions

NOTE Confidence: 0.9467615

00:44:33.715 --> 00:44:35.715 and be interpersonally effective that

NOTE Confidence: 0.9467615

00:44:35.715 --> 00:44:37.415 that can really change trajectory.

NOTE Confidence: 0.9873339

00:44:43.119 --> 00:44:45.200 So thinking about then how

NOTE Confidence: 0.9873339

00:44:45.200 --> 00:44:46.099 the comprehensive

NOTE Confidence: 0.97851

00:44:46.400 --> 00:44:48.239 treatment itself varies from what

NOTE Confidence: 0.97851

00:44:48.239 --> 00:44:49.040 might be some of the

NOTE Confidence: 0.97851

00:44:49.040 --> 00:44:50.080 lower levels of care or

NOTE Confidence: 0.97851

00:44:50.080 --> 00:44:51.300 just informed models,

NOTE Confidence: 0.9863074

00:44:52.239 --> 00:44:53.680 the adherent model for it

NOTE Confidence: 0.9863074

00:44:53.680 --> 00:44:54.180 to

NOTE Confidence: 0.9827076

00:44:54.560 --> 00:44:56.560 truly be DBT is recommended

NOTE Confidence: 0.9827076

00:44:56.560 --> 00:44:58.099 for the higher risk presentations.

NOTE Confidence: 0.918694

00:44:59.125 --> 00:45:01.205 All four modes are required.

NOTE Confidence: 0.918694

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00:45:01.205 --> 00:45:03.125 So the individual therapy, separate

NOTE Confidence: 0.918694

00:45:03.125 --> 00:45:04.965 skills training, consulting for the

NOTE Confidence: 0.918694

00:45:04.965 --> 00:45:06.905 therapist, and intersession coaching.

NOTE Confidence: 0.9809689

00:45:07.925 --> 00:45:08.565 To the point of the

NOTE Confidence: 0.9809689

00:45:08.565 --> 00:45:10.085 commitment, it requires a commitment

NOTE Confidence: 0.9809689

00:45:10.085 --> 00:45:11.250 of at least six months.

NOTE Confidence: 0.9809689

00:45:11.330 --> 00:45:12.850 Now you may spend months

NOTE Confidence: 0.9809689

00:45:12.850 --> 00:45:14.310 even in that that pretreatment

NOTE Confidence: 0.9809689

00:45:14.530 --> 00:45:16.450 commitment phase first, and it's

NOTE Confidence: 0.9809689

00:45:16.450 --> 00:45:17.650 the most effective, right, because

NOTE Confidence: 0.9809689

00:45:17.650 --> 00:45:18.950 we're having, the

NOTE Confidence: 0.99430335

00:45:19.330 --> 00:45:21.090 having it tied in, and

NOTE Confidence: 0.99430335

00:45:21.090 --> 00:45:22.550 and having that buy in.

NOTE Confidence: 0.97722465

00:45:23.545 --> 00:45:25.385 DBT informed treatment can be

NOTE Confidence: 0.97722465

00:45:25.385 --> 00:45:26.585 appropriate for patients with less

NOTE Confidence: 0.97722465

00:45:26.585 --> 00:45:28.665 severe presentations. It incorporates some

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NOTE Confidence: 0.97722465

00:45:28.665 --> 00:45:29.645 but not all,

NOTE Confidence: 0.9507723

00:45:30.265 --> 00:45:32.025 components, and there's no specific

NOTE Confidence: 0.9507723

00:45:32.025 --> 00:45:32.765 time commitment,

NOTE Confidence: 0.9877345

00:45:33.385 --> 00:45:34.585 but it still helps with

NOTE Confidence: 0.9877345

00:45:34.585 --> 00:45:36.265 relationships and coaching. Right? And

NOTE Confidence: 0.9877345

00:45:36.265 --> 00:45:37.110 so if you don't have

NOTE Confidence: 0.9877345

00:45:37.190 --> 00:45:38.150 that commitment and buy in

NOTE Confidence: 0.9877345

00:45:38.150 --> 00:45:39.110 there's still the ways to

NOTE Confidence: 0.9877345

00:45:39.110 --> 00:45:40.150 bring in some of these

NOTE Confidence: 0.9877345

00:45:40.150 --> 00:45:41.910 really evidence informed kind of

NOTE Confidence: 0.9877345

00:45:41.910 --> 00:45:43.750 pieces to, to help it

NOTE Confidence: 0.9877345

00:45:43.750 --> 00:45:45.210 be most effective for patients.

NOTE Confidence: 0.98687947

00:45:47.590 --> 00:45:48.710 And so thinking about the

NOTE Confidence: 0.98687947

00:45:48.710 --> 00:45:50.265 relevance for today's youth,

NOTE Confidence: 0.9503232

00:45:50.744 --> 00:45:52.904 and and why I've continued

NOTE Confidence: 0.9503232

00:45:52.904 --> 00:45:53.785 to have a passion for

NOTE Confidence: 0.9503232

00:45:53.785 --> 00:45:54.984 I think the treatment approach

NOTE Confidence: 0.9503232

00:45:54.984 --> 00:45:55.484 itself

NOTE Confidence: 0.9490205

00:45:55.785 --> 00:45:57.785 is its effectiveness for patients

NOTE Confidence: 0.9490205

00:45:57.785 --> 00:45:59.005 with higher risk presentations

NOTE Confidence: 0.8098061

00:45:59.464 --> 00:45:59.964 are,

NOTE Confidence: 0.95217496

00:46:00.505 --> 00:46:01.545 we continue to see the

NOTE Confidence: 0.95217496

00:46:01.545 --> 00:46:03.244 complexity of youth mental health

NOTE Confidence: 0.8368729

00:46:05.110 --> 00:46:06.190 increasing, right? We're continuing to

NOTE Confidence: 0.8368729

00:46:06.190 --> 00:46:06.934 see an increase in the

NOTE Confidence: 0.8368729

00:46:06.934 --> 00:46:07.750 severity of presentations. We've seen

NOTE Confidence: 0.8368729

00:46:07.750 --> 00:46:09.210 that since pre pandemic,

NOTE Confidence: 0.83576536

00:46:09.670 --> 00:46:11.350 but especially now and and

NOTE Confidence: 0.83576536

00:46:11.350 --> 00:46:12.330 with the evolving

NOTE Confidence: 0.9596836

00:46:12.790 --> 00:46:14.150 escalations in our world and

NOTE Confidence: 0.9596836

00:46:14.150 --> 00:46:15.350 the complexity of what our

NOTE Confidence: 0.9596836

00:46:15.350 --> 00:46:16.550 our youth are are having

NOTE Confidence: 0.9596836

00:46:16.550 --> 00:46:17.210 to navigate.

NOTE Confidence: 0.9475441

00:46:18.645 --> 00:46:19.844 That it allows us to

NOTE Confidence: 0.9475441

00:46:19.844 --> 00:46:21.844 to, again, address mood lability

NOTE Confidence: 0.9475441

00:46:21.844 --> 00:46:22.585 and dysregulation

NOTE Confidence: 0.96255314

00:46:22.885 --> 00:46:23.385 transdiagnostically,

NOTE Confidence: 0.99748325

00:46:24.565 --> 00:46:26.005 and that that can hit

NOTE Confidence: 0.99748325

00:46:26.085 --> 00:46:27.205 be helpful for a number

NOTE Confidence: 0.99748325

00:46:27.205 --> 00:46:27.864 of presentations

NOTE Confidence: 0.959642

00:46:28.165 --> 00:46:29.685 and the idea of learning

NOTE Confidence: 0.959642

00:46:29.685 --> 00:46:31.125 how to effectively regulate your

NOTE Confidence: 0.959642

00:46:31.125 --> 00:46:32.610 emotions benefits all of us.

