

WEBVTT

NOTE duration:"00:58:58"

NOTE recognizability:0.750

NOTE language:en-us

NOTE Confidence: 0.72579124

00:00:00.000 --> 00:00:04.168 It is good to be here and to be

NOTE Confidence: 0.72579124

00:00:04.168 --> 00:00:07.624 reminded of the origin of PTSD

NOTE Confidence: 0.72579124

00:00:07.624 --> 00:00:09.532 because several relationships here,

NOTE Confidence: 0.72579124

00:00:09.532 --> 00:00:12.196 including with Robert J Lyfton back

NOTE Confidence: 0.72579124

00:00:12.196 --> 00:00:16.500 then and with Henry Crystal, John's dad,

NOTE Confidence: 0.72579124

00:00:16.500 --> 00:00:20.998 sort of got this whole thing to go in a way.

NOTE Confidence: 0.72579124

00:00:21.000 --> 00:00:25.320 And I really long back for the old days

NOTE Confidence: 0.72579124

00:00:25.320 --> 00:00:27.480 before people thought they knew anything.

NOTE Confidence: 0.72579124

00:00:27.480 --> 00:00:29.640 Today people think they know something.

NOTE Confidence: 0.72579124

00:00:29.640 --> 00:00:32.076 I don't think we say often enough.

NOTE Confidence: 0.72579124

00:00:32.080 --> 00:00:35.518 I don't know, I don't know.

NOTE Confidence: 0.72579124

00:00:35.520 --> 00:00:37.040 And so there was a time that we

NOTE Confidence: 0.72579124

00:00:37.040 --> 00:00:39.398 really could say, I don't know,

NOTE Confidence: 0.72579124

00:00:39.398 --> 00:00:42.914 and had a very active exploration.

NOTE Confidence: 0.72579124

00:00:42.920 --> 00:00:46.160 And just some examples is

NOTE Confidence: 0.72579124

00:00:46.160 --> 00:00:48.400 when I was working at the VA,

NOTE Confidence: 0.72579124

00:00:48.400 --> 00:00:53.600 I saw these overwhelmed, out of control guys.

NOTE Confidence: 0.72579124

00:00:53.600 --> 00:00:55.294 And I went to the library and

NOTE Confidence: 0.72579124

00:00:55.294 --> 00:00:56.680 I asked the librarian,

NOTE Confidence: 0.72579124

00:00:56.680 --> 00:00:58.724 give me all your books that you

NOTE Confidence: 0.72579124

00:00:58.724 --> 00:01:01.106 have on shell, shock, war, neurosis,

NOTE Confidence: 0.72579124

00:01:01.106 --> 00:01:04.118 whatever you call it back then.

NOTE Confidence: 0.72579124

00:01:04.120 --> 00:01:05.020 And nothing happened.

NOTE Confidence: 0.72579124

00:01:05.020 --> 00:01:07.120 So I went back to the library.

NOTE Confidence: 0.72579124

00:01:07.120 --> 00:01:08.140 What the Hell's happening?

NOTE Confidence: 0.72579124

00:01:08.140 --> 00:01:09.160 Give me your books,

NOTE Confidence: 0.72579124

00:01:09.160 --> 00:01:13.680 He said there are no books and

NOTE Confidence: 0.72579124

00:01:13.680 --> 00:01:15.480 there were actually some books.

NOTE Confidence: 0.72579124

00:01:15.480 --> 00:01:18.063 So part of the excitement of discovering

NOTE Confidence: 0.72579124

00:01:18.063 --> 00:01:20.990 PTSD is to see that there were people

NOTE Confidence: 0.72579124

00:01:20.990 --> 00:01:23.599 way before us who has seen stuff,

NOTE Confidence: 0.72579124

00:01:23.600 --> 00:01:25.130 notably Abraham Cartner,

NOTE Confidence: 0.72579124

00:01:25.130 --> 00:01:28.190 who worked in New York treating

NOTE Confidence: 0.72579124

00:01:28.190 --> 00:01:30.439 first world poor veterans,

NOTE Confidence: 0.72579124

00:01:30.440 --> 00:01:33.146 who published a book in 1941 as

NOTE Confidence: 0.72579124

00:01:33.146 --> 00:01:35.757 the war was breaking out and says

NOTE Confidence: 0.72579124

00:01:35.757 --> 00:01:38.279 this trauma is a physio neurosis

NOTE Confidence: 0.72579124

00:01:38.279 --> 00:01:40.920 and it causes people to visit,

NOTE Confidence: 0.72579124

00:01:40.920 --> 00:01:42.864 enduring vigilance to threat.

NOTE Confidence: 0.72579124

00:01:42.864 --> 00:01:46.400 And that's really the first thing I read.

NOTE Confidence: 0.72579124

00:01:46.400 --> 00:01:48.368 And the second thing I read

NOTE Confidence: 0.72579124

00:01:48.368 --> 00:01:49.352 was Henry Crystal,

NOTE Confidence: 0.72579124

00:01:49.360 --> 00:01:52.454 who had been that survived the Holocaust

NOTE Confidence: 0.72579124

00:01:52.454 --> 00:01:55.599 himself and who knew about elixocymia.

NOTE Confidence: 0.72579124

00:01:55.600 --> 00:01:56.960 And I'm going to actually,
NOTE Confidence: 0.72579124

00:01:56.960 --> 00:01:59.417 I wish that Henry were with us so I
NOTE Confidence: 0.72579124

00:01:59.417 --> 00:02:01.920 could tell him the amazing results we
NOTE Confidence: 0.72579124

00:02:01.920 --> 00:02:04.759 found in Elixocymia in our recent research.
NOTE Confidence: 0.72579124

00:02:04.760 --> 00:02:07.560 And then you come across all these great
NOTE Confidence: 0.72579124

00:02:07.560 --> 00:02:10.319 people who have been before Ivan Pavlov,
NOTE Confidence: 0.72579124

00:02:10.320 --> 00:02:13.196 whose dogs got traumatized in 1924
NOTE Confidence: 0.72579124

00:02:13.196 --> 00:02:15.572 and who were totally messed up
NOTE Confidence: 0.72579124

00:02:15.572 --> 00:02:18.318 after there was a flood in the lab,
NOTE Confidence: 0.72579124

00:02:18.320 --> 00:02:19.916 and instead of getting new dogs,
NOTE Confidence: 0.72579124

00:02:19.920 --> 00:02:23.196 she said what is going on with their dogs,
NOTE Confidence: 0.72579124

00:02:23.200 --> 00:02:24.960 who sort of messed up?
NOTE Confidence: 0.72579124

00:02:24.960 --> 00:02:28.565 And he found out they had lost
NOTE Confidence: 0.72579124

00:02:28.565 --> 00:02:31.080 their instinct of purpose,
NOTE Confidence: 0.72579124

00:02:31.080 --> 00:02:32.556 something very few people know about.
NOTE Confidence: 0.72579124

00:02:32.560 --> 00:02:34.877 But certainly Pavlov was a great guy.

NOTE Confidence: 0.72579124

00:02:34.880 --> 00:02:36.624 This is WHR Rivers,

NOTE Confidence: 0.72579124

00:02:36.624 --> 00:02:40.172 and this is my real ancestor Pierre Janelle,

NOTE Confidence: 0.72579124

00:02:40.172 --> 00:02:43.900 who wrote a very first book about drama

NOTE Confidence: 0.72579124

00:02:43.990 --> 00:02:46.380 in 1889 called Lotematism Psychologic,

NOTE Confidence: 0.72579124

00:02:46.380 --> 00:02:49.710 in which he says that trauma

NOTE Confidence: 0.72579124

00:02:49.804 --> 00:02:52.040 causes repetitive behaviours to

NOTE Confidence: 0.72579124

00:02:52.040 --> 00:02:54.835 occur over and over again,

NOTE Confidence: 0.72579124

00:02:54.840 --> 00:02:58.716 not as memories, but as sensations,

NOTE Confidence: 0.72579124

00:02:58.720 --> 00:03:01.456 actions, movements and emotions.

NOTE Confidence: 0.72579124

00:03:01.456 --> 00:03:05.187 And then he Janelle also said

NOTE Confidence: 0.72579124

00:03:05.187 --> 00:03:07.029 a very important thing that I

NOTE Confidence: 0.72579124

00:03:07.029 --> 00:03:09.000 think we should study much more.

NOTE Confidence: 0.72579124

00:03:09.000 --> 00:03:11.400 He says once you get traumatized,

NOTE Confidence: 0.72579124

00:03:11.400 --> 00:03:12.375 you get stuck.

NOTE Confidence: 0.72579124

00:03:12.375 --> 00:03:15.222 He gets stuck at the level of mental

NOTE Confidence: 0.72579124

00:03:15.222 --> 00:03:18.198 developments at which the trauma occurs.

NOTE Confidence: 0.72579124

00:03:18.200 --> 00:03:19.480 And then later on,

NOTE Confidence: 0.72579124

00:03:19.480 --> 00:03:19.800 Judy,

NOTE Confidence: 0.72579124

00:03:19.800 --> 00:03:23.696 Herman and I did the first research on

NOTE Confidence: 0.72579124

00:03:23.696 --> 00:03:26.318 Borderlands personality disorder and trauma,

NOTE Confidence: 0.72579124

00:03:26.320 --> 00:03:29.893 and it turns out that they all had been

NOTE Confidence: 0.72579124

00:03:29.893 --> 00:03:33.396 abused or severely neglected before age 7.

NOTE Confidence: 0.902715573

00:03:33.400 --> 00:03:35.032 And for me, part of my

NOTE Confidence: 0.902715573

00:03:35.032 --> 00:03:36.120 interest in trauma came.

NOTE Confidence: 0.902715573

00:03:36.120 --> 00:03:38.000 But I said I was a young dad.

NOTE Confidence: 0.902715573

00:03:38.000 --> 00:03:40.680 I had very small kids at home who

NOTE Confidence: 0.902715573

00:03:40.680 --> 00:03:43.360 behave just like the Vietnam Veterans.

NOTE Confidence: 0.902715573

00:03:43.360 --> 00:03:44.056 And I thought,

NOTE Confidence: 0.902715573

00:03:44.056 --> 00:03:45.680 I'm not so worried about my kids,

NOTE Confidence: 0.902715573

00:03:45.680 --> 00:03:47.092 they'll probably outgrow it.

NOTE Confidence: 0.902715573

00:03:47.092 --> 00:03:50.377 But what is it about these veterans that I

NOTE Confidence: 0.902715573

00:03:50.377 --> 00:03:53.200 feel pessimistic that they were ever grow up?

NOTE Confidence: 0.902715573

00:03:53.200 --> 00:03:55.078 What has happened in their brain?

NOTE Confidence: 0.902715573

00:03:55.080 --> 00:03:58.400 And so this is also the time that

NOTE Confidence: 0.902715573

00:03:58.400 --> 00:04:01.320 we did learned about neuroimaging.

NOTE Confidence: 0.902715573

00:04:01.320 --> 00:04:04.880 And so my little team at Harvard did,

NOTE Confidence: 0.902715573

00:04:04.880 --> 00:04:07.950 as far as I know the 1st and maybe the

NOTE Confidence: 0.902715573

00:04:08.032 --> 00:04:10.152 only study in which people actually

NOTE Confidence: 0.902715573

00:04:10.152 --> 00:04:12.120 relive their trauma in a computer.

NOTE Confidence: 0.902715573

00:04:12.120 --> 00:04:13.760 We induce flashbacks today.

NOTE Confidence: 0.902715573

00:04:13.760 --> 00:04:16.220 Your RRB would not approve that

NOTE Confidence: 0.902715573

00:04:16.294 --> 00:04:18.064 because it is very traumatizing

NOTE Confidence: 0.902715573

00:04:18.064 --> 00:04:20.763 to lie in a scanner feeling like

NOTE Confidence: 0.902715573

00:04:20.763 --> 00:04:23.319 you're getting vaped all over again.

NOTE Confidence: 0.902715573

00:04:23.320 --> 00:04:26.440 But boy did you learn a lot about the brain

NOTE Confidence: 0.902715573

00:04:26.522 --> 00:04:29.360 changes that occur secondary to trauma.