NOTE Confidence: 0.9296508

00:46:33.810 --> 00:46:34.770 I always I always say

NOTE Confidence: 0.9296508

00:46:34.770 --> 00:46:35.430 that it's,

NOTE Confidence: 0.9634538

00:46:37.330 --> 00:46:38.770 it's humbling to teach the

NOTE Confidence: 0.9634538

00:46:38.770 --> 00:46:40.450 skills themselves because I always

NOTE Confidence: 0.9634538

00:46:40.450 --> 00:46:41.570 catch myself of, like, I

NOTE Confidence: 0.9634538

00:46:41.570 --> 00:46:42.610 didn't do that this week.

NOTE Confidence: 0.9634538

00:46:42.610 --> 00:46:43.410 Right? Like, of any of

NOTE Confidence: 0.9634538

00:46:43.410 --> 00:46:44.290 the skill that I'm teaching,

NOTE Confidence: 0.9634538

00:46:44.290 --> 00:46:45.330 so it's always helpful for

NOTE Confidence: 0.9634538

00:46:45.330 --> 00:46:46.370 any of us to to

NOTE Confidence: 0.9634538

00:46:46.370 --> 00:46:47.810 revisit and to to bolster

NOTE Confidence: 0.9634538

00:46:47.810 --> 00:46:48.495 those skills.

NOTE Confidence: 0.96284413

00:46:49.775 --> 00:46:51.135 The greater understanding of the

NOTE Confidence: 0.96284413

00:46:51.135 --> 00:46:52.575 nuances of a history of

NOTE Confidence: 0.96284413

00:46:52.575 --> 00:46:54.015 complex trauma, right, whether there

NOTE Confidence: 0.96284413

00:46:54.015 --> 00:46:55.375 is trauma with a capital

NOTE Confidence: 0.96284413

00:46:55.375 --> 00:46:57.375 t, in somebody's history or

NOTE Confidence: 0.96284413

00:46:57.375 --> 00:46:58.895 more experience with that chronic

NOTE Confidence: 0.96284413

00:46:58.895 --> 00:46:59.395 invalidation

00:46:59.695 --> 00:47:00.655 and how that may lead

00:47:00.655 --> 00:47:02.115 to presentations of dysregulation

00:47:02.859 --> 00:47:04.400 throughout one's life developmentally.

00:47:06.780 --> 00:47:08.060 Relevance of the importance of

00:47:08.060 --> 00:47:09.359 the systems perspective.

00:47:10.060 --> 00:47:11.339 It is one of the

00:47:11.339 --> 00:47:12.619 treatment approaches that I I

00:47:12.619 --> 00:47:13.820 do think lends well with

00:47:13.820 --> 00:47:14.940 when we're thinking about how

00:47:14.940 --> 00:47:15.820 do we address both the

00:47:15.820 --> 00:47:17.280 system and for the individual

00:47:17.420 --> 00:47:18.505 so that we can teach

00:47:18.505 --> 00:47:20.185 youth again learning these skills

00:47:20.185 --> 00:47:21.545 to self regulate and work

00:47:21.545 --> 00:47:22.744 with the families on creating

00:47:22.744 --> 00:47:24.045 a more validating environment.

NOTE Confidence: 0.9625578

00:47:27.065 --> 00:47:28.344 That there's some very unique

NOTE Confidence: 0.9625578

00:47:28.344 --> 00:47:30.425 skill deficits with, today's youth

NOTE Confidence: 0.9625578

00:47:30.425 --> 00:47:31.545 when we're thinking about how

NOTE Confidence: 0.9625578

00:47:31.545 --> 00:47:32.700 they're growing up on phones

NOTE Confidence: 0.9625578

00:47:32.700 --> 00:47:33.900 and with screens and things

NOTE Confidence: 0.9625578

00:47:33.900 --> 00:47:34.700 of that some of the

NOTE Confidence: 0.9625578

00:47:34.700 --> 00:47:36.540 challenges with mindfulness and some

NOTE Confidence: 0.9625578

00:47:36.540 --> 00:47:38.320 inabilities to tolerate distress,

NOTE Confidence: 0.96872723

00:47:38.780 --> 00:47:39.980 or to spend time away

NOTE Confidence: 0.96872723

00:47:39.980 --> 00:47:42.380 from more stimulating activities and

NOTE Confidence: 0.96872723

00:47:42.380 --> 00:47:43.500 that those are really important

NOTE Confidence: 0.96872723

00:47:43.500 --> 00:47:44.640 skills to be bolstering.

NOTE Confidence: 0.9708014

00:47:45.385 --> 00:47:46.345 And then to that point

NOTE Confidence: 0.9708014

00:47:46.345 --> 00:47:48.185 that there's this really just

NOTE Confidence: 0.9708014

00:47:48.185 --> 00:47:49.705 kind of chronically mismatch with

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NOTE Confidence: 0.9708014

00:47:49.705 --> 00:47:51.225 the environment. Right? Today's youth

NOTE Confidence: 0.9708014

00:47:51.225 --> 00:47:52.345 grow up in a completely

NOTE Confidence: 0.9708014

00:47:52.345 --> 00:47:53.625 different context than any of

NOTE Confidence: 0.9708014

00:47:53.625 --> 00:47:54.665 us. Right? And and what

NOTE Confidence: 0.9708014

00:47:54.665 --> 00:47:55.645 it's like developmentally

NOTE Confidence: 0.9660258

00:47:56.185 --> 00:47:57.705 to to have the screen

NOTE Confidence: 0.9660258

00:47:57.705 --> 00:47:59.465 so available, social media, all

NOTE Confidence: 0.9660258

00:47:59.465 --> 00:48:00.640 of these things. And so

NOTE Confidence: 0.9660258

00:48:00.640 --> 00:48:01.840 there is this inherent kind

NOTE Confidence: 0.9660258

00:48:01.840 --> 00:48:03.380 of mismatch with the environment,

NOTE Confidence: 0.999238

00:48:03.760 --> 00:48:05.520 and learning to effectively regulate

NOTE Confidence: 0.999238

00:48:05.520 --> 00:48:06.560 any of the big feelings

NOTE Confidence: 0.999238

00:48:06.560 --> 00:48:08.020 about that being so important.

NOTE Confidence: 0.9801699

00:48:11.360 --> 00:48:13.140 Thinking about the barriers themselves,

NOTE Confidence: 0.91978997

00:48:13.864 --> 00:48:15.305 there's a number despite it

NOTE Confidence: 0.91978997

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00:48:15.305 --> 00:48:16.425 being a wonderful treatment.

NOTE Confidence: 0.98569006

00:48:17.065 --> 00:48:18.665 There's a a number that

NOTE Confidence: 0.98569006

00:48:18.665 --> 00:48:19.704 we that we'll hit on

NOTE Confidence: 0.98569006

00:48:19.704 --> 00:48:20.585 of just what can get

NOTE Confidence: 0.98569006

00:48:20.585 --> 00:48:21.224 in the way of the

NOTE Confidence: 0.98569006

00:48:21.224 --> 00:48:21.724 implementation

NOTE Confidence: 0.9262717

00:48:22.265 --> 00:48:23.944 and one, paper that I

NOTE Confidence: 0.9262717

00:48:23.944 --> 00:48:25.305 put out with Andres, actually,

NOTE Confidence: 0.9262717

00:48:25.305 --> 00:48:26.665 just as a clinical perspective

NOTE Confidence: 0.9262717

00:48:26.665 --> 00:48:27.785 a couple years ago about

NOTE Confidence: 0.9262717

00:48:27.785 --> 00:48:28.890 some of the barriers to

NOTE Confidence: 0.9262717

00:48:28.969 --> 00:48:29.450 accessing,

NOTE Confidence: 0.9808731

00:48:29.849 --> 00:48:30.349 DBT

NOTE Confidence: 0.9217123

00:48:30.650 --> 00:48:32.510 especially among youth with experiences

NOTE Confidence: 0.9217123

00:48:32.569 --> 00:48:33.230 of racism,

NOTE Confidence: 0.9837015

00:48:33.690 --> 00:48:35.130 and what we highlight in

NOTE Confidence: 0.9837015

00:48:35.130 --> 00:48:35.710 the article,

NOTE Confidence: 0.9983272

00:48:36.170 --> 00:48:37.069 kind of transcends

NOTE Confidence: 0.97279876

00:48:37.369 --> 00:48:38.969 just that specific population, but

NOTE Confidence: 0.97279876

00:48:38.969 --> 00:48:40.089 what makes it a barrier

NOTE Confidence: 0.97279876

00:48:40.089 --> 00:48:40.589 of,

NOTE Confidence: 0.9992625

00:48:41.015 --> 00:48:42.295 to to be implementing this

NOTE Confidence: 0.9992625

00:48:42.295 --> 00:48:43.594 more comprehensive treatment

NOTE Confidence: 0.98794526

00:48:44.135 --> 00:48:45.735 of the cost of the

NOTE Confidence: 0.98794526

00:48:45.735 --> 00:48:47.015 training and the treatment in

NOTE Confidence: 0.98794526

00:48:47.015 --> 00:48:48.135 terms of both time and

NOTE Confidence: 0.98794526

00:48:48.135 --> 00:48:49.575 financially. Right? It takes a

NOTE Confidence: 0.98794526

00:48:49.575 --> 00:48:50.455 long time to be trained

NOTE Confidence: 0.98794526

00:48:50.455 --> 00:48:52.075 in a very comprehensive treatment.

NOTE Confidence: 0.9731747

00:48:53.109 --> 00:48:54.469 The multi component nature of

NOTE Confidence: 0.9731747

00:48:54.469 --> 00:48:55.589 it, it's a lot to

NOTE Confidence: 0.9731747

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00:48:55.589 --> 00:48:56.950 ask families to commit to,

NOTE Confidence: 0.9731747

00:48:56.950 --> 00:48:58.070 like, four hours a week

NOTE Confidence: 0.9731747

00:48:58.070 --> 00:48:58.869 in a sense. Right? That

NOTE Confidence: 0.9731747

00:48:58.869 --> 00:48:59.750 you have to have skills

NOTE Confidence: 0.9731747

00:48:59.750 --> 00:49:01.589 group and individual therapy and

NOTE Confidence: 0.9731747

00:49:01.589 --> 00:49:03.109 the buy in. So it's

NOTE Confidence: 0.9731747

00:49:03.109 --> 00:49:04.390 also what why it's what

NOTE Confidence: 0.9731747

00:49:04.390 --> 00:49:05.589 makes it effective. It also

NOTE Confidence: 0.9731747

00:49:05.589 --> 00:49:06.489 causes barriers.

NOTE Confidence: 0.988697

00:49:08.045 --> 00:49:09.085 One of the big issues

NOTE Confidence: 0.988697

00:49:09.085 --> 00:49:10.844 insurance wise is that there's

NOTE Confidence: 0.988697

00:49:10.844 --> 00:49:11.805 a lot of components that

NOTE Confidence: 0.988697

00:49:11.805 --> 00:49:13.885 aren't covered, financially and why

NOTE Confidence: 0.988697

00:49:13.885 --> 00:49:15.005 often DBT is done in

NOTE Confidence: 0.988697

00:49:15.005 --> 00:49:16.065 private pay settings,

NOTE Confidence: 0.9673298

00:49:16.445 --> 00:49:17.985 because while you will get,

NOTE Confidence: 0.9673298

00:49:18.205 --> 00:49:19.885 of course, you we'd all

NOTE Confidence: 0.9673298

00:49:19.885 --> 00:49:21.165 know the CPT codes for

NOTE Confidence: 0.9673298

00:49:21.165 --> 00:49:22.145 individual therapy.

NOTE Confidence: 0.96045685

00:49:22.530 --> 00:49:23.810 There are no CPT codes

NOTE Confidence: 0.96045685

00:49:23.810 --> 00:49:25.170 for phone coaching or consult

NOTE Confidence: 0.96045685

00:49:25.170 --> 00:49:26.290 team which are a crucial

NOTE Confidence: 0.96045685

00:49:26.290 --> 00:49:26.530 part,

NOTE Confidence: 0.9562646

00:49:27.330 --> 00:49:28.850 component of the treatment. And

NOTE Confidence: 0.9562646

00:49:28.850 --> 00:49:30.290 then also skills training,

NOTE Confidence: 0.97087705

00:49:30.690 --> 00:49:32.230 receives very low reimbursement,

NOTE Confidence: 0.9506346

00:49:32.770 --> 00:49:34.130 rates. And it's often a

NOTE Confidence: 0.9506346

00:49:34.130 --> 00:49:35.330 a conversation on on the

NOTE Confidence: 0.9506346

00:49:35.330 --> 00:49:36.850 DBT listservs of what to

NOTE Confidence: 0.9506346

00:49:36.850 --> 00:49:37.730 do about that especially at

NOTE Confidence: 0.9506346

00:49:37.730 --> 00:49:38.895 mental health clinics.

NOTE Confidence: 0.9602411

00:49:40.555 --> 00:49:41.995 What is required in terms

NOTE Confidence: 0.9602411

00:49:41.995 --> 00:49:43.355 of for adherence is a

NOTE Confidence: 0.9602411

00:49:43.355 --> 00:49:44.715 lot, in order to become

NOTE Confidence: 0.9602411

00:49:44.715 --> 00:49:46.075 an adherently trained,

NOTE Confidence: 0.97051644

00:49:46.475 --> 00:49:48.315 provider and that there's then

NOTE Confidence: 0.97051644

00:49:48.315 --> 00:49:48.815 understandable

NOTE Confidence: 0.96978456

00:49:49.275 --> 00:49:51.114 discomfort and fear withholding higher

NOTE Confidence: 0.96978456

00:49:51.114 --> 00:49:52.155 risk patients at a lower

NOTE Confidence: 0.96978456

00:49:52.155 --> 00:49:53.619 level of, of care, especially

NOTE Confidence: 0.96978456

00:49:53.619 --> 00:49:54.660 one that's been a different

NOTE Confidence: 0.96978456

00:49:54.660 --> 00:49:56.100 way of navigating high risk

NOTE Confidence: 0.96978456

00:49:56.100 --> 00:49:57.380 behaviors than than one may

NOTE Confidence: 0.96978456

00:49:57.380 --> 00:49:59.060 traditionally be used to. And

NOTE Confidence: 0.96978456

00:49:59.060 --> 00:49:59.880 then the burnout,

NOTE Confidence: 0.9887562

00:50:00.340 --> 00:50:01.700 working with high risk patients,

NOTE Confidence: 0.9899106

00:50:02.100 --> 00:50:03.560 it can be burnout inducing.

NOTE Confidence: 0.90176314

00:50:04.340 --> 00:50:05.780 Interestingly, so there's been some

NOTE Confidence: 0.90176314

00:50:05.780 --> 00:50:07.380 research on four patients working

NOTE Confidence: 0.90176314

00:50:07.380 --> 00:50:08.515 with suicidal,

NOTE Confidence: 0.9684452

00:50:09.455 --> 00:50:11.135 patients for providers working with

NOTE Confidence: 0.9684452

00:50:11.135 --> 00:50:12.655 suicidal patients that being trained

NOTE Confidence: 0.9684452

00:50:12.655 --> 00:50:14.335 in DBT reduces burnout, but

NOTE Confidence: 0.9684452

00:50:14.335 --> 00:50:15.614 just working with that population

NOTE Confidence: 0.9684452

00:50:15.614 --> 00:50:17.715 in general, is burnout inducing.