NOTE Confidence: 0.902715573

00:04:29.360 --> 00:04:30.476 And I just want to mention
NOTE Confidence: 0.8012891875

00:04:33.000 --> 00:04:35.720 right here Steven Southwick,
NOTE Confidence: 0.715012894

00:04:37.800 --> 00:04:40.360 your late beloved teacher here.
NOTE Confidence: 0.715012894

00:04:40.360 --> 00:04:42.142 And there was a particular piece
NOTE Confidence: 0.715012894

00:04:42.142 --> 00:04:43.681 of research that Steve Southwick
NOTE Confidence: 0.715012894

00:04:43.681 --> 00:04:45.760 did that was very important to me.
NOTE Confidence: 0.715012894

00:04:45.760 --> 00:04:47.380 You guys did the yohimbine study
NOTE Confidence: 0.715012894

00:04:47.380 --> 00:04:49.560 as he done was part of that also.
NOTE Confidence: 0.715012894

00:04:49.560 --> 00:04:53.436 And as people gave veterans yohimbine,
NOTE Confidence: 0.715012894

00:04:53.440 --> 00:04:55.990 they started to relive their trauma
NOTE Confidence: 0.715012894

00:04:55.990 --> 00:04:59.955 and say I saw it just like it was.
NOTE Confidence: 0.715012894

00:04:59.960 --> 00:05:03.640 I smelt it just like it was now.
NOTE Confidence: 0.715012894

00:05:03.640 --> 00:05:05.917 When we see each other a year from now,
NOTE Confidence: 0.715012894

00:05:05.920 --> 00:05:08.153 none of us will have an imprint
NOTE Confidence: 0.715012894

00:05:08.153 --> 00:05:10.557 in our minds of just how it was.
NOTE Confidence: 0.715012894

00:05:10.560 --> 00:05:12.756 The mind is a constructive organ,

NOTE Confidence: 0.715012894

00:05:12.760 --> 00:05:14.932 but what goes wrong in trauma

NOTE Confidence: 0.715012894

00:05:14.932 --> 00:05:17.814 is that your brain cannot do its

NOTE Confidence: 0.715012894

00:05:17.814 --> 00:05:20.074 function and you actually register

NOTE Confidence: 0.715012894

00:05:20.074 --> 00:05:22.673 the sensory input on integrated with

NOTE Confidence: 0.715012894

00:05:22.673 --> 00:05:25.550 yourself and you continue to act and

NOTE Confidence: 0.715012894

00:05:25.628 --> 00:05:28.316 behave as if the trauma pursue life.

NOTE Confidence: 0.715012894

00:05:28.320 --> 00:05:30.875 Right now the goal of treatment is

NOTE Confidence: 0.715012894

00:05:30.875 --> 00:05:33.640 to make the trauma into a memory

NOTE Confidence: 0.715012894

00:05:33.640 --> 00:05:36.384 and say yes it happened but it

NOTE Confidence: 0.715012894

00:05:36.384 --> 00:05:40.080 happened a long time ago and and

NOTE Confidence: 0.715012894

00:05:40.080 --> 00:05:42.754 so we get PTSD on the map.

NOTE Confidence: 0.715012894

00:05:42.760 --> 00:05:44.640 And how does this happen?

NOTE Confidence: 0.715012894

00:05:44.640 --> 00:05:46.999 It happens all in a political context.

NOTE Confidence: 0.715012894

00:05:47.000 --> 00:05:49.910 We are living in a political

NOTE Confidence: 0.715012894

00:05:49.910 --> 00:05:52.216 culture and even your scientific

NOTE Confidence: 0.715012894

00:05:52.216 --> 00:05:54.486 funding is all dependent depends

NOTE Confidence: 0.715012894

00:05:54.486 --> 00:05:56.837 on the politics of the day.

NOTE Confidence: 0.922790676666667

00:06:00.160 --> 00:06:01.720 I was the first person who

NOTE Confidence: 0.922790676666667

00:06:01.720 --> 00:06:05.384 studied EMDR on an NIH grant,

NOTE Confidence: 0.922790676666667

00:06:05.384 --> 00:06:07.568 and I was the last person who

NOTE Confidence: 0.922790676666667

00:06:07.568 --> 00:06:11.305 got started to get EMDRI was the

NOTE Confidence: 0.922790676666667

00:06:11.305 --> 00:06:12.955 first person to get yoga done.

NOTE Confidence: 0.922790676666667

00:06:12.960 --> 00:06:15.288 It was very hard to get the money

NOTE Confidence: 0.922790676666667

00:06:15.288 --> 00:06:17.360 and now everybody does yoga.

NOTE Confidence: 0.922790676666667

00:06:17.360 --> 00:06:20.888 I went to NIH six times to get a

NOTE Confidence: 0.922790676666667

00:06:20.888 --> 00:06:23.075 neurofeedback study funded and the

NOTE Confidence: 0.922790676666667

00:06:23.075 --> 00:06:25.200 time wasn't ripe for neurofeedback,

NOTE Confidence: 0.922790676666667

00:06:25.200 --> 00:06:26.680 All of the psychedelic research,

NOTE Confidence: 0.922790676666667

00:06:26.680 --> 00:06:28.880 until you guys started to do it here,

NOTE Confidence: 0.922790676666667

00:06:28.880 --> 00:06:31.080 but never funded by defence.

NOTE Confidence: 0.922790676666667

00:06:31.080 --> 00:06:33.040 There's always other funding.

NOTE Confidence: 0.922790676666667
00:06:33.040 --> 00:06:35.000 So everything is political.
NOTE Confidence: 0.922790676666667
00:06:35.000 --> 00:06:39.360 And So what happens back then is that
NOTE Confidence: 0.922790676666667
00:06:39.360 --> 00:06:41.999 the wars just ended, the Vietnam War.
NOTE Confidence: 0.922790676666667
00:06:42.000 --> 00:06:46.150 A bunch of us had managed to get out of
NOTE Confidence: 0.922790676666667
00:06:46.150 --> 00:06:48.695 the draft doing alternative service,
NOTE Confidence: 0.922790676666667
00:06:48.695 --> 00:06:54.038 and then we met these guys who were our age.
NOTE Confidence: 0.922790676666667
00:06:54.040 --> 00:06:57.400 The chief complaint was I have become
NOTE Confidence: 0.922790676666667
00:06:57.400 --> 00:07:00.440 a monster. Nobody is safe with me.
NOTE Confidence: 0.922790676666667
00:07:00.440 --> 00:07:04.120 I meet a new girlfriend who's
NOTE Confidence: 0.922790676666667
00:07:04.120 --> 00:07:06.045 being spends nights with me and
NOTE Confidence: 0.922790676666667
00:07:06.045 --> 00:07:07.879 the moment she moves in the bed,
NOTE Confidence: 0.922790676666667
00:07:07.880 --> 00:07:10.848 I attack her and I find myself strangling
NOTE Confidence: 0.922790676666667
00:07:10.848 --> 00:07:13.156 this woman and I wake up and go,
NOTE Confidence: 0.922790676666667
00:07:13.160 --> 00:07:15.200 what the hell are you doing?
NOTE Confidence: 0.922790676666667
00:07:15.200 --> 00:07:17.480 I cannot control myself now.
NOTE Confidence: 0.922790676666667

00:07:17.480 --> 00:07:19.872 I have a bunch of kids to make
NOTE Confidence: 0.922790676666667

00:07:19.872 --> 00:07:21.840 a little noise. I blow up.
NOTE Confidence: 0.922790676666667

00:07:21.840 --> 00:07:23.440 I cannot control myself,
NOTE Confidence: 0.922790676666667

00:07:23.440 --> 00:07:25.918 I cannot control myself and I do
NOTE Confidence: 0.922790676666667

00:07:25.918 --> 00:07:28.240 not cannot have loving feelings.
NOTE Confidence: 0.922790676666667

00:07:28.240 --> 00:07:30.320 Those were the chief complaints.
NOTE Confidence: 0.922790676666667

00:07:30.320 --> 00:07:33.400 But we at the VA and so we have
NOTE Confidence: 0.922790676666667

00:07:33.400 --> 00:07:35.440 to say this is about the war.
NOTE Confidence: 0.922790676666667

00:07:35.440 --> 00:07:35.719 Well,
NOTE Confidence: 0.922790676666667

00:07:35.719 --> 00:07:37.393 the obvious thing it was about
NOTE Confidence: 0.922790676666667

00:07:37.393 --> 00:07:38.920 the war were nightmares.
NOTE Confidence: 0.922790676666667

00:07:38.920 --> 00:07:40.546 And I happened to study nightmares
NOTE Confidence: 0.922790676666667

00:07:40.546 --> 00:07:41.359 at the time.
NOTE Confidence: 0.922790676666667

00:07:41.360 --> 00:07:44.573 And so the PTSD definition became a
NOTE Confidence: 0.922790676666667

00:07:44.573 --> 00:07:46.920 definition focused on flashbacks.
NOTE Confidence: 0.922790676666667

00:07:46.920 --> 00:07:50.718 But that's only a very small part of PTSD.

NOTE Confidence: 0.922790676666667
00:07:50.720 --> 00:07:53.226 What we didn't know at that part
NOTE Confidence: 0.922790676666667
00:07:53.226 --> 00:07:56.451 is that PTSD changes the brain and
NOTE Confidence: 0.922790676666667
00:07:56.451 --> 00:07:59.553 changes your perception of current reality.
NOTE Confidence: 0.922790676666667
00:07:59.560 --> 00:08:01.680 Right now, you're being traumatized.
NOTE Confidence: 0.922790676666667
00:08:01.680 --> 00:08:03.798 In fact, the trauma is over,
NOTE Confidence: 0.922790676666667
00:08:03.800 --> 00:08:04.832 a defendant's over.
NOTE Confidence: 0.922790676666667
00:08:04.832 --> 00:08:07.640 It's not about the memory of the past.
NOTE Confidence: 0.922790676666667
00:08:07.640 --> 00:08:10.010 It's about the degree to which
NOTE Confidence: 0.922790676666667
00:08:10.010 --> 00:08:11.991 the reactions to trauma continue
NOTE Confidence: 0.922790676666667
00:08:11.991 --> 00:08:14.567 to live in your body and the way
NOTE Confidence: 0.922790676666667
00:08:14.567 --> 00:08:16.940 to which today you'll continue to
NOTE Confidence: 0.922790676666667
00:08:16.940 --> 00:08:19.226 feel as if you're being raped,
NOTE Confidence: 0.922790676666667
00:08:19.226 --> 00:08:20.756 right, Or assaulted right now.
NOTE Confidence: 0.922790676666667
00:08:20.760 --> 00:08:22.770 So there is something about the
NOTE Confidence: 0.922790676666667
00:08:22.770 --> 00:08:24.999 time sense of the brain and
NOTE Confidence: 0.922790676666667

00:08:24.999 --> 00:08:26.639 the capacity for memories.

NOTE Confidence: 0.922790676666667

00:08:26.640 --> 00:08:29.027 And then we did our EMDR research

NOTE Confidence: 0.922790676666667

00:08:29.027 --> 00:08:32.309 and we saw that EMDR makes these

NOTE Confidence: 0.922790676666667

00:08:32.309 --> 00:08:34.465 traumatic flashbacks into a story

NOTE Confidence: 0.922790676666667

00:08:34.465 --> 00:08:36.595 of what happened in the past.

NOTE Confidence: 0.922790676666667

00:08:36.600 --> 00:08:38.640 Same thing with psychedelic research.

NOTE Confidence: 0.922790676666667

00:08:38.640 --> 00:08:40.240 People see their images,

NOTE Confidence: 0.922790676666667

00:08:40.240 --> 00:08:41.840 they feel their feelings.

NOTE Confidence: 0.922790676666667

00:08:41.840 --> 00:08:43.280 And after, we should say,

NOTE Confidence: 0.922790676666667

00:08:43.280 --> 00:08:44.260 has happened to me,

NOTE Confidence: 0.922790676666667

00:08:44.260 --> 00:08:46.000 but it happened a long time ago.

NOTE Confidence: 0.922790676666667

00:08:46.000 --> 00:08:48.844 I said it's something that good

NOTE Confidence: 0.922790676666667

00:08:48.844 --> 00:08:51.585 therapy makes it possible for the

NOTE Confidence: 0.922790676666667

00:08:51.585 --> 00:08:55.920 brain to put it in a time perspective.