NOTE Confidence: 0.9899788

00:50:19.775 --> 00:50:20.735 And so where we go

NOTE Confidence: 0.9899788

00:50:20.735 --> 00:50:21.475 from here,

NOTE Confidence: 0.9917021

00:50:21.855 --> 00:50:22.515 and and

NOTE Confidence: 0.9561829

00:50:22.920 --> 00:50:24.200 even with thinking about all

NOTE Confidence: 0.9561829

00:50:24.200 --> 00:50:25.719 those barriers, but we're kind

NOTE Confidence: 0.9561829

00:50:25.719 --> 00:50:26.859 of hoping to go,

NOTE Confidence: 0.9359602

00:50:27.239 --> 00:50:28.200 thinking about some of the

NOTE Confidence: 0.9359602

00:50:28.200 --> 00:50:30.300 efforts that made with colleagues

NOTE Confidence: 0.9359602

00:50:30.359 --> 00:50:31.640 here at the Child Study

NOTE Confidence: 0.9359602

00:50:31.640 --> 00:50:32.140 Center.

NOTE Confidence: 0.97130144

00:50:33.000 --> 00:50:34.300 In terms of clinically,

NOTE Confidence: 0.9379231

00:50:34.839 --> 00:50:35.715 in the past past we've

NOTE Confidence: 0.9379231

00:50:35.715 --> 00:50:36.835 worked with Michelle and we've

NOTE Confidence: 0.9379231

00:50:36.835 --> 00:50:38.755 had outpatient skills groups. I

NOTE Confidence: 0.9379231

00:50:38.755 --> 00:50:40.035 don't believe any currently running

NOTE Confidence: 0.9379231

00:50:40.035 --> 00:50:41.235 but we had though weren't

NOTE Confidence: 0.9379231

00:50:41.235 --> 00:50:42.755 able to do multifamily. We've

NOTE Confidence: 0.9379231

00:50:42.755 --> 00:50:43.955 tried both having the teen

NOTE Confidence: 0.9379231

00:50:43.955 --> 00:50:45.715 and parent equivalent, even doing

NOTE Confidence: 0.9379231

00:50:45.715 --> 00:50:47.395 single drop in, skill session

NOTE Confidence: 0.9379231

00:50:47.395 --> 00:50:47.895 groups.

NOTE Confidence: 0.96358526

00:50:48.869 --> 00:50:49.829 Laurie and I had worked

NOTE Confidence: 0.96358526

00:50:49.829 --> 00:50:51.510 on doing some DBT informed

NOTE Confidence: 0.96358526

00:50:51.510 --> 00:50:52.869 skills training on the inpatient

NOTE Confidence: 0.96358526

00:50:52.869 --> 00:50:53.989 unit, and we thought about

NOTE Confidence: 0.96358526

00:50:53.989 --> 00:50:55.030 the to that point co

NOTE Confidence: 0.96358526

00:50:55.030 --> 00:50:56.710 facilitation by fellows to be

NOTE Confidence: 0.96358526

00:50:56.710 --> 00:50:57.829 learning about some of the

NOTE Confidence: 0.96358526

00:50:57.829 --> 00:50:59.770 skills, in the clinical implementation.

NOTE Confidence: 0.8923871

00:51:00.945 --> 00:51:02.225 We continue to have skills

NOTE Confidence: 0.8923871

00:51:02.225 --> 00:51:02.705 seminars.

NOTE Confidence: 0.9754414

00:51:03.425 --> 00:51:04.725 So we have an ongoing

NOTE Confidence: 0.9754414

00:51:04.785 --> 00:51:05.985 seminar right now that I

NOTE Confidence: 0.9754414

00:51:05.985 --> 00:51:07.025 teach with our fellows on

NOTE Confidence: 0.9754414

00:51:07.025 --> 00:51:08.385 Friday afternoons for anybody who

NOTE Confidence: 0.9754414

00:51:08.385 --> 00:51:09.665 wants to join, on the

NOTE Confidence: 0.9754414

00:51:09.665 --> 00:51:11.825 skills curriculum, and we, do

NOTE Confidence: 0.9754414

00:51:11.825 --> 00:51:13.185 that with, some of the

NOTE Confidence: 0.9754414

00:51:13.185 --> 00:51:14.005 the clinical,

NOTE Confidence: 0.7815915

00:51:14.705 --> 00:51:14.750 faculty as well, and successfully

NOTE Confidence: 0.7815915

00:51:14.750 --> 00:51:14.788 did that last spring and

NOTE Confidence: 0.7815915

00:51:14.788 --> 00:51:14.827 something that there's been a

NOTE Confidence: 0.7815915

00:51:14.827 --> 00:51:14.864 lot of interest in in

NOTE Confidence: 0.7815915

00:51:14.864 --> 00:51:15.925 having ongoing.

NOTE Confidence: 0.80879265

00:51:16.620 --> 00:51:18.820 Something that there's been a

NOTE Confidence: 0.80879265

00:51:18.820 --> 00:51:19.820 lot of interest in in

NOTE Confidence: 0.80879265

00:51:19.820 --> 00:51:20.940 having ongoing and then some

NOTE Confidence: 0.80879265

00:51:20.940 --> 00:51:22.000 individual supervision

NOTE Confidence: 0.9028983

00:51:22.460 --> 00:51:23.840 and mentorship in the area.

NOTE Confidence: 0.8448018

00:51:24.780 --> 00:51:25.820 And then in terms of

NOTE Confidence: 0.8448018

00:51:25.820 --> 00:51:27.580 thinking about how we enter

NOTE Confidence: 0.8448018

00:51:27.580 --> 00:51:28.860 or have integrated this in

NOTE Confidence: 0.8448018

00:51:28.860 --> 00:51:29.760 into the research,

NOTE Confidence: 0.95940655

00:51:30.060 --> 00:51:31.035 working with our high risk

NOTE Confidence: 0.95940655

00:51:31.275 --> 00:51:32.815 populations in the interventional

NOTE Confidence: 0.98986673

00:51:33.194 --> 00:51:35.214 psychiatry and treatment resistant depression

NOTE Confidence: 0.98986673

00:51:35.275 --> 00:51:35.775 team,

NOTE Confidence: 0.9553028

00:51:36.075 --> 00:51:36.954 and where some of the

NOTE Confidence: 0.9553028

00:51:36.954 --> 00:51:38.234 the skill components come in

NOTE Confidence: 0.9553028

00:51:38.234 --> 00:51:39.755 there, and also some of

NOTE Confidence: 0.9553028

00:51:39.755 --> 00:51:41.055 the game based research,

NOTE Confidence: 0.9767106

00:51:41.515 --> 00:51:42.555 that actually with some of

NOTE Confidence: 0.9767106

00:51:42.555 --> 00:51:43.855 our colleagues in pediatrics,

NOTE Confidence: 0.97347546

00:51:44.550 --> 00:51:46.150 Deepa and Kim, who I

NOTE Confidence: 0.97347546

00:51:46.150 --> 00:51:47.190 know many of the folks

NOTE Confidence: 0.97347546

00:51:47.190 --> 00:51:48.390 here know, and the VR

NOTE Confidence: 0.97347546

00:51:48.390 --> 00:51:48.890 team,

NOTE Confidence: 0.878108

00:51:49.190 --> 00:51:50.870 recently got a a r

NOTE Confidence: 0.878108

00:51:50.870 --> 00:51:52.790 o one, specifically on smoking

NOTE Confidence: 0.878108

00:51:52.790 --> 00:51:53.290 cessation,

NOTE Confidence: 0.9148229

00:51:54.230 --> 00:51:55.510 that we're actually doing DBT

NOTE Confidence: 0.9148229

00:51:55.510 --> 00:51:56.890 skills and and teaching,

NOTE Confidence: 0.7875624

00:51:57.190 --> 00:51:57.675 youth,

NOTE Confidence: 0.99658835

00:51:58.235 --> 00:51:59.515 DBT skills as a way

NOTE Confidence: 0.99658835

00:51:59.515 --> 00:52:01.114 of regulating emotions to prevent,

NOTE Confidence: 0.99928623

00:52:01.515 --> 00:52:02.815 any substance use.