NOTE Confidence: 0.922790676666667

00:08:55.920 --> 00:08:58.518 And so we create this diagnosis.

NOTE Confidence: 0.922790676666667

00:08:58.520 --> 00:09:01.076 How did the diagnosis get created?

NOTE Confidence: 0.922790676666667
00:09:01.080 --> 00:09:04.320 DSM three. Why did we have a DSM 3?
NOTE Confidence: 0.922790676666667
00:09:04.320 --> 00:09:07.542 Because in the 1970s we learned
NOTE Confidence: 0.922790676666667
00:09:07.542 --> 00:09:09.908 about brain chemicals and Pfizer
NOTE Confidence: 0.922790676666667
00:09:09.908 --> 00:09:12.152 and other people started to make
NOTE Confidence: 0.922790676666667
00:09:12.152 --> 00:09:14.357 some drugs that had the promise
NOTE Confidence: 0.922790676666667
00:09:14.360 --> 00:09:15.492 to cure mental illness.
NOTE Confidence: 0.922790676666667
00:09:15.492 --> 00:09:17.190 I was certainly one of those
NOTE Confidence: 0.81952087
00:09:17.246 --> 00:09:18.593 people who thought, boy,
NOTE Confidence: 0.81952087
00:09:18.593 --> 00:09:20.784 we're going to have the answer with
NOTE Confidence: 0.81952087
00:09:20.784 --> 00:09:23.359 drugs and we can abolish mental illness.
NOTE Confidence: 0.81952087
00:09:23.360 --> 00:09:25.920 Didn't quite work that way.
NOTE Confidence: 0.81952087
00:09:25.920 --> 00:09:28.005 But in order to create
NOTE Confidence: 0.81952087
00:09:28.005 --> 00:09:29.673 some science behind it,
NOTE Confidence: 0.81952087
00:09:29.680 --> 00:09:33.312 we had to create a a system used to be
NOTE Confidence: 0.81952087
00:09:33.312 --> 00:09:35.552 called the Research Diagnostic System.
NOTE Confidence: 0.81952087

00:09:35.560 --> 00:09:38.224 So people at Yale and Harvard and in
NOTE Confidence: 0.81952087

00:09:38.224 --> 00:09:40.573 London and Australia could all talk
NOTE Confidence: 0.81952087

00:09:40.573 --> 00:09:42.991 to each other about some things.
NOTE Confidence: 0.81952087

00:09:43.000 --> 00:09:46.680 The preamble for DSM is says this
NOTE Confidence: 0.81952087

00:09:46.680 --> 00:09:49.560 is just a bunch of symptoms,
NOTE Confidence: 0.81952087

00:09:49.560 --> 00:09:51.620 This is very inaccurate.
NOTE Confidence: 0.81952087

00:09:51.620 --> 00:09:54.195 This is not scientifically established.
NOTE Confidence: 0.81952087

00:09:54.200 --> 00:09:56.752 We're just taking a stab at trying to
NOTE Confidence: 0.81952087

00:09:56.752 --> 00:09:59.649 put some syndromes together to get a
NOTE Confidence: 0.81952087

00:09:59.649 --> 00:10:01.834 general idea of mental functioning,
NOTE Confidence: 0.81952087

00:10:01.840 --> 00:10:05.568 but it's too inaccurate to ever be used
NOTE Confidence: 0.81952087

00:10:05.568 --> 00:10:08.918 for forensic or for insurance purposes.
NOTE Confidence: 0.81952087

00:10:08.920 --> 00:10:10.608 That preamble disappears from
NOTE Confidence: 0.81952087

00:10:10.608 --> 00:10:12.718 DSM four and DSM 5,
NOTE Confidence: 0.81952087

00:10:12.720 --> 00:10:14.830 and now people actually believe
NOTE Confidence: 0.81952087

00:10:14.830 --> 00:10:16.518 that these diagnosis exists.

NOTE Confidence: 0.81952087

00:10:16.520 --> 00:10:18.975 Now these diagnosis are figments

NOTE Confidence: 0.81952087

00:10:18.975 --> 00:10:21.430 of our imagination and they

NOTE Confidence: 0.81952087

00:10:21.513 --> 00:10:23.559 are extremely inadequate.

NOTE Confidence: 0.81952087

00:10:23.560 --> 00:10:26.720 Like for example, John Kerry,

NOTE Confidence: 0.81952087

00:10:26.720 --> 00:10:30.800 whose name ES PTSD1 of the

NOTE Confidence: 0.81952087

00:10:30.800 --> 00:10:32.800 most functional people around,

NOTE Confidence: 0.81952087

00:10:32.800 --> 00:10:35.776 the guy down in the overpass

NOTE Confidence: 0.81952087

00:10:35.776 --> 00:10:37.760 homeless also has PTSD.

NOTE Confidence: 0.81952087

00:10:37.760 --> 00:10:39.720 They may have the same PTSD scores.

NOTE Confidence: 0.81952087

00:10:39.720 --> 00:10:41.124 It doesn't tell you very much

NOTE Confidence: 0.81952087

00:10:41.124 --> 00:10:42.360 about who is doing what,

NOTE Confidence: 0.81952087

00:10:42.360 --> 00:10:42.759 though.

NOTE Confidence: 0.81952087

00:10:42.759 --> 00:10:45.153 So we start off naively and

NOTE Confidence: 0.81952087

00:10:45.153 --> 00:10:48.640 first of all we say this is an

NOTE Confidence: 0.81952087

00:10:48.640 --> 00:10:50.810 extraordinary event outside of the

NOTE Confidence: 0.81952087

00:10:50.810 --> 00:10:52.960 realm of usual human experience.
NOTE Confidence: 0.81952087

00:10:52.960 --> 00:10:54.700 That tells you something
NOTE Confidence: 0.81952087

00:10:54.700 --> 00:10:56.875 about how ignorant we were.
NOTE Confidence: 0.81952087

00:10:56.880 --> 00:10:59.888 We didn't know that one third of all
NOTE Confidence: 0.81952087

00:10:59.888 --> 00:11:02.240 couples engaged in domestic violence.
NOTE Confidence: 0.81952087

00:11:02.240 --> 00:11:04.697 We had didn't know that at least
NOTE Confidence: 0.81952087

00:11:04.697 --> 00:11:07.798 one of our five girls get molested,
NOTE Confidence: 0.81952087

00:11:07.800 --> 00:11:10.880 usually started before age 11.
NOTE Confidence: 0.81952087

00:11:10.880 --> 00:11:13.680 We didn't know how pervasive drama is.
NOTE Confidence: 0.81952087

00:11:13.680 --> 00:11:15.675 When they talk to people like you,
NOTE Confidence: 0.81952087

00:11:15.680 --> 00:11:18.641 I always assume that most of you
NOTE Confidence: 0.81952087

00:11:18.641 --> 00:11:20.462 have had traumatic experiences
NOTE Confidence: 0.81952087

00:11:20.462 --> 00:11:23.234 in your life because we do.
NOTE Confidence: 0.81952087

00:11:23.240 --> 00:11:26.136 So it is not extraordinary and
NOTE Confidence: 0.81952087

00:11:26.136 --> 00:11:28.506 we focused on memory and the
NOTE Confidence: 0.81952087

00:11:28.506 --> 00:11:29.598 memory part is important,

NOTE Confidence: 0.81952087

00:11:29.600 --> 00:11:31.436 but but that's even more important

NOTE Confidence: 0.81952087

00:11:31.436 --> 00:11:34.137 to my mind is the fact that your

NOTE Confidence: 0.81952087

00:11:34.137 --> 00:11:35.892 current reality is destroyed and

NOTE Confidence: 0.81952087

00:11:35.892 --> 00:11:38.038 you cannot connect with people.

NOTE Confidence: 0.81952087

00:11:38.040 --> 00:11:39.400 You cannot feel alive,

NOTE Confidence: 0.82297684

00:11:42.640 --> 00:11:45.680 you cannot feel pleasure, enjoyment,

NOTE Confidence: 0.82297684

00:11:45.680 --> 00:11:48.991 that's a a whole bunch of mental

NOTE Confidence: 0.82297684

00:11:48.991 --> 00:11:50.840 functioning gets wiped out.

NOTE Confidence: 0.82297684

00:11:50.840 --> 00:11:54.680 The other big thing is that

NOTE Confidence: 0.82297684

00:11:54.680 --> 00:11:56.200 depending on where you live,

NOTE Confidence: 0.82297684

00:11:56.200 --> 00:11:58.640 is when you start really studying in trauma,

NOTE Confidence: 0.82297684

00:11:58.640 --> 00:12:00.608 you find that most people have

NOTE Confidence: 0.82297684

00:12:00.608 --> 00:12:01.920 been traumatized with traumatized

NOTE Confidence: 0.82297684

00:12:01.920 --> 00:12:03.964 early on in their lives at the

NOTE Confidence: 0.82297684

00:12:03.964 --> 00:12:05.880 hands of their own caregivers.

NOTE Confidence: 0.82297684

00:12:05.880 --> 00:12:07.998 And what we'd never acknowledge in
NOTE Confidence: 0.82297684

00:12:07.998 --> 00:12:10.039 the PTSD diagnosis is the role,
NOTE Confidence: 0.82297684

00:12:10.040 --> 00:12:11.240 the attachment system.
NOTE Confidence: 0.82297684

00:12:11.240 --> 00:12:14.040 And basically as long as you securely
NOTE Confidence: 0.82297684

00:12:14.107 --> 00:12:16.037 attach the people around you,
NOTE Confidence: 0.82297684

00:12:16.040 --> 00:12:18.928 you tend not to get PTSD in
NOTE Confidence: 0.82297684

00:12:18.928 --> 00:12:20.720 response to terrible environments.
NOTE Confidence: 0.82297684

00:12:20.720 --> 00:12:23.400 And that's showed up very clearly after 911.
NOTE Confidence: 0.82297684

00:12:23.400 --> 00:12:25.440 For example,
NOTE Confidence: 0.82297684

00:12:25.440 --> 00:12:28.224 getting assaulted as a one year old is
NOTE Confidence: 0.82297684

00:12:28.224 --> 00:12:29.955 very different from being assaulted
NOTE Confidence: 0.82297684

00:12:29.955 --> 00:12:32.996 as a 50 year old because you have a
NOTE Confidence: 0.82297684

00:12:32.996 --> 00:12:35.480 different brain and work of mighty
NOTE Confidence: 0.82297684

00:12:35.480 --> 00:12:38.026 Tiger and other people have shown how
NOTE Confidence: 0.82297684

00:12:38.026 --> 00:12:40.279 trauma at the different ages causes
NOTE Confidence: 0.82297684

00:12:40.279 --> 00:12:42.239 different impacts on the brain.

NOTE Confidence: 0.82297684

00:12:42.240 --> 00:12:44.292 That is something that we did

NOTE Confidence: 0.82297684

00:12:44.292 --> 00:12:45.318 study much more,

NOTE Confidence: 0.82297684

00:12:45.320 --> 00:12:49.604 and what we also aren't studying how

NOTE Confidence: 0.82297684

00:12:49.604 --> 00:12:53.000 certain mental processes don't develop.

NOTE Confidence: 0.82297684

00:12:53.000 --> 00:12:56.320 After early PTSDI grew up on Piaget,

NOTE Confidence: 0.82297684

00:12:56.320 --> 00:12:59.239 I grew up on how people think.

NOTE Confidence: 0.82297684

00:12:59.240 --> 00:13:01.808 These days I hardly ever talk

NOTE Confidence: 0.82297684

00:13:01.808 --> 00:13:03.520 people about mental functioning.

NOTE Confidence: 0.82297684

00:13:03.520 --> 00:13:06.159 What is this person able to imagine?

NOTE Confidence: 0.82297684

00:13:06.160 --> 00:13:07.720 What other people feel like?

NOTE Confidence: 0.82297684

00:13:07.720 --> 00:13:10.616 Is this a person able to distinguish

NOTE Confidence: 0.82297684

00:13:10.616 --> 00:13:12.120 what's relevant from this?

NOTE Confidence: 0.82297684

00:13:12.120 --> 00:13:12.793 Irrelevant.