NOTE Confidence: 0.9925354

00:52:04.555 --> 00:52:05.355 So in terms of the

NOTE Confidence: 0.9925354

00:52:05.355 --> 00:52:07.275 future directions for there, hoping

NOTE Confidence: 0.9925354

00:52:07.275 --> 00:52:08.395 that there will continue to

NOTE Confidence: 0.9925354

00:52:08.395 --> 00:52:09.135 be opportunities

NOTE Confidence: 0.98115665

00:52:09.515 --> 00:52:11.195 for additional DBT and DBT

NOTE Confidence: 0.98115665

00:52:11.195 --> 00:52:12.175 informed programming.

NOTE Confidence: 0.9547983

00:52:12.875 --> 00:52:14.040 I think our best way

NOTE Confidence: 0.9547983

00:52:14.040 --> 00:52:15.400 into that is by trying

NOTE Confidence: 0.9547983

00:52:15.400 --> 00:52:16.120 to figure out how do

NOTE Confidence: 0.9547983

00:52:16.120 --> 00:52:17.000 we latch on to those

NOTE Confidence: 0.9547983

00:52:17.000 --> 00:52:18.440 mechanisms of change, right? There's

NOTE Confidence: 0.9547983

00:52:18.440 --> 00:52:19.560 so many pieces to the

NOTE Confidence: 0.9547983

00:52:19.560 --> 00:52:20.600 treatment, but how do we

NOTE Confidence: 0.9547983

00:52:20.600 --> 00:52:21.719 really latch on to to

NOTE Confidence: 0.9547983

00:52:21.719 --> 00:52:22.860 what we know is effective?

NOTE Confidence: 0.97071916

00:52:24.280 --> 00:52:25.800 Opportunities for more teaching and

NOTE Confidence: 0.97071916

00:52:25.800 --> 00:52:28.045 training, more, more seminars. I'm

NOTE Confidence: 0.97071916

00:52:28.045 --> 00:52:29.085 always happy to talk with

NOTE Confidence: 0.97071916

00:52:29.085 --> 00:52:30.364 folks about any interest in

NOTE Confidence: 0.97071916

00:52:30.364 --> 00:52:32.864 those. The into continual integration

NOTE Confidence: 0.97071916

00:52:32.925 --> 00:52:34.125 into some of our research

NOTE Confidence: 0.97071916

00:52:34.125 --> 00:52:35.885 trials and partnerships both with

NOTE Confidence: 0.97071916

00:52:35.885 --> 00:52:37.185 our colleagues in the department

NOTE Confidence: 0.97071916

00:52:37.245 --> 00:52:38.925 department of psychiatry with the

NOTE Confidence: 0.97071916

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00:52:38.925 --> 00:52:40.844 the formal DBT program as

NOTE Confidence: 0.97071916

00:52:40.844 --> 00:52:42.305 well as at other sites.

NOTE Confidence: 0.7415576

00:52:52.390 --> 00:52:53.370 Yeah. Any questions?

NOTE Confidence: 0.9374543

00:53:03.414 --> 00:53:04.535 Hello? We have time for

NOTE Confidence: 0.9374543

00:53:04.535 --> 00:53:05.434 questions. Laurie.

NOTE Confidence: 0.9912365

00:53:10.040 --> 00:53:11.420 Thank you for that exceptional

NOTE Confidence: 0.9912365

00:53:11.560 --> 00:53:12.060 overview.

NOTE Confidence: 0.92649555

00:53:12.360 --> 00:53:14.120 So inspiring, particularly in the

NOTE Confidence: 0.92649555

00:53:14.120 --> 00:53:15.000 end when you talk about

NOTE Confidence: 0.92649555

00:53:15.000 --> 00:53:15.739 its applications

NOTE Confidence: 0.9854392

00:53:16.040 --> 00:53:18.040 across diagnostic groups and settings

NOTE Confidence: 0.9854392

00:53:18.040 --> 00:53:18.780 and research.

NOTE Confidence: 0.9985355

00:53:19.400 --> 00:53:20.600 It occurs to me that

NOTE Confidence: 0.9985355

00:53:20.600 --> 00:53:22.214 if you are a beginning

NOTE Confidence: 0.9985355

00:53:22.214 --> 00:53:22.714 student

NOTE Confidence: 0.94258845

00:53:23.255 --> 00:53:23.994 of DBT,

NOTE Confidence: 0.96344304

00:53:24.694 --> 00:53:26.454 that in some ways, there

NOTE Confidence: 0.96344304

00:53:26.454 --> 00:53:28.694 are already tenants philosophical tenants

NOTE Confidence: 0.96344304

00:53:28.694 --> 00:53:29.914 that you can draw upon.

NOTE Confidence: 0.96344304

00:53:30.135 --> 00:53:31.575 And so could you talk

NOTE Confidence: 0.96344304

00:53:31.575 --> 00:53:32.075 about

NOTE Confidence: 0.99888134

00:53:32.375 --> 00:53:33.035 the cousins

NOTE Confidence: 0.99663615

00:53:33.335 --> 00:53:33.835 of

NOTE Confidence: 0.904127

00:53:34.400 --> 00:53:34.900 MI

NOTE Confidence: 0.96958077

00:53:35.760 --> 00:53:36.960 and ACT and just,

NOTE Confidence: 0.9508333

00:53:37.440 --> 00:53:37.940 CBT?

NOTE Confidence: 0.98533577

00:53:39.920 --> 00:53:41.360 It seems to me that

NOTE Confidence: 0.98533577

00:53:41.360 --> 00:53:42.500 if you can integrate

NOTE Confidence: 0.9981728

00:53:42.880 --> 00:53:44.260 all those philosophies,

NOTE Confidence: 0.96971786

00:53:44.880 --> 00:53:46.340 you're well on your way

NOTE Confidence: 0.96971786

00:53:46.400 --> 00:53:48.880 of DBT dumb, but maybe

NOTE Confidence: 0.96971786

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00:53:48.880 --> 00:53:50.275 I am seeing it too

NOTE Confidence: 0.96971786

00:53:50.275 --> 00:53:50.775 simplistically.

NOTE Confidence: 0.9520942

00:53:51.635 --> 00:53:52.515 No. I think it's a

NOTE Confidence: 0.9520942

00:53:52.515 --> 00:53:54.275 great point, Laurie. And that's

NOTE Confidence: 0.9520942

00:53:54.275 --> 00:53:55.075 where I think that the

NOTE Confidence: 0.9520942

00:53:55.075 --> 00:53:56.675 treatment itself pulls from a

NOTE Confidence: 0.9520942

00:53:56.675 --> 00:53:57.635 lot of these areas. Right?

NOTE Confidence: 0.9520942

00:53:57.635 --> 00:53:58.755 And anybody who's been in

NOTE Confidence: 0.9520942

00:53:58.755 --> 00:54:00.195 a seminar with me, especially

NOTE Confidence: 0.9520942

00:54:00.195 --> 00:54:01.395 with the skills, they'll say

NOTE Confidence: 0.9520942

00:54:01.395 --> 00:54:02.700 these skills aren't really unique

NOTE Confidence: 0.9520942

00:54:02.700 --> 00:54:03.820 to DBT. Right? It's the

NOTE Confidence: 0.9520942

00:54:03.820 --> 00:54:04.940 packaging that we might be

NOTE Confidence: 0.9520942

00:54:04.940 --> 00:54:06.219 pulling from from a lot

NOTE Confidence: 0.9520942

00:54:06.219 --> 00:54:06.940 of these different,

NOTE Confidence: 0.96044856

00:54:07.580 --> 00:54:09.280 treatment modalities and the philosophical

NOTE Confidence: 0.96044856

00:54:09.500 --> 00:54:10.000 underpinnings

NOTE Confidence: 0.9622129

00:54:10.540 --> 00:54:11.420 that as you're saying, if

NOTE Confidence: 0.9622129

00:54:11.420 --> 00:54:12.300 we can start to pull

NOTE Confidence: 0.9622129

00:54:12.300 --> 00:54:13.180 on those parts that are

NOTE Confidence: 0.9622129

00:54:13.180 --> 00:54:14.805 effective, right, change based strategies

NOTE Confidence: 0.9622129

00:54:14.885 --> 00:54:15.925 and learning ways to self

NOTE Confidence: 0.9622129

00:54:15.925 --> 00:54:17.364 regulate is a mechanism of

NOTE Confidence: 0.9622129

00:54:17.364 --> 00:54:19.545 change. Creating a validating environment

NOTE Confidence: 0.9622129

00:54:19.684 --> 00:54:21.045 is effective and is something

NOTE Confidence: 0.9622129

00:54:21.045 --> 00:54:22.565 that is important in a

NOTE Confidence: 0.9622129

00:54:22.565 --> 00:54:23.944 number of our treatment modalities.