NOTE Confidence: 0.82297684

00:13:12.793 --> 00:13:17.504 How much does this person feel like

NOTE Confidence: 0.82297684

00:13:17.504 --> 00:13:20.280 they're discussing and loathsome

NOTE Confidence: 0.82297684

00:13:20.280 --> 00:13:21.800 because what happened to them
NOTE Confidence: 0.82297684

00:13:21.800 --> 00:13:23.320 early on in their lives?
NOTE Confidence: 0.82297684

00:13:23.320 --> 00:13:27.428 So Tom has a very different impact
NOTE Confidence: 0.82297684

00:13:27.428 --> 00:13:30.240 on different levels of development.
NOTE Confidence: 0.82297684

00:13:30.240 --> 00:13:31.920 As long as you feel safely attached,
NOTE Confidence: 0.82297684

00:13:31.920 --> 00:13:33.880 you probably don't get PTSD.
NOTE Confidence: 0.82297684

00:13:33.880 --> 00:13:37.081 And the other huge thing is that most
NOTE Confidence: 0.82297684

00:13:37.081 --> 00:13:39.727 recent research shows that even if
NOTE Confidence: 0.82297684

00:13:39.727 --> 00:13:42.519 your mental symptoms of PTSD get better,
NOTE Confidence: 0.82297684

00:13:42.520 --> 00:13:45.040 oftentimes your core neurobiological
NOTE Confidence: 0.82297684

00:13:45.040 --> 00:13:47.560 functions don't get better.
NOTE Confidence: 0.82297684

00:13:47.560 --> 00:13:49.984 The fibromyalgia has they're
NOTE Confidence: 0.82297684

00:13:49.984 --> 00:13:51.196 autoimmune diseases.
NOTE Confidence: 0.82297684

00:13:51.200 --> 00:13:54.441 All the body parts of PTSD seem
NOTE Confidence: 0.82297684

00:13:54.441 --> 00:13:57.086 to be the most vulnerable to
NOTE Confidence: 0.82297684

00:13:57.086 --> 00:13:59.830 stay online and if we get as we

NOTE Confidence: 0.82297684

00:13:59.911 --> 00:14:02.199 get into psychedelic research,

NOTE Confidence: 0.82297684

00:14:02.200 --> 00:14:05.044 I think one of our great jobs is to

NOTE Confidence: 0.82297684

00:14:05.044 --> 00:14:07.825 study to what degree psychedelic

NOTE Confidence: 0.82297684

00:14:07.825 --> 00:14:10.205 research can change core

NOTE Confidence: 0.82297684

00:14:10.205 --> 00:14:12.400 neurobiological functions in the body.

NOTE Confidence: 0.82297684

00:14:12.400 --> 00:14:13.924 A psychiatrist, psychologist.

NOTE Confidence: 0.82297684

00:14:13.924 --> 00:14:17.480 We keep focusing on behaviour and external,

NOTE Confidence: 0.82297684

00:14:17.480 --> 00:14:20.749 but underneath it all is this Organism

NOTE Confidence: 0.82297684

00:14:20.749 --> 00:14:23.920 that no longer functions properly.

NOTE Confidence: 0.82297684

00:14:23.920 --> 00:14:27.160 So what this is about trauma,

NOTE Confidence: 0.82297684

00:14:27.160 --> 00:14:28.060 it's tummy,

NOTE Confidence: 0.82297684

00:14:28.060 --> 00:14:30.310 it's a terrible event that

NOTE Confidence: 0.82297684

00:14:30.310 --> 00:14:32.360 you cannot tolerate feeling.

NOTE Confidence: 0.82297684

00:14:32.360 --> 00:14:33.710 It is overwhelming.

NOTE Confidence: 0.82297684

00:14:33.710 --> 00:14:37.499 And so the body lives on and you

NOTE Confidence: 0.82297684

00:14:37.499 --> 00:14:40.715 continue to feel like it's happening
NOTE Confidence: 0.82297684

00:14:40.720 --> 00:14:43.639 and many people's room have been there.
NOTE Confidence: 0.82297684

00:14:43.640 --> 00:14:45.680 And you try to get away from it.
NOTE Confidence: 0.82297684

00:14:45.680 --> 00:14:47.680 You try to suppress it.
NOTE Confidence: 0.82297684

00:14:47.680 --> 00:14:51.075 You try not to think about it.
NOTE Confidence: 0.82297684

00:14:51.080 --> 00:14:52.436 If I'd asked one of you,
NOTE Confidence: 0.82297684

00:14:52.440 --> 00:14:55.940 have you ever been raped, you'd go like,
NOTE Confidence: 0.82297684

00:14:55.940 --> 00:14:58.240 that's a totally inappropriate question.
NOTE Confidence: 0.82297684

00:14:58.240 --> 00:14:59.920 I'm not going to answer it.
NOTE Confidence: 0.82297684

00:14:59.920 --> 00:15:00.892 Not only that,
NOTE Confidence: 0.82297684

00:15:00.892 --> 00:15:03.160 I don't want to answer it because
NOTE Confidence: 0.82297684

00:15:03.160 --> 00:15:04.660 the moment I start telling you
NOTE Confidence: 0.82297684

00:15:04.660 --> 00:15:06.318 about the fact that I was raped,
NOTE Confidence: 0.82297684

00:15:06.320 --> 00:15:08.072 my body starts feeling as if
NOTE Confidence: 0.82297684

00:15:08.072 --> 00:15:09.240 it's being raped again.
NOTE Confidence: 0.82297684

00:15:09.240 --> 00:15:12.159 So I don't want to go there.

NOTE Confidence: 0.82297684

00:15:12.160 --> 00:15:12.968 And so,

NOTE Confidence: 0.82297684

00:15:12.968 --> 00:15:15.796 as Darwin already pointed out back in

NOTE Confidence: 0.849833545

00:15:15.800 --> 00:15:19.570 1872, trauma is lived out in gut

NOTE Confidence: 0.849833545

00:15:19.570 --> 00:15:22.270 experiences in the course of the

NOTE Confidence: 0.849833545

00:15:22.270 --> 00:15:24.458 vagus nerve and heartbreaking

NOTE Confidence: 0.849833545

00:15:24.458 --> 00:15:27.438 and gut wrenching sensations.

NOTE Confidence: 0.849833545

00:15:27.440 --> 00:15:30.239 I could, I could talk for hours about it.

NOTE Confidence: 0.849833545

00:15:30.240 --> 00:15:32.100 And because you have these

NOTE Confidence: 0.849833545

00:15:32.100 --> 00:15:33.960 sensations that you cannot carry,

NOTE Confidence: 0.849833545

00:15:33.960 --> 00:15:38.480 you try to manage the the life of your body.

NOTE Confidence: 0.849833545

00:15:38.480 --> 00:15:41.040 As many of us know,

NOTE Confidence: 0.849833545

00:15:41.040 --> 00:15:42.960 if today has been a review of time,

NOTE Confidence: 0.849833545

00:15:42.960 --> 00:15:44.817 you go home and say, boy,

NOTE Confidence: 0.849833545

00:15:44.817 --> 00:15:46.599 I want a gin and tonic,

NOTE Confidence: 0.849833545

00:15:46.600 --> 00:15:47.874 I want to do a little drinking,

NOTE Confidence: 0.849833545

00:15:47.880 --> 00:15:50.679 I want to go smoke a little dope because

NOTE Confidence: 0.849833545

00:15:50.679 --> 00:15:53.360 I can no longer stand how I feel.

NOTE Confidence: 0.849833545

00:15:53.360 --> 00:15:55.120 And indeed when you're traumatized,

NOTE Confidence: 0.849833545

00:15:55.120 --> 00:15:57.430 you're very likely to indulge in

NOTE Confidence: 0.849833545

00:15:57.430 --> 00:16:00.081 drugs and to become much more likely

NOTE Confidence: 0.849833545

00:16:00.081 --> 00:16:02.928 to become a drug and alcohol person.

NOTE Confidence: 0.849833545

00:16:02.928 --> 00:16:05.640 That starts off as trying to

NOTE Confidence: 0.849833545

00:16:05.733 --> 00:16:08.037 manage that internal world.

NOTE Confidence: 0.849833545

00:16:08.040 --> 00:16:10.875 And so it's not the memory of the trauma,

NOTE Confidence: 0.849833545

00:16:10.880 --> 00:16:14.036 but all the behaviours that persist.

NOTE Confidence: 0.849833545

00:16:14.040 --> 00:16:16.336 And I think nobody ever comes to

NOTE Confidence: 0.849833545

00:16:16.336 --> 00:16:18.917 my office to for the first time

NOTE Confidence: 0.849833545

00:16:18.917 --> 00:16:21.191 saying I suffer from child abuse.

NOTE Confidence: 0.849833545

00:16:21.200 --> 00:16:24.240 No, I can't, cannot connect to my kids.

NOTE Confidence: 0.849833545

00:16:24.240 --> 00:16:25.960 I blow up at people,

NOTE Confidence: 0.849833545

00:16:25.960 --> 00:16:27.358 I cannot get along with people.

NOTE Confidence: 0.849833545

00:16:27.360 --> 00:16:30.720 I come angry, I hate myself,

NOTE Confidence: 0.849833545

00:16:30.720 --> 00:16:33.180 just lived inside.

NOTE Confidence: 0.849833545

00:16:33.180 --> 00:16:35.520 So this is an important slide

NOTE Confidence: 0.849833545

00:16:35.520 --> 00:16:37.040 as far as I'm concerned.

NOTE Confidence: 0.849833545

00:16:37.040 --> 00:16:40.852 In 1990, eighty and eighty,

NOTE Confidence: 0.849833545

00:16:40.852 --> 00:16:43.717 we knew nothing about trauma.

NOTE Confidence: 0.849833545

00:16:43.720 --> 00:16:45.986 We were sort of of, you know,

NOTE Confidence: 0.849833545

00:16:45.986 --> 00:16:47.318 by Pluto back then,

NOTE Confidence: 0.849833545

00:16:47.320 --> 00:16:49.930 and then slowly we're beginning to

NOTE Confidence: 0.849833545

00:16:49.930 --> 00:16:52.944 learn something. And today is 2024.

NOTE Confidence: 0.849833545

00:16:52.944 --> 00:16:56.840 I started to learn about psychedelics

NOTE Confidence: 0.849833545

00:16:56.840 --> 00:16:58.640 probably less than 10 years ago.

NOTE Confidence: 0.849833545

00:16:58.640 --> 00:17:00.344 I'm 80 years old.

NOTE Confidence: 0.849833545

00:17:00.344 --> 00:17:04.064 I have learned new stuff every year and

NOTE Confidence: 0.849833545

00:17:04.064 --> 00:17:07.760 anybody who says I found the answer,

NOTE Confidence: 0.849833545

00:17:07.760 --> 00:17:10.696 I said have a good life because we
NOTE Confidence: 0.849833545

00:17:10.696 --> 00:17:13.658 are very much still on a journey
NOTE Confidence: 0.849833545

00:17:13.658 --> 00:17:16.214 of discovery and to really to
NOTE Confidence: 0.849833545

00:17:16.214 --> 00:17:18.698 prematurely say I have the answer
NOTE Confidence: 0.849833545

00:17:18.698 --> 00:17:22.240 is not a trustworthy thing to do.
NOTE Confidence: 0.849833545

00:17:22.240 --> 00:17:24.200 The other thing is,
NOTE Confidence: 0.849833545

00:17:24.200 --> 00:17:27.296 but it's left out and it keeps being
NOTE Confidence: 0.849833545

00:17:27.296 --> 00:17:29.612 left out in our scientific endeavours,
NOTE Confidence: 0.849833545

00:17:29.612 --> 00:17:32.874 is the role of the attachment system.
NOTE Confidence: 0.849833545

00:17:32.880 --> 00:17:36.597 We are monkeys. We are wired to be together.
NOTE Confidence: 0.849833545

00:17:36.600 --> 00:17:38.658 Most of our brain is wired in
NOTE Confidence: 0.849833545

00:17:38.658 --> 00:17:41.182 order to get along with each other
NOTE Confidence: 0.849833545

00:17:41.182 --> 00:17:42.754 and do things together.
NOTE Confidence: 0.849833545

00:17:42.760 --> 00:17:45.088 Attachment system is critically
NOTE Confidence: 0.849833545

00:17:45.088 --> 00:17:46.834 important for drama,
NOTE Confidence: 0.849833545

00:17:46.840 --> 00:17:50.350 and there actually is a very

NOTE Confidence: 0.849833545

00:17:50.350 --> 00:17:51.878 vast literature on attachment

NOTE Confidence: 0.849833545

00:17:51.878 --> 00:17:53.837 and trauma and child abuse,

NOTE Confidence: 0.849833545

00:17:53.840 --> 00:17:56.400 but most psychologists and psychiatrists

NOTE Confidence: 0.849833545

00:17:56.400 --> 00:17:57.904 don't know that literature.