NOTE Confidence: 0.9867171

00:54:24.405 --> 00:54:25.525 The piece of creating the

NOTE Confidence: 0.9867171

00:54:25.525 --> 00:54:26.964 validating environment at home and

NOTE Confidence: 0.9867171

00:54:26.964 --> 00:54:28.710 the mentalization for parents, right,

NOTE Confidence: 0.9867171

00:54:28.710 --> 00:54:30.150 is an evidence based approach.

NOTE Confidence: 0.9867171

140

00:54:30.150 --> 00:54:30.650 And

NOTE Confidence: 0.9837689

00:54:30.950 --> 00:54:32.170 while this is the packaging,

NOTE Confidence: 0.9837689

00:54:32.310 --> 00:54:33.430 right, in a very kind

NOTE Confidence: 0.9837689

00:54:33.430 --> 00:54:35.190 of synthesized way, that is

NOTE Confidence: 0.9837689

00:54:35.190 --> 00:54:36.390 something that we can really

NOTE Confidence: 0.9837689

00:54:36.390 --> 00:54:37.910 build on from other approaches

NOTE Confidence: 0.9837689

00:54:37.910 --> 00:54:38.790 that they may be trained

NOTE Confidence: 0.9837689

00:54:38.790 --> 00:54:39.290 in.

NOTE Confidence: 0.8985443

00:54:40.950 --> 00:54:42.330 Next question, doctor Pius.

NOTE Confidence: 0.9989991

00:54:43.094 --> 00:54:44.475 Thank you for the presentation.

NOTE Confidence: 0.9997021

00:54:45.015 --> 00:54:46.055 My question is more along

NOTE Confidence: 0.9997021

00:54:46.055 --> 00:54:47.515 the lines of the coaching

NOTE Confidence: 0.96891814

00:54:47.815 --> 00:54:49.675 or the crisis line ish,

NOTE Confidence: 0.94570744

00:54:50.375 --> 00:54:51.494 approach of the the gold

NOTE Confidence: 0.94570744

00:54:51.494 --> 00:54:53.015 standard of care. Do you

NOTE Confidence: 0.94570744

00:54:53.015 --> 00:54:54.215 know or have you experienced

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NOTE Confidence: 0.94570744

00:54:54.215 --> 00:54:55.255 with, like, the use of

NOTE Confidence: 0.94570744

00:54:55.255 --> 00:54:55.755 chatbots

NOTE Confidence: 0.9578725

00:54:56.055 --> 00:54:57.819 or AI aided, you know,

NOTE Confidence: 0.9578725

00:54:57.819 --> 00:54:59.500 kind of like or text

NOTE Confidence: 0.9578725

00:54:59.500 --> 00:55:00.780 based kind of,

NOTE Confidence: 0.9961203

00:55:01.900 --> 00:55:03.920 coaching sessions, for this population?

NOTE Confidence: 0.9563559

00:55:04.460 --> 00:55:05.579 It's a great question and

NOTE Confidence: 0.9563559

00:55:05.579 --> 00:55:07.260 very controversial one. I think

NOTE Confidence: 0.9563559

00:55:07.260 --> 00:55:08.299 in terms of because there

NOTE Confidence: 0.9563559

00:55:08.299 --> 00:55:09.099 there have been, you know,

NOTE Confidence: 0.9563559

00:55:09.099 --> 00:55:10.140 a number of those articles

NOTE Confidence: 0.9563559

00:55:10.140 --> 00:55:10.940 put out there of some

NOTE Confidence: 0.9563559

00:55:10.940 --> 00:55:12.400 of the dangers that happen

NOTE Confidence: 0.9563559

00:55:12.594 --> 00:55:12.915 with it.

NOTE Confidence: 0.952523

00:55:13.635 --> 00:55:15.475 The the biggest challenge that

NOTE Confidence: 0.952523

00:55:15.475 --> 00:55:16.755 I've seen in my understanding

NOTE Confidence: 0.952523

00:55:16.755 --> 00:55:18.275 with it is that while

NOTE Confidence: 0.952523

00:55:18.275 --> 00:55:20.114 the chatbots can give very

NOTE Confidence: 0.952523

00:55:20.114 --> 00:55:21.235 direct skills to you. So

NOTE Confidence: 0.952523

00:55:21.235 --> 00:55:22.275 if we have a patient

NOTE Confidence: 0.952523

00:55:22.275 --> 00:55:23.475 who says I really need

NOTE Confidence: 0.952523

00:55:23.475 --> 00:55:24.995 to tolerate distress, can you

NOTE Confidence: 0.952523

00:55:24.995 --> 00:55:26.280 give me ideas for it?

NOTE Confidence: 0.952523

00:55:26.440 --> 00:55:27.480 They're not as good as

NOTE Confidence: 0.952523

00:55:27.480 --> 00:55:28.360 picking up the,

NOTE Confidence: 0.98050094

00:55:28.840 --> 00:55:30.040 some of the nuances of

NOTE Confidence: 0.98050094

00:55:30.040 --> 00:55:31.480 more high risk language. Right?

NOTE Confidence: 0.98050094

00:55:31.480 --> 00:55:32.360 And that is something that

NOTE Confidence: 0.98050094

00:55:32.360 --> 00:55:33.400 is part of the coaching

NOTE Confidence: 0.98050094

00:55:33.400 --> 00:55:34.760 call while you're trying to

NOTE Confidence: 0.98050094

00:55:34.760 --> 00:55:35.960 keep it very directed and

NOTE Confidence: 0.98050094

00:55:35.960 --> 00:55:37.480 time sensitive. If somebody is

NOTE Confidence: 0.98050094

00:55:37.480 --> 00:55:38.920 in in immediate harm, we

NOTE Confidence: 0.98050094

00:55:38.920 --> 00:55:39.640 have to act, and it's

NOTE Confidence: 0.98050094

00:55:39.640 --> 00:55:41.000 something the chatbot just can't

NOTE Confidence: 0.98050094

00:55:41.000 --> 00:55:42.255 do effectively yet.

NOTE Confidence: 0.9555141

00:55:42.894 --> 00:55:44.414 Rebecca, we have, more questions,

NOTE Confidence: 0.9555141

00:55:44.414 --> 00:55:45.454 but we have one from

NOTE Confidence: 0.9555141

00:55:45.454 --> 00:55:46.414 Zoom and then one from

NOTE Confidence: 0.9555141

00:55:46.414 --> 00:55:48.094 doctor Block. So doctor Stover,

NOTE Confidence: 0.9555141

00:55:48.094 --> 00:55:48.734 I don't know if you

NOTE Confidence: 0.9555141

00:55:48.734 --> 00:55:49.295 can hear us, or do

NOTE Confidence: 0.9555141

00:55:49.295 --> 00:55:50.414 you wanna you're gonna be

NOTE Confidence: 0.9555141

00:55:50.414 --> 00:55:51.934 the ventriloquist for doctor Stover.

NOTE Confidence: 0.9555141

00:55:52.174 --> 00:55:53.214 Sure. I can Cara, if

NOTE Confidence: 0.9555141

00:55:53.214 --> 00:55:54.174 you want to unmute, please

NOTE Confidence: 0.9555141

00:55:54.174 --> 00:55:55.660 do. Yeah. I'm not sure

NOTE Confidence: 0.9555141

00:55:55.660 --> 00:55:57.020 if you Otherwise, Carla's

NOTE Confidence: 0.9945741

00:55:57.340 --> 00:55:58.320 Can you hear me?