NOTE Confidence: 0.849833545

00:17:57.904 --> 00:18:00.160 How many people in this room

NOTE Confidence: 0.849833545

00:18:00.160 --> 00:18:02.080 know the work of Dante Ciccheri?

NOTE Confidence: 0.71774696

00:18:05.640 --> 00:18:06.198 Or you would,

NOTE Confidence: 0.39628163

00:18:08.360 --> 00:18:11.174 But to my mind, don't just get

NOTE Confidence: 0.39628163

00:18:11.174 --> 00:18:12.679 one of the heroes of her field.

NOTE Confidence: 0.39628163

00:18:12.680 --> 00:18:14.096 How many of you know the

NOTE Confidence: 0.39628163

00:18:14.096 --> 00:18:15.360 work of Carlin Lions Ruth?

NOTE Confidence: 0.767683782

00:18:17.880 --> 00:18:19.656 I don't know any more important

NOTE Confidence: 0.767683782

00:18:19.656 --> 00:18:20.840 scientific work than the

NOTE Confidence: 0.767683782

00:18:20.902 --> 00:18:22.277 work of Carlin Lions Ruth.

NOTE Confidence: 0.767683782

00:18:22.280 --> 00:18:24.180 But we don't learn about

NOTE Confidence: 0.767683782

00:18:24.180 --> 00:18:25.320 the attachment issues.
NOTE Confidence: 0.767683782

00:18:25.320 --> 00:18:27.120 We don't learn about children.
NOTE Confidence: 0.767683782

00:18:27.120 --> 00:18:30.400 And so we don't have much time.
NOTE Confidence: 0.767683782

00:18:30.400 --> 00:18:33.316 But I'm just going to skip over some things.
NOTE Confidence: 0.767683782

00:18:33.320 --> 00:18:37.128 But here's a good example of how
NOTE Confidence: 0.767683782

00:18:37.128 --> 00:18:39.648 we are deeply imitative creatures.
NOTE Confidence: 0.767683782

00:18:39.648 --> 00:18:41.868 This is an attachment researcher
NOTE Confidence: 0.767683782

00:18:41.868 --> 00:18:43.800 at University of Washington and
NOTE Confidence: 0.7455819

00:18:46.840 --> 00:18:50.475 the amounts of going into a nursery
NOTE Confidence: 0.7455819

00:18:50.475 --> 00:18:55.340 room with a 5 hour old baby and he
NOTE Confidence: 0.7455819

00:18:55.340 --> 00:18:56.810 sticks out his tongue and his baby
NOTE Confidence: 0.7455819

00:18:56.810 --> 00:18:58.517 and the baby sticks out his tongue.
NOTE Confidence: 0.7455819

00:18:58.520 --> 00:19:00.716 He frowns and the baby frowns.
NOTE Confidence: 0.7455819

00:19:00.720 --> 00:19:03.960 That is five hours after this baby is born.
NOTE Confidence: 0.7455819

00:19:03.960 --> 00:19:06.760 We are so wired to be social creatures
NOTE Confidence: 0.7455819

00:19:06.760 --> 00:19:10.299 and to take up our relationship to our

NOTE Confidence: 0.7455819

00:19:10.299 --> 00:19:12.999 environment and that shapes our brain.

NOTE Confidence: 0.57850937625

00:19:15.320 --> 00:19:19.205 Colonized Ruth started to do a prospective

NOTE Confidence: 0.57850937625

00:19:19.205 --> 00:19:23.160 study about 340 years ago now,

NOTE Confidence: 0.57850937625

00:19:23.160 --> 00:19:26.896 and she studied about 125 kids and

NOTE Confidence: 0.57850937625

00:19:26.896 --> 00:19:30.256 videotaped the interactions between these

NOTE Confidence: 0.57850937625

00:19:30.256 --> 00:19:34.799 kids and their single teenage mothers.

NOTE Confidence: 0.57850937625

00:19:34.800 --> 00:19:36.960 15 years later, she doesn't follow

NOTE Confidence: 0.57850937625

00:19:36.960 --> 00:19:39.120 up of what happened to these kids.

NOTE Confidence: 0.57850937625

00:19:39.120 --> 00:19:43.865 And she is able to show that if in the

NOTE Confidence: 0.57850937625

00:19:43.865 --> 00:19:45.840 videotapes of the interaction between

NOTE Confidence: 0.57850937625

00:19:45.840 --> 00:19:48.400 this kid and their mothers age 2,

NOTE Confidence: 0.57850937625

00:19:48.400 --> 00:19:51.256 you can predict later Borderlands features

NOTE Confidence: 0.57850937625

00:19:51.256 --> 00:19:54.120 of suicidality in late adolescence.

NOTE Confidence: 0.57850937625

00:19:54.120 --> 00:19:56.394 And so that early attachment system

NOTE Confidence: 0.57850937625

00:19:56.394 --> 00:19:58.824 is terribly important and that her

NOTE Confidence: 0.57850937625

00:19:58.824 --> 00:20:01.362 calculations show is that once your
NOTE Confidence: 0.57850937625

00:20:01.362 --> 00:20:03.079 attachment relationship is disturbed,
NOTE Confidence: 0.57850937625

00:20:03.080 --> 00:20:05.159 you're much more likely to get abused.
NOTE Confidence: 0.57850937625

00:20:05.160 --> 00:20:07.715 But the abuse is the secondary issue.
NOTE Confidence: 0.57850937625

00:20:07.720 --> 00:20:09.720 The attachment is the primary
NOTE Confidence: 0.57850937625

00:20:09.720 --> 00:20:11.320 issue that gives destroyed.
NOTE Confidence: 0.57850937625

00:20:11.320 --> 00:20:14.200 So there's some There's Marty Tiger.
NOTE Confidence: 0.57850937625

00:20:14.200 --> 00:20:15.892 We spent his whole life trying
NOTE Confidence: 0.57850937625

00:20:15.892 --> 00:20:18.160 to see what parts of the brain
NOTE Confidence: 0.57850937625

00:20:18.160 --> 00:20:19.960 development gets affected by trauma,
NOTE Confidence: 0.57850937625

00:20:19.960 --> 00:20:21.217 at what age.
NOTE Confidence: 0.57850937625

00:20:21.217 --> 00:20:23.731 And so we get different symptoms
NOTE Confidence: 0.57850937625

00:20:23.731 --> 00:20:26.293 and different challenges depending
NOTE Confidence: 0.57850937625

00:20:26.293 --> 00:20:29.713 on different ages of development.
NOTE Confidence: 0.57850937625

00:20:29.720 --> 00:20:31.918 So let me see what's the time
NOTE Confidence: 0.72962902

00:20:36.400 --> 00:20:39.520 We got to 11:15. Now

NOTE Confidence: 0.5104624475

00:20:41.800 --> 00:20:42.840 they're better. Skip this.

NOTE Confidence: 0.448885261

00:20:45.800 --> 00:20:48.768 No, I'm going to go to the

NOTE Confidence: 0.448885261

00:20:48.768 --> 00:20:50.586 heart just about anyway.

NOTE Confidence: 0.448885261

00:20:50.586 --> 00:20:54.265 As, as Maura has mentioned, we have been.

NOTE Confidence: 0.448885261

00:20:54.265 --> 00:20:56.470 We set up a National Child Traumatic

NOTE Confidence: 0.448885261

00:20:56.543 --> 00:21:00.100 Assessment of Work consists of 150 sites

NOTE Confidence: 0.448885261

00:21:00.100 --> 00:21:04.024 around the country because of a lack of

NOTE Confidence: 0.448885261

00:21:04.024 --> 00:21:06.280 knowledge about trauma and child development.

NOTE Confidence: 0.448885261

00:21:06.280 --> 00:21:10.248 And out of that research came our notion

NOTE Confidence: 0.448885261

00:21:10.248 --> 00:21:12.720 of developmental trauma disorder.

NOTE Confidence: 0.448885261

00:21:12.720 --> 00:21:14.928 That trauma has a very pervasive

NOTE Confidence: 0.448885261

00:21:14.928 --> 00:21:16.400 effect on your identity,

NOTE Confidence: 0.448885261

00:21:16.400 --> 00:21:17.900 your effect regulation,

NOTE Confidence: 0.448885261

00:21:17.900 --> 00:21:19.400 your learning styles.

NOTE Confidence: 0.448885261

00:21:19.400 --> 00:21:22.952 And we put that into a proposal for

NOTE Confidence: 0.448885261

00:21:22.952 --> 00:21:24.968 the American Psychiatric Association

NOTE Confidence: 0.448885261

00:21:24.968 --> 00:21:29.312 on the basis of studies of 20,000 kids.

NOTE Confidence: 0.448885261

00:21:29.312 --> 00:21:31.740 And this supposition we rejected

NOTE Confidence: 0.448885261

00:21:31.740 --> 00:21:34.410 Following says the consensus was that

NOTE Confidence: 0.448885261

00:21:34.482 --> 00:21:36.813 it was just too little evidence at

NOTE Confidence: 0.448885261

00:21:36.813 --> 00:21:38.824 this point to include developmental

NOTE Confidence: 0.448885261

00:21:38.824 --> 00:21:41.159 trauma disorder in DSM 5.

NOTE Confidence: 0.448885261

00:21:41.160 --> 00:21:43.422 The notion that early childhood as

NOTE Confidence: 0.448885261

00:21:43.422 --> 00:21:45.473 various experiences lead to substantial

NOTE Confidence: 0.448885261

00:21:45.473 --> 00:21:47.848 development disruptions is more clinical

NOTE Confidence: 0.448885261

00:21:47.848 --> 00:21:50.480 intuition than a research based fact.

NOTE Confidence: 0.448885261

00:21:50.480 --> 00:21:51.840 The statement is commonly made,

NOTE Confidence: 0.448885261

00:21:51.840 --> 00:21:53.940 but cannot be backed up

NOTE Confidence: 0.448885261

00:21:53.940 --> 00:21:55.200 by prospective studies.

NOTE Confidence: 0.448885261

00:21:55.200 --> 00:21:57.640 That is a complete lie.

NOTE Confidence: 0.448885261

00:21:57.640 --> 00:22:01.028 There's at least five 3035 year

NOTE Confidence: 0.448885261

00:22:01.028 --> 00:22:02.764 long prospective studies on

NOTE Confidence: 0.448885261

00:22:02.764 --> 00:22:05.360 which we base this diagnosis.

NOTE Confidence: 0.448885261

00:22:05.360 --> 00:22:07.984 So as a result the majority of the

NOTE Confidence: 0.448885261

00:22:07.984 --> 00:22:11.163 people we see in our practices have

NOTE Confidence: 0.448885261

00:22:11.163 --> 00:22:13.119 no appropriate psychiatric label.

NOTE Confidence: 0.448885261

00:22:13.120 --> 00:22:16.676 And you can call your patients PTSD

NOTE Confidence: 0.448885261

00:22:16.680 --> 00:22:19.468 or disruptive dismigration disorder,

NOTE Confidence: 0.448885261

00:22:19.468 --> 00:22:21.559 reactive testimony disorder,

NOTE Confidence: 0.448885261

00:22:21.560 --> 00:22:23.992 you can tell call them any of these

NOTE Confidence: 0.448885261

00:22:23.992 --> 00:22:25.651 things depending what the insurance

NOTE Confidence: 0.448885261

00:22:25.651 --> 00:22:27.637 companies will be in pursue for.

NOTE Confidence: 0.448885261

00:22:27.640 --> 00:22:30.208 But these are not real diagnosis

NOTE Confidence: 0.448885261

00:22:30.208 --> 00:22:32.368 because all these things occur

NOTE Confidence: 0.448885261

00:22:32.368 --> 00:22:34.558 Co occur in the same person.

NOTE Confidence: 0.448885261

00:22:34.560 --> 00:22:37.840 So that's the preamble.