NOTE Confidence: 0.807229

00:55:58.780 --> 00:55:59.820 Can we turn the volume

NOTE Confidence: 0.807229

00:55:59.820 --> 00:56:00.140 up on

NOTE Confidence: 0.9550112

00:56:01.020 --> 00:56:02.060 Sorry. I couldn't be there

NOTE Confidence: 0.9550112

00:56:02.060 --> 00:56:03.180 in person, but I Just

NOTE Confidence: 0.9550112

00:56:03.180 --> 00:56:04.219 one moment, Carla. We're gonna

NOTE Confidence: 0.9550112

00:56:04.219 --> 00:56:05.100 turn the volume up so

NOTE Confidence: 0.9550112

00:56:05.100 --> 00:56:06.160 we can hear you properly.

NOTE Confidence: 0.8545556

00:56:08.795 --> 00:56:09.855 Hello, Carla?

NOTE Confidence: 0.9958046

00:56:10.315 --> 00:56:11.835 Hello. Sorry. I didn't wanna

NOTE Confidence: 0.9958046

00:56:11.835 --> 00:56:13.035 brave the rain from George

NOTE Confidence: 0.9958046

00:56:13.035 --> 00:56:13.535 Street.

NOTE Confidence: 0.9586369

00:56:15.674 --> 00:56:17.194 I I I saw Rebecca,

NOTE Confidence: 0.9586369

00:56:17.194 --> 00:56:18.315 I was really interested in

NOTE Confidence: 0.9586369

00:56:18.315 --> 00:56:19.275 this talk, and I saw

NOTE Confidence: 0.9586369

00:56:19.275 --> 00:56:20.474 that that you said that

NOTE Confidence: 0.9586369

00:56:20.474 --> 00:56:21.869 there are DBT skills groups

NOTE Confidence: 0.9586369

00:56:21.869 --> 00:56:22.989 that have been run at

NOTE Confidence: 0.9586369

00:56:22.989 --> 00:56:24.210 the child study center.

NOTE Confidence: 0.99834144

00:56:25.390 --> 00:56:26.430 But it sounds like no

NOTE Confidence: 0.99834144

00:56:26.430 --> 00:56:28.049 one is delivering DBT

NOTE Confidence: 0.99666214

00:56:28.349 --> 00:56:30.190 fully. Is that accurate? Because

NOTE Confidence: 0.99666214

00:56:30.190 --> 00:56:30.989 it seems like it would

NOTE Confidence: 0.99666214

00:56:30.989 --> 00:56:32.510 be difficult to carry out

NOTE Confidence: 0.99666214

00:56:32.510 --> 00:56:33.569 because of the reimbursement

NOTE Confidence: 0.99942124

00:56:33.869 --> 00:56:35.569 issues for some parts.

NOTE Confidence: 0.97643477

00:56:36.085 --> 00:56:36.985 So do you

NOTE Confidence: 0.9645147

00:56:37.605 --> 00:56:38.645 related to that, are there

NOTE Confidence: 0.9645147

00:56:38.645 --> 00:56:39.705 policy efforts,

NOTE Confidence: 0.98334426

00:56:40.805 --> 00:56:42.565 underway related to reimbursement for

NOTE Confidence: 0.98334426

00:56:42.565 --> 00:56:43.765 this kind of model given

NOTE Confidence: 0.98334426

00:56:43.765 --> 00:56:45.145 the the evidence base?

NOTE Confidence: 0.94069684

00:56:47.605 --> 00:56:48.645 Yeah. It's it's a great

NOTE Confidence: 0.94069684

00:56:48.645 --> 00:56:50.005 question, Carla. And, yes, we've

NOTE Confidence: 0.94069684

00:56:50.005 --> 00:56:51.279 we've done the skills group

NOTE Confidence: 0.94069684

00:56:51.279 --> 00:56:52.319 at the Child Study Center.

NOTE Confidence: 0.94069684

00:56:52.319 --> 00:56:53.279 We haven't for the reasons

NOTE Confidence: 0.94069684

00:56:53.279 --> 00:56:54.640 that you're saying, but there's

NOTE Confidence: 0.94069684

00:56:54.640 --> 00:56:56.400 not the infrastructure, right, especially

NOTE Confidence: 0.94069684

00:56:56.400 --> 00:56:57.839 in a child guidance clinic,

NOTE Confidence: 0.94069684

00:56:57.839 --> 00:56:58.339 unfortunately.

NOTE Confidence: 0.9219402

00:56:59.359 --> 00:57:01.200 There are efforts to actually

NOTE Confidence: 0.9219402

00:57:01.200 --> 00:57:03.039 and and some, policy work

NOTE Confidence: 0.9219402

00:57:03.039 --> 00:57:04.079 that is being done by

NOTE Confidence: 0.9219402

00:57:04.079 --> 00:57:05.599 the DBT community of submitting

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NOTE Confidence: 0.9219402

00:57:05.599 --> 00:57:06.500 at the different

NOTE Confidence: 0.95402396

00:57:06.935 --> 00:57:07.815 kind of state levels. So

NOTE Confidence: 0.95402396

00:57:07.815 --> 00:57:08.935 both in Connecticut and New

NOTE Confidence: 0.95402396

00:57:08.935 --> 00:57:10.795 York of getting reimbursement

NOTE Confidence: 0.98052543

00:57:11.094 --> 00:57:12.375 for some of those other

NOTE Confidence: 0.98052543

00:57:12.375 --> 00:57:13.355 critical pieces,

NOTE Confidence: 0.9984627

00:57:13.655 --> 00:57:15.094 starting with just having higher

NOTE Confidence: 0.9984627

00:57:15.094 --> 00:57:16.795 reimbursement rates for

NOTE Confidence: 0.96874046

00:57:17.175 --> 00:57:18.695 the skills training groups. Right.

NOTE Confidence: 0.96874046

00:57:18.695 --> 00:57:19.975 And more adequate kind of

NOTE Confidence: 0.96874046

00:57:19.975 --> 00:57:21.640 reimbursement for that. And then

NOTE Confidence: 0.96874046

00:57:21.640 --> 00:57:22.920 if there's more structured ways

NOTE Confidence: 0.96874046

00:57:22.920 --> 00:57:23.640 that we can build on

NOTE Confidence: 0.96874046

00:57:23.640 --> 00:57:25.240 things like case management codes

NOTE Confidence: 0.96874046

00:57:25.240 --> 00:57:26.280 to to be able to

NOTE Confidence: 0.96874046

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00:57:26.280 --> 00:57:27.900 cover things like phone coaching,

NOTE Confidence: 0.9780984

00:57:28.200 --> 00:57:29.800 or even things like consult

NOTE Confidence: 0.9780984

00:57:29.800 --> 00:57:30.680 team, I think that one's

NOTE Confidence: 0.9780984

00:57:30.680 --> 00:57:31.720 gonna be a big ask.

NOTE Confidence: 0.9780984

00:57:31.720 --> 00:57:33.480 But but some efforts that

NOTE Confidence: 0.9780984

00:57:33.480 --> 00:57:35.000 haven't been successful yet, but

NOTE Confidence: 0.9780984

00:57:35.000 --> 00:57:35.980 we'll keep trying.

NOTE Confidence: 0.9161196

00:57:37.265 --> 00:57:37.925 Thank you.

NOTE Confidence: 0.82069004

00:57:38.225 --> 00:57:38.725 Last,

NOTE Confidence: 0.91936976

00:57:39.585 --> 00:57:40.705 I think last question is

NOTE Confidence: 0.91936976

00:57:40.705 --> 00:57:42.545 gonna come from doctor Block,

NOTE Confidence: 0.91936976

00:57:42.545 --> 00:57:43.905 but, doctor Kamadhi is gonna

NOTE Confidence: 0.91936976

00:57:43.905 --> 00:57:45.285 be giving autographs afterwards.