NOTE Confidence: 0.448885261

00:22:37.840 --> 00:22:39.980 Now I'm going to talk about two
NOTE Confidence: 0.448885261

00:22:39.980 --> 00:22:42.280 treatments that I think need
NOTE Confidence: 0.448885261

00:22:42.280 --> 00:22:43.200 some elucidation.
NOTE Confidence: 0.448885261

00:22:43.200 --> 00:22:45.440 The first one is neurofeedback.
NOTE Confidence: 0.448885261

00:22:45.440 --> 00:22:48.038 And my interest in neurofeedback starts
NOTE Confidence: 0.448885261

00:22:48.038 --> 00:22:51.556 when the man who I call my best friend,
NOTE Confidence: 0.448885261

00:22:51.560 --> 00:22:52.666 Alexander McFarland,
NOTE Confidence: 0.448885261

00:22:52.666 --> 00:22:55.984 does a study in Australia that
NOTE Confidence: 0.448885261

00:22:55.984 --> 00:22:57.840 is very simple.
NOTE Confidence: 0.448885261

00:22:57.840 --> 00:22:59.680 You see 38 normal Australians
NOTE Confidence: 0.448885261

00:22:59.680 --> 00:23:01.520 if you've ever been there.
NOTE Confidence: 0.448885261

00:23:01.520 --> 00:23:04.877 I just came back three days ago from there.
NOTE Confidence: 0.448885261

00:23:04.880 --> 00:23:06.920 Lots of normal people there.
NOTE Confidence: 0.448885261

00:23:06.920 --> 00:23:08.984 And he's 38.
NOTE Confidence: 0.448885261

00:23:08.984 --> 00:23:11.040 Traumatic Australians And he
NOTE Confidence: 0.448885261

00:23:11.040 --> 00:23:13.080 plays the sound of the ear,

NOTE Confidence: 0.448885261

00:23:13.080 --> 00:23:16.120 something like and your sounds like that.

NOTE Confidence: 0.448885261

00:23:16.120 --> 00:23:18.600 Your brain needs to figure out what happens.

NOTE Confidence: 0.448885261

00:23:18.600 --> 00:23:21.384 Now you can put electrodes all over the

NOTE Confidence: 0.448885261

00:23:21.384 --> 00:23:24.638 skull and harvest the underlying brain waves.

NOTE Confidence: 0.448885261

00:23:24.640 --> 00:23:26.840 And what you see is that when you

NOTE Confidence: 0.448885261

00:23:26.840 --> 00:23:29.232 put these people in a scanner and

NOTE Confidence: 0.448885261

00:23:29.232 --> 00:23:32.792 you play sound like in the normal people,

NOTE Confidence: 0.448885261

00:23:32.792 --> 00:23:35.240 the left brain does all the work,

NOTE Confidence: 0.448885261

00:23:35.240 --> 00:23:36.220 the cognitive,

NOTE Confidence: 0.448885261

00:23:36.220 --> 00:23:39.160 verbal commutative part of the brain,

NOTE Confidence: 0.448885261

00:23:39.160 --> 00:23:42.118 the right brain barely gets activated.

NOTE Confidence: 0.448885261

00:23:42.120 --> 00:23:44.760 That's the emotional brain gives

NOTE Confidence: 0.448885261

00:23:44.760 --> 00:23:46.872 you feelings and sensations.

NOTE Confidence: 0.448885261

00:23:46.880 --> 00:23:47.870 The traumatized people,

NOTE Confidence: 0.448885261

00:23:47.870 --> 00:23:49.520 when the US are like,

NOTE Confidence: 0.448885261

00:23:49.520 --> 00:23:51.356 they don't use their left brain,
NOTE Confidence: 0.448885261

00:23:51.360 --> 00:23:53.440 they use their right brain.
NOTE Confidence: 0.448885261

00:23:53.440 --> 00:23:54.766 When you're traumatized,
NOTE Confidence: 0.448885261

00:23:54.766 --> 00:23:58.440 your feelings are the only thing that counts.
NOTE Confidence: 0.448885261

00:23:58.440 --> 00:24:01.200 There is no cognition.
NOTE Confidence: 0.448885261

00:24:01.200 --> 00:24:02.292 Then you look at,
NOTE Confidence: 0.448885261

00:24:02.292 --> 00:24:03.930 you put his little electrodes over
NOTE Confidence: 0.448885261

00:24:03.992 --> 00:24:05.798 the skull and you look at how
NOTE Confidence: 0.448885261

00:24:05.798 --> 00:24:07.394 the different parts of the brain
NOTE Confidence: 0.448885261

00:24:07.394 --> 00:24:08.674 are talking to each other.
NOTE Confidence: 0.448885261

00:24:08.680 --> 00:24:11.520 And like you see in non charmatist people,
NOTE Confidence: 0.448885261

00:24:11.520 --> 00:24:13.332 there's internal coherence in
NOTE Confidence: 0.448885261

00:24:13.332 --> 00:24:16.200 the brain in terms of engaging
NOTE Confidence: 0.448885261

00:24:16.200 --> 00:24:18.600 in disasters and ERP
NOTE Confidence: 0.750301047857143

00:24:18.600 --> 00:24:20.388 traumatist people, there's different
NOTE Confidence: 0.750301047857143

00:24:20.388 --> 00:24:23.521 parts of the brain are not talking

NOTE Confidence: 0.750301047857143
00:24:23.521 --> 00:24:25.560 to each other specifically.
NOTE Confidence: 0.652499143333333
00:24:29.680 --> 00:24:32.702 When you hear a sound like the
NOTE Confidence: 0.652499143333333
00:24:32.702 --> 00:24:35.411 first maybe developers is N 200 to
NOTE Confidence: 0.652499143333333
00:24:35.411 --> 00:24:37.877 say now focus and pay attention.
NOTE Confidence: 0.652499143333333
00:24:37.880 --> 00:24:40.364 It's a salience network of the
NOTE Confidence: 0.652499143333333
00:24:40.364 --> 00:24:43.074 brain and get you to focus
NOTE Confidence: 0.652499143333333
00:24:43.074 --> 00:24:45.479 and to ignore everything else.
NOTE Confidence: 0.652499143333333
00:24:45.480 --> 00:24:47.824 Trauma test people? No.
NOTE Confidence: 0.652499143333333
00:24:47.824 --> 00:24:50.011 N 200 traumatized people have
NOTE Confidence: 0.652499143333333
00:24:50.011 --> 00:24:52.652 a very hard time filtering out
NOTE Confidence: 0.652499143333333
00:24:52.652 --> 00:24:55.236 what's relevant from relevant.
NOTE Confidence: 0.652499143333333
00:24:55.240 --> 00:24:57.676 This is a not a cognitive issue,
NOTE Confidence: 0.652499143333333
00:24:57.680 --> 00:25:00.464 it's a deeper brain issue of a system
NOTE Confidence: 0.652499143333333
00:25:00.464 --> 00:25:02.788 in your brain that's not working
NOTE Confidence: 0.652499143333333
00:25:02.788 --> 00:25:06.093 to help you to figure out what is
NOTE Confidence: 0.652499143333333

00:25:06.093 --> 00:25:08.358 relevant and what's not relevant.
NOTE Confidence: 0.6524991433333333

00:25:08.360 --> 00:25:10.571 The next wave is the P300,
NOTE Confidence: 0.6524991433333333

00:25:10.571 --> 00:25:12.797 the learning wave of the brain.
NOTE Confidence: 0.6524991433333333

00:25:12.800 --> 00:25:16.200 How you learn stuff, how you grab things.
NOTE Confidence: 0.6524991433333333

00:25:16.200 --> 00:25:19.640 Traumatized People Lousy piece 300.
NOTE Confidence: 0.6524991433333333

00:25:19.640 --> 00:25:20.744 When you're traumatized,
NOTE Confidence: 0.6524991433333333

00:25:20.744 --> 00:25:21.480 it's very,
NOTE Confidence: 0.6524991433333333

00:25:21.480 --> 00:25:25.638 very hard to learn from experience.
NOTE Confidence: 0.6524991433333333

00:25:25.640 --> 00:25:28.195 All of you who work for traumatized
NOTE Confidence: 0.6524991433333333

00:25:28.195 --> 00:25:30.271 people keeping astounded how people do
NOTE Confidence: 0.6524991433333333

00:25:30.271 --> 00:25:32.399 the same dancing over and over again
NOTE Confidence: 0.6524991433333333

00:25:32.468 --> 00:25:34.478 and do not learn from experience.
NOTE Confidence: 0.6524991433333333

00:25:34.480 --> 00:25:38.720 So my friend does his study and I go like,
NOTE Confidence: 0.6524991433333333

00:25:38.720 --> 00:25:41.120 we'll never figure this one out.
NOTE Confidence: 0.6524991433333333

00:25:41.120 --> 00:25:43.640 And then I meet some people who say,
NOTE Confidence: 0.6524991433333333

00:25:43.640 --> 00:25:45.956 have you ever heard about neurofeedback?

NOTE Confidence: 0.652499143333333
00:25:45.960 --> 00:25:47.718 And I say, what is it?
NOTE Confidence: 0.652499143333333
00:25:47.720 --> 00:25:50.156 You can put electrodes on people's skulls.
NOTE Confidence: 0.652499143333333
00:25:50.160 --> 00:25:53.620 You can harvest the brain waves,
NOTE Confidence: 0.652499143333333
00:25:53.620 --> 00:25:55.595 put it on a computer.
NOTE Confidence: 0.652499143333333
00:25:55.600 --> 00:25:58.032 And then you can set the computer in
NOTE Confidence: 0.652499143333333
00:25:58.032 --> 00:26:00.719 such a way that whenever your brain
NOTE Confidence: 0.652499143333333
00:26:00.719 --> 00:26:02.896 makes waves that help you to pay
NOTE Confidence: 0.652499143333333
00:26:02.896 --> 00:26:05.596 attention or to be calm or to be focused,
NOTE Confidence: 0.652499143333333
00:26:05.600 --> 00:26:07.240 you get a little reward.
NOTE Confidence: 0.652499143333333
00:26:07.240 --> 00:26:09.130 Some deer jumps out of the
NOTE Confidence: 0.652499143333333
00:26:09.130 --> 00:26:10.880 forest or hear some music.
NOTE Confidence: 0.652499143333333
00:26:10.880 --> 00:26:13.180 And whenever you don't make
NOTE Confidence: 0.652499143333333
00:26:13.180 --> 00:26:14.560 the right combination,
NOTE Confidence: 0.652499143333333
00:26:14.560 --> 00:26:16.920 your brain don't get feedback.
NOTE Confidence: 0.652499143333333
00:26:16.920 --> 00:26:19.118 And they say, that sounds really interesting,
NOTE Confidence: 0.652499143333333

00:26:19.120 --> 00:26:21.052 Send me to research.
NOTE Confidence: 0.6524991433333333

00:26:21.052 --> 00:26:24.469 And the research never came because our
NOTE Confidence: 0.6524991433333333

00:26:24.469 --> 00:26:28.276 field is a field of anecdotes and of stories,
NOTE Confidence: 0.6524991433333333

00:26:28.280 --> 00:26:30.356 but very few people do research
NOTE Confidence: 0.6524991433333333

00:26:30.360 --> 00:26:33.720 in these innovative methods.
NOTE Confidence: 0.6524991433333333

00:26:33.720 --> 00:26:35.556 And so I mean this woman at some point,
NOTE Confidence: 0.6524991433333333

00:26:35.560 --> 00:26:39.080 even Fisher, who says,
NOTE Confidence: 0.6524991433333333

00:26:39.080 --> 00:26:39.664 you know,
NOTE Confidence: 0.6524991433333333

00:26:39.664 --> 00:26:42.000 let me show you what neurofeedback can do.
NOTE Confidence: 0.6524991433333333

00:26:42.000 --> 00:26:46.092 He's an 8 year old boy and we asked
NOTE Confidence: 0.6524991433333333

00:26:46.092 --> 00:26:48.348 him to make a family drawing and I
NOTE Confidence: 0.6524991433333333

00:26:48.348 --> 00:26:49.992 said that's a pretty sucky family
NOTE Confidence: 0.6524991433333333

00:26:49.992 --> 00:26:51.918 drawing for an 8 year old because we've
NOTE Confidence: 0.6524991433333333

00:26:51.918 --> 00:26:53.878 seen a lot of kids in our clinic.
NOTE Confidence: 0.6524991433333333

00:26:53.880 --> 00:26:56.488 I said I do 20 sessions of neurofeedback
NOTE Confidence: 0.6524991433333333

00:26:56.488 --> 00:26:59.068 and that's his family drawing and I

NOTE Confidence: 0.652499143333333
00:26:59.068 --> 00:27:01.480 do 20 more sessions of neurofeedback.
NOTE Confidence: 0.652499143333333
00:27:01.480 --> 00:27:04.040 That's his family drawing.
NOTE Confidence: 0.652499143333333
00:27:04.040 --> 00:27:07.050 Like holy **** I don't know anything
NOTE Confidence: 0.652499143333333
00:27:07.050 --> 00:27:09.788 else that can change this into
NOTE Confidence: 0.652499143333333
00:27:09.788 --> 00:27:12.040 this in a three months period.
NOTE Confidence: 0.652499143333333
00:27:12.040 --> 00:27:14.896 There is something there and so I
NOTE Confidence: 0.652499143333333
00:27:14.896 --> 00:27:17.240 start studying in your feedback
NOTE Confidence: 0.652499143333333
00:27:17.240 --> 00:27:18.619 and this is I just mainly wanted
NOTE Confidence: 0.652499143333333
00:27:18.619 --> 00:27:19.560 to show this to you.
NOTE Confidence: 0.652499143333333
00:27:19.560 --> 00:27:19.720 Do you
NOTE Confidence: 0.655467722727273
00:27:20.440 --> 00:27:23.080 think he used to kick me and punch me and
NOTE Confidence: 0.655467722727273
00:27:23.147 --> 00:27:25.625 kick me and bite me with hyperactivity
NOTE Confidence: 0.655467722727273
00:27:25.625 --> 00:27:28.160 disorder or ADHD without of the control?
NOTE Confidence: 0.3303296375
00:27:32.560 --> 00:27:34.440 Older sisters, what are
NOTE Confidence: 0.65528178
00:27:37.960 --> 00:27:40.400 you right now? I'm happier.
NOTE Confidence: 0.65528178

00:27:40.400 --> 00:27:44.320 And they will concentrate, Yeah.
NOTE Confidence: 0.65528178

00:27:44.320 --> 00:27:46.120 Get along with people better.
NOTE Confidence: 0.65528178

00:27:46.120 --> 00:27:47.398 Yeah. Get along with my mum.
NOTE Confidence: 0.65528178

00:27:47.400 --> 00:27:48.520 Well, OK, Kane,
NOTE Confidence: 0.65528178

00:27:48.520 --> 00:27:51.846 I want you to get the Green Rock fire up.
NOTE Confidence: 0.65528178

00:27:51.846 --> 00:27:53.876 After years of violent outbursts,
NOTE Confidence: 0.65528178

00:27:53.880 --> 00:27:57.078 finally relief in what looks
NOTE Confidence: 0.65528178

00:27:57.078 --> 00:27:58.914 to be a simple computer game.
NOTE Confidence: 0.65528178

00:27:58.920 --> 00:27:59.706 It works.
NOTE Confidence: 0.65528178

00:27:59.706 --> 00:28:02.760 Flushing works for mood disturbances.
NOTE Confidence: 0.65528178

00:28:02.760 --> 00:28:03.840 It works for panic.
NOTE Confidence: 0.878709284

00:28:05.160 --> 00:28:06.800 I've I've used it successfully
NOTE Confidence: 0.962805613333333

00:28:06.800 --> 00:28:07.799 with chronic pain
NOTE Confidence: 0.784428235

00:28:10.120 --> 00:28:12.456 headaches. It's called neurofeedback,
NOTE Confidence: 0.784428235

00:28:12.456 --> 00:28:15.960 a system where clinical psychologist Dr.
NOTE Confidence: 0.784428235

00:28:15.960 --> 00:28:19.555 Moshe Kane's brain waves are represented

NOTE Confidence: 0.784428235

00:28:19.555 --> 00:28:21.119 as different coloured spaceships,

NOTE Confidence: 0.542005366

00:28:22.120 --> 00:28:25.520 purple and the yellow rock. Doctor

NOTE Confidence: 0.771526704285714

00:28:25.520 --> 00:28:28.327 Pearl says electrodes on Kane's head since

NOTE Confidence: 0.771526704285714

00:28:28.327 --> 00:28:31.405 when he's relaxed and focused and as a

NOTE Confidence: 0.771526704285714

00:28:31.405 --> 00:28:33.480 result the green spaceship speeds up,

NOTE Confidence: 0.771526704285714

00:28:33.480 --> 00:28:35.056 overtaking the other spaceships

NOTE Confidence: 0.771526704285714

00:28:35.056 --> 00:28:37.880 that show when he's tired or tense.

NOTE Confidence: 0.771526704285714

00:28:37.880 --> 00:28:39.343 What he wants to do is get

NOTE Confidence: 0.771526704285714

00:28:39.343 --> 00:28:40.440 the Rockets to go fast.

NOTE Confidence: 0.771526704285714

00:28:40.440 --> 00:28:43.704 So he teaches his self really to slow

NOTE Confidence: 0.771526704285714

00:28:43.704 --> 00:28:45.575 down absolutely excellent results.

NOTE Confidence: 0.771526704285714

00:28:45.575 --> 00:28:48.000 And it's been long term.

NOTE Confidence: 0.771526704285714

00:28:48.000 --> 00:28:51.199 And he's lost, like I would say,

NOTE Confidence: 0.771526704285714

00:28:51.200 --> 00:28:52.004 all his violence.

NOTE Confidence: 0.771526704285714

00:28:52.004 --> 00:28:53.880 Yes, I have a little point there,

NOTE Confidence: 0.771526704285714

00:28:53.880 --> 00:28:57.400 you know, and it's fabulous.
NOTE Confidence: 0.771526704285714

00:28:57.400 --> 00:29:00.560 That's badly looking back.
NOTE Confidence: 0.771526704285714

00:29:00.560 --> 00:29:03.040 Kane hardly recognizes himself.
NOTE Confidence: 0.771526704285714

00:29:03.040 --> 00:29:04.678 Can't believe I was like that.
NOTE Confidence: 0.771526704285714

00:29:04.680 --> 00:29:06.038 Could you ever be like that again?
NOTE Confidence: 0.682244872

00:29:08.600 --> 00:29:11.692 Yeah, I think so. And even if I tried,
NOTE Confidence: 0.682244872

00:29:11.692 --> 00:29:13.399 I don't think I'd be able to do it.
NOTE Confidence: 0.682244872

00:29:13.400 --> 00:29:15.240 Click the button anytime you
NOTE Confidence: 0.682244872

00:29:15.240 --> 00:29:16.720 see the white square Doctor
NOTE Confidence: 0.682244872

00:29:16.720 --> 00:29:19.480 Bill Tip Kane's attention span.
NOTE Confidence: 0.682244872

00:29:19.480 --> 00:29:21.520 After 60 neurofeedback sessions,
NOTE Confidence: 0.682244872

00:29:21.520 --> 00:29:23.560 his scores have doubled.
NOTE Confidence: 0.682244872

00:29:23.560 --> 00:29:25.980 Maybe one in 10,000 children would
NOTE Confidence: 0.682244872

00:29:25.980 --> 00:29:27.958 have scored as poorly as he did and
NOTE Confidence: 0.90185286

00:29:28.480 --> 00:29:30.120 now he's completely average.
NOTE Confidence: 0.7662700995

00:29:31.840 --> 00:29:33.524 So interesting, isn't it?

NOTE Confidence: 0.7662700995

00:29:33.524 --> 00:29:36.531 So we start doing research on neurofeedback

NOTE Confidence: 0.7662700995

00:29:36.531 --> 00:29:40.113 and I won't spend too much time on it,

NOTE Confidence: 0.7662700995

00:29:40.120 --> 00:29:41.432 but here's an example.

NOTE Confidence: 0.7662700995

00:29:41.432 --> 00:29:43.072 What can it can do?

NOTE Confidence: 0.7662700995

00:29:43.080 --> 00:29:45.439 So you can do a quantitative EEG,

NOTE Confidence: 0.7662700995

00:29:45.440 --> 00:29:47.384 which I'm amazed that not more

NOTE Confidence: 0.7662700995

00:29:47.384 --> 00:29:49.607 people are into that and you can

NOTE Confidence: 0.7662700995

00:29:49.607 --> 00:29:51.609 measure what part of the brain is

NOTE Confidence: 0.7662700995

00:29:51.676 --> 00:29:53.836 getting active in responsive task.

NOTE Confidence: 0.7662700995

00:29:53.840 --> 00:29:56.396 And this is the QEG of a 12 year

NOTE Confidence: 0.7662700995

00:29:56.400 --> 00:30:01.800 old Somali refugee in Sydney.

NOTE Confidence: 0.7662700995

00:30:01.800 --> 00:30:04.680 It's just a clinical virus there.

NOTE Confidence: 0.7662700995

00:30:04.680 --> 00:30:08.456 This kid was a very charmed this kid

NOTE Confidence: 0.7662700995

00:30:08.456 --> 00:30:10.480 completely unbullied in the classroom.

NOTE Confidence: 0.7662700995

00:30:10.480 --> 00:30:12.420 He gets kicked out,

NOTE Confidence: 0.7662700995

00:30:12.420 --> 00:30:14.350 he's too disturbed and he
NOTE Confidence: 0.7662700995

00:30:14.350 --> 00:30:15.760 has the good luck to that.
NOTE Confidence: 0.7662700995

00:30:15.760 --> 00:30:18.568 In his neighbourhood is this refugee
NOTE Confidence: 0.7662700995

00:30:18.568 --> 00:30:20.440 program that does neurofeedback.
NOTE Confidence: 0.7662700995

00:30:20.440 --> 00:30:22.360 And what they discover when
NOTE Confidence: 0.7662700995

00:30:22.360 --> 00:30:25.478 they do a quantity of EG on him
NOTE Confidence: 0.7662700995

00:30:25.478 --> 00:30:27.514 is that the predominant rhythm
NOTE Confidence: 0.7662700995

00:30:27.514 --> 00:30:30.838 in the frontal lobe is delta.
NOTE Confidence: 0.7662700995

00:30:30.840 --> 00:30:32.275 For if you know anything about EEG,
NOTE Confidence: 0.7662700995

00:30:32.280 --> 00:30:34.860 delta is the waves that
NOTE Confidence: 0.7662700995

00:30:34.860 --> 00:30:37.440 people create in deep sleep.
NOTE Confidence: 0.7662700995

00:30:37.440 --> 00:30:40.120 That means the frontal lobe is not there.
NOTE Confidence: 0.7662700995

00:30:40.120 --> 00:30:42.720 This kid is just a limbic creature who
NOTE Confidence: 0.7662700995

00:30:42.720 --> 00:30:45.756 has no frontal lobe functioning at all.
NOTE Confidence: 0.7662700995

00:30:45.760 --> 00:30:47.076 If he had gone to anybody else,
NOTE Confidence: 0.7662700995

00:30:47.080 --> 00:30:48.598 they would have put him on

NOTE Confidence: 0.7662700995

00:30:48.598 --> 00:30:49.357 a psychotic medication.

NOTE Confidence: 0.7662700995

00:30:49.360 --> 00:30:52.438 We would have had disastrous consequences.

NOTE Confidence: 0.7662700995

00:30:52.440 --> 00:30:54.400 But they do neurofeedback and

NOTE Confidence: 0.7662700995

00:30:54.400 --> 00:30:56.360 with 20 sessions of neurofeedback,

NOTE Confidence: 0.7662700995

00:30:56.360 --> 00:30:58.400 they'd normalize this frontal lobe

NOTE Confidence: 0.7662700995

00:30:58.400 --> 00:31:00.518 and the kids start behaving well.

NOTE Confidence: 0.7662700995

00:31:00.520 --> 00:31:02.056 So we have been,

NOTE Confidence: 0.7662700995

00:31:02.056 --> 00:31:04.360 we have done three studies ourselves

NOTE Confidence: 0.7662700995

00:31:04.360 --> 00:31:07.816 and what you see is indeed that with

NOTE Confidence: 0.7662700995

00:31:07.816 --> 00:31:10.280 neurofeedback you can change the Erps

NOTE Confidence: 0.7662700995

00:31:10.280 --> 00:31:12.554 and to increase the filtering wave

NOTE Confidence: 0.7662700995

00:31:12.554 --> 00:31:15.234 for the brain and you can increase

NOTE Confidence: 0.7662700995

00:31:15.234 --> 00:31:17.200 the learning wave for the brain.