NOTE Confidence: 0.9699345

00:57:45.665 --> 00:57:46.945 I I should just note

NOTE Confidence: 0.9699345

00:57:46.945 --> 00:57:48.305 that we peaked at seventy

NOTE Confidence: 0.9699345

00:57:48.305 --> 00:57:49.745 something people, so plus these

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NOTE Confidence: 0.9699345

00:57:49.745 --> 00:57:50.705 thirty ish people. There were

NOTE Confidence: 0.9699345

00:57:50.705 --> 00:57:51.845 about a hundred people,

NOTE Confidence: 0.9649017

00:57:52.220 --> 00:57:53.339 which is high for us,

NOTE Confidence: 0.9649017

00:57:53.339 --> 00:57:54.220 which is a reflection of

NOTE Confidence: 0.9649017

00:57:54.220 --> 00:57:55.260 the interest in the topic

NOTE Confidence: 0.9649017

00:57:55.260 --> 00:57:56.460 and how what a wonderful

NOTE Confidence: 0.9649017

00:57:56.460 --> 00:57:57.420 job you did. But, your

NOTE Confidence: 0.9649017

00:57:57.420 --> 00:57:58.799 partner in crime, doctor Block.

NOTE Confidence: 0.5839124

00:57:59.339 --> 00:57:59.660 So,

NOTE Confidence: 0.91347337

00:58:00.140 --> 00:58:01.500 two part question so you

NOTE Confidence: 0.91347337

00:58:01.500 --> 00:58:02.940 can pick, which part to

NOTE Confidence: 0.91347337

00:58:02.940 --> 00:58:04.155 talk if you want to.

NOTE Confidence: 0.97210646

00:58:04.715 --> 00:58:05.515 I guess I just want

NOTE Confidence: 0.97210646

00:58:05.515 --> 00:58:06.315 to hear a little bit

NOTE Confidence: 0.97210646

00:58:06.315 --> 00:58:08.015 more about your past experiences

NOTE Confidence: 0.97210646

00:58:08.315 --> 00:58:10.795 running the outpatient DBT groups

NOTE Confidence: 0.97210646

00:58:10.795 --> 00:58:11.295 here.

NOTE Confidence: 0.97564733

00:58:11.675 --> 00:58:12.795 And then, also, if you

NOTE Confidence: 0.97564733

00:58:12.795 --> 00:58:14.555 could just touch on the

NOTE Confidence: 0.97564733

00:58:14.555 --> 00:58:16.075 idea of using sort of,

NOTE Confidence: 0.96593916

00:58:16.555 --> 00:58:18.315 delivering them virtually and whether

NOTE Confidence: 0.96593916

00:58:18.315 --> 00:58:20.130 that's something that's evidence based

NOTE Confidence: 0.96593916

00:58:20.130 --> 00:58:21.029 or makes sense.

NOTE Confidence: 0.82304287

00:58:22.049 --> 00:58:22.930 Yeah. I kinda see this

NOTE Confidence: 0.82304287

00:58:22.930 --> 00:58:23.890 one kind of a both

NOTE Confidence: 0.82304287

00:58:23.890 --> 00:58:24.849 end. I will say that

NOTE Confidence: 0.82304287

00:58:24.849 --> 00:58:24.930 question.

NOTE Confidence: 0.97795206

00:58:25.650 --> 00:58:26.769 Because the the skills group

NOTE Confidence: 0.97795206

00:58:26.769 --> 00:58:28.289 we did here was primarily

NOTE Confidence: 0.97795206

00:58:28.289 --> 00:58:29.490 virtual, so we had done

NOTE Confidence: 0.97795206

00:58:29.490 --> 00:58:31.029 them in person pre pandemic

NOTE Confidence: 0.97795206

00:58:31.170 --> 00:58:32.950 and then, virtually afterwards.

NOTE Confidence: 0.94744766

00:58:33.515 --> 00:58:35.515 It allows more accessibility but

NOTE Confidence: 0.94744766

00:58:35.515 --> 00:58:36.795 it is less effective in

NOTE Confidence: 0.94744766

00:58:36.795 --> 00:58:38.155 terms of the engagement, right,

NOTE Confidence: 0.94744766

00:58:38.155 --> 00:58:39.275 is that patient if you're

NOTE Confidence: 0.94744766

00:58:39.275 --> 00:58:40.315 thinking about patients who might

NOTE Confidence: 0.94744766

00:58:40.315 --> 00:58:41.435 want to be avoidant, hard

NOTE Confidence: 0.94744766

00:58:41.435 --> 00:58:42.875 time getting them on the

NOTE Confidence: 0.94744766

00:58:42.875 --> 00:58:44.315 screen of addressing any like

NOTE Confidence: 0.94744766

00:58:44.315 --> 00:58:45.915 group interfering behaviors in that

NOTE Confidence: 0.94744766

00:58:45.915 --> 00:58:47.195 way so it's harder to

NOTE Confidence: 0.94744766

00:58:47.195 --> 00:58:47.695 manage.

NOTE Confidence: 0.95900935

00:58:48.950 --> 00:58:49.829 We did have a higher

NOTE Confidence: 0.95900935

00:58:49.829 --> 00:58:51.769 census when it was, virtually

NOTE Confidence: 0.95900935

00:58:51.829 --> 00:58:52.950 than than when we were

NOTE Confidence: 0.95900935

00:58:52.950 --> 00:58:54.170 doing it in person,

NOTE Confidence: 0.94008654

00:58:54.549 --> 00:58:55.430 but it it does make

NOTE Confidence: 0.94008654

00:58:55.430 --> 00:58:56.630 it much much more challenging

NOTE Confidence: 0.94008654

00:58:56.630 --> 00:58:57.670 especially when you have higher

NOTE Confidence: 0.94008654

00:58:57.670 --> 00:58:59.369 risk behaviors that are happening.

NOTE Confidence: 0.91711855

00:59:00.630 --> 00:59:01.910 And we had also in

NOTE Confidence: 0.91711855

00:59:01.910 --> 00:59:02.890 terms of increasing

NOTE Confidence: 0.97776383

00:59:03.204 --> 00:59:04.325 accessibility at the when we

NOTE Confidence: 0.97776383

00:59:04.325 --> 00:59:05.525 were doing the group's outpatient,

NOTE Confidence: 0.97776383

00:59:05.525 --> 00:59:06.964 didn't require the commitment to

NOTE Confidence: 0.97776383

00:59:06.964 --> 00:59:08.244 the full six month curriculum,

NOTE Confidence: 0.97776383

00:59:08.244 --> 00:59:09.125 so it was more of

NOTE Confidence: 0.97776383

00:59:09.125 --> 00:59:10.244 a drop in. But we

NOTE Confidence: 0.97776383

00:59:10.244 --> 00:59:12.085 did have more parents involved

NOTE Confidence: 0.97776383

00:59:12.085 --> 00:59:12.885 in the parent group as

NOTE Confidence: 0.97776383

00:59:12.885 --> 00:59:13.765 well, so it was a

NOTE Confidence: 0.97776383

00:59:13.765 --> 00:59:14.724 nice to be able to

NOTE Confidence: 0.97776383

00:59:14.724 --> 00:59:16.424 to generalize there as well.

NOTE Confidence: 0.9132354

00:59:16.724 --> 00:59:17.733 So Again, sorry we don't

NOTE Confidence: 0.9132354

00:59:17.733 --> 00:59:18.933 have time for, more questions,

NOTE Confidence: 0.9132354

00:59:18.933 --> 00:59:20.053 but please comment up if

NOTE Confidence: 0.9132354

00:59:20.053 --> 00:59:21.013 you have questions, and please

NOTE Confidence: 0.9132354

00:59:21.013 --> 00:59:22.213 join me in thanking doctor

NOTE Confidence: 0.9132354

00:59:22.213 --> 00:59:22.713 Kamedy.