NOTE Confidence: 0.7662700995

00:31:17.200 --> 00:31:20.704 And so you're actually able to

NOTE Confidence: 0.7662700995

00:31:20.704 --> 00:31:23.040 change people's mental functioning.

NOTE Confidence: 0.7662700995

00:31:23.040 --> 00:31:25.822 And we published this data in the Plus one.
NOTE Confidence: 0.7662700995

00:31:25.822 --> 00:31:27.999 And what we see that this is
NOTE Confidence: 0.7662700995

00:31:27.999 --> 00:31:29.800 not a trauma treatment.
NOTE Confidence: 0.7662700995

00:31:29.800 --> 00:31:31.555 There's a treatment to make
NOTE Confidence: 0.7662700995

00:31:31.555 --> 00:31:32.959 the brain more relaxed,
NOTE Confidence: 0.7662700995

00:31:32.960 --> 00:31:35.960 more calm and more functional.
NOTE Confidence: 0.7662700995

00:31:35.960 --> 00:31:39.160 It's an optimal functioning treatment.
NOTE Confidence: 0.7662700995

00:31:39.160 --> 00:31:41.400 The Italian soccer team,
NOTE Confidence: 0.7662700995

00:31:41.400 --> 00:31:42.520 the Azuros,
NOTE Confidence: 0.7662700995

00:31:42.520 --> 00:31:46.680 use neurofeedback for optimal performance,
NOTE Confidence: 0.7662700995

00:31:46.680 --> 00:31:48.830 and they will keep winning
NOTE Confidence: 0.7662700995

00:31:48.830 --> 00:31:50.120 the world championship.
NOTE Confidence: 0.7662700995

00:31:50.120 --> 00:31:53.576 So John Cruzlier in London gives
NOTE Confidence: 0.7662700995

00:31:53.576 --> 00:31:55.880 neurofeedback to violinists and
NOTE Confidence: 0.7662700995

00:31:55.979 --> 00:31:58.954 finds out that with neurofeedback
NOTE Confidence: 0.7662700995

00:31:58.954 --> 00:32:01.929 you can increase the performance

NOTE Confidence: 0.7662700995

00:32:02.019 --> 00:32:04.640 by 10% if any of your musicians.

NOTE Confidence: 0.7662700995

00:32:04.640 --> 00:32:06.278 You know what the difference is.

NOTE Confidence: 0.7662700995

00:32:06.280 --> 00:32:08.968 I once played in the same orchestra

NOTE Confidence: 0.7662700995

00:32:08.968 --> 00:32:11.422 as yo-yo Ma. I'm a jealous.

NOTE Confidence: 0.7662700995

00:32:11.422 --> 00:32:13.158 I was a jealous.

NOTE Confidence: 0.7662700995

00:32:13.160 --> 00:32:15.871 He probably pays more than 20% better

NOTE Confidence: 0.7662700995

00:32:15.871 --> 00:32:18.039 than I do, but it makes a lot.

NOTE Confidence: 0.7662700995

00:32:18.040 --> 00:32:20.728 That 10% can make all the difference

NOTE Confidence: 0.7662700995

00:32:20.728 --> 00:32:23.159 between being really good at something,

NOTE Confidence: 0.7662700995

00:32:23.160 --> 00:32:24.600 being sorry for guys.

NOTE Confidence: 0.7662700995

00:32:24.600 --> 00:32:24.960 OK,

NOTE Confidence: 0.7662700995

00:32:24.960 --> 00:32:26.958 I've heard enough.

NOTE Confidence: 0.7662700995

00:32:26.960 --> 00:32:29.725 And so the issue of focusing on

NOTE Confidence: 0.7662700995

00:32:29.725 --> 00:32:32.365 optimal functioning to my mind is a

NOTE Confidence: 0.7662700995

00:32:32.365 --> 00:32:34.804 really nice approach to our work.

NOTE Confidence: 0.7662700995

00:32:34.804 --> 00:32:36.676 Rather than pathologizing everything,
NOTE Confidence: 0.7662700995

00:32:36.680 --> 00:32:38.630 it's just thinking about how can
NOTE Confidence: 0.7662700995

00:32:38.630 --> 00:32:40.944 we help people to function better.
NOTE Confidence: 0.7662700995

00:32:40.944 --> 00:32:43.871 And what we see is that all
NOTE Confidence: 0.7662700995

00:32:43.871 --> 00:32:44.733 after neurofeedback,
NOTE Confidence: 0.7662700995

00:32:44.733 --> 00:32:46.888 all these variables have to
NOTE Confidence: 0.7662700995

00:32:46.888 --> 00:32:49.120 do with self organization,
NOTE Confidence: 0.7662700995

00:32:49.120 --> 00:32:50.624 effects, regulation,
NOTE Confidence: 0.7662700995

00:32:50.624 --> 00:32:52.880 negotiating interpersonal conflicts,
NOTE Confidence: 0.7662700995

00:32:52.880 --> 00:32:55.919 all dramatically changed,
NOTE Confidence: 0.7662700995

00:32:55.919 --> 00:32:58.958 including executive functioning.
NOTE Confidence: 0.7662700995

00:32:58.960 --> 00:33:00.790 So becoming flexible,
NOTE Confidence: 0.7662700995

00:33:00.790 --> 00:33:03.840 having a brain that works.
NOTE Confidence: 0.7662700995

00:33:03.840 --> 00:33:06.556 Neurofeedback can help you with all that.
NOTE Confidence: 0.860618737777778

00:33:06.560 --> 00:33:08.756 So if you want to know more about it,
NOTE Confidence: 0.860618737777778

00:33:08.760 --> 00:33:11.640 come to our 35th Annual meeting

NOTE Confidence: 0.860618737777778
00:33:11.640 --> 00:33:14.680 at the beginning of May.
NOTE Confidence: 0.860618737777778
00:33:14.680 --> 00:33:18.919 Last piece, like you many of you guys are,
NOTE Confidence: 0.860618737777778
00:33:18.920 --> 00:33:21.280 is I'm interested in psychedelics.
NOTE Confidence: 0.860618737777778
00:33:21.280 --> 00:33:25.750 And my own psychedelic story starts about 15
NOTE Confidence: 0.860618737777778
00:33:25.750 --> 00:33:28.960 years ago when two guys came to talk to me.
NOTE Confidence: 0.860618737777778
00:33:28.960 --> 00:33:31.660 Their names were Michael Mishoffer
NOTE Confidence: 0.860618737777778
00:33:31.660 --> 00:33:34.560 and Big Dublin and they say Bessel,
NOTE Confidence: 0.860618737777778
00:33:34.560 --> 00:33:36.160 you know something about trauma.
NOTE Confidence: 0.860618737777778
00:33:36.160 --> 00:33:39.766 What do you think about possibility
NOTE Confidence: 0.860618737777778
00:33:39.766 --> 00:33:43.396 of psychedelic ages for trauma?
NOTE Confidence: 0.860618737777778
00:33:43.400 --> 00:33:45.878 And I go, wow, that's really interesting.
NOTE Confidence: 0.860618737777778
00:33:45.880 --> 00:33:48.280 Of course you're talking to the right guy.
NOTE Confidence: 0.860618737777778
00:33:48.280 --> 00:33:51.020 I'm a child in the 60s and of course I
NOTE Confidence: 0.860618737777778
00:33:51.099 --> 00:33:54.275 dabbled to the LSD just like everybody else.
NOTE Confidence: 0.860618737777778
00:33:54.280 --> 00:33:54.982 Not only that,
NOTE Confidence: 0.860618737777778

00:33:54.982 --> 00:33:56.152 but they had Timothy Leary's
NOTE Confidence: 0.860618737777778

00:33:56.152 --> 00:33:57.639 office at Harvard at some point.
NOTE Confidence: 0.92737007

00:34:00.680 --> 00:34:03.112 I also have a number of friends who
NOTE Confidence: 0.92737007

00:34:03.112 --> 00:34:05.320 are very successful scientists.
NOTE Confidence: 0.92737007

00:34:05.320 --> 00:34:07.884 And as we hang out, I've asked my friends,
NOTE Confidence: 0.92737007

00:34:07.884 --> 00:34:10.359 did you take LSD while you were in college?
NOTE Confidence: 0.92737007

00:34:10.360 --> 00:34:13.280 And my friends say, duh, of course I did.
NOTE Confidence: 0.92737007

00:34:13.280 --> 00:34:15.568 And I say, So what effect do you
NOTE Confidence: 0.92737007

00:34:15.568 --> 00:34:17.960 think it has on you all your life?
NOTE Confidence: 0.92737007

00:34:17.960 --> 00:34:20.580 And they say, I think it has a lot to
NOTE Confidence: 0.92737007

00:34:20.654 --> 00:34:23.426 do with my becoming such an eminent
NOTE Confidence: 0.92737007

00:34:23.426 --> 00:34:25.854 scientist because in LSDI got to see
NOTE Confidence: 0.92737007

00:34:25.854 --> 00:34:28.406 that the real world is so much larger
NOTE Confidence: 0.92737007

00:34:28.406 --> 00:34:30.421 than the little mental construct
NOTE Confidence: 0.92737007

00:34:30.421 --> 00:34:33.000 that I have formed for myself.
NOTE Confidence: 0.92737007

00:34:33.000 --> 00:34:35.079 And it really opened up my mind.

NOTE Confidence: 0.92737007

00:34:35.080 --> 00:34:37.156 I have a confession to make.

NOTE Confidence: 0.92737007

00:34:37.160 --> 00:34:40.608 Four years ago I was in the White

NOTE Confidence: 0.92737007

00:34:40.608 --> 00:34:43.440 House talking to Trump's healthcare

NOTE Confidence: 0.92737007

00:34:43.440 --> 00:34:45.666 advisor and I come to her office

NOTE Confidence: 0.92737007

00:34:45.666 --> 00:34:47.070 and she said Doctor Vaniko,

NOTE Confidence: 0.92737007

00:34:47.070 --> 00:34:48.840 I've tried to write your book,

NOTE Confidence: 0.92737007

00:34:48.840 --> 00:34:51.437 read your book, but it's pretty complicated.

NOTE Confidence: 0.92737007

00:34:51.440 --> 00:34:54.920 And is there a simplified version?

NOTE Confidence: 0.92737007

00:34:54.920 --> 00:34:58.525 And I said this is the simplified

NOTE Confidence: 0.92737007

00:34:58.525 --> 00:35:01.980 version and if you're the the premier

NOTE Confidence: 0.92737007

00:35:01.980 --> 00:35:03.680 advisers to to the president and

NOTE Confidence: 0.92737007

00:35:03.680 --> 00:35:04.920 you don't know how to read it.

NOTE Confidence: 0.92737007

00:35:04.920 --> 00:35:05.970 But I didn't.

NOTE Confidence: 0.92737007

00:35:05.970 --> 00:35:08.332 I I've messed up again, you know,

NOTE Confidence: 0.92737007

00:35:08.332 --> 00:35:09.862 like I should've flattered her

NOTE Confidence: 0.92737007

00:35:09.862 --> 00:35:11.280 but but I didn't.
NOTE Confidence: 0.92737007

00:35:11.280 --> 00:35:14.978 So I walk out of that meeting, waste of time,
NOTE Confidence: 0.92737007

00:35:14.978 --> 00:35:17.708 and I walks gate of White House.
NOTE Confidence: 0.92737007

00:35:17.708 --> 00:35:19.593 I said I blew it.
NOTE Confidence: 0.92737007

00:35:19.600 --> 00:35:22.000 I could have smuggled A blotter
NOTE Confidence: 0.92737007

00:35:22.000 --> 00:35:24.060 with ***** into the White House.
NOTE Confidence: 0.92737007

00:35:24.060 --> 00:35:26.360 I could have adopted the drinking water.
NOTE Confidence: 0.92737007

00:35:26.360 --> 00:35:28.504 And for four days the whole White House
NOTE Confidence: 0.92737007

00:35:28.504 --> 00:35:30.438 would have been a psychedelic state.
NOTE Confidence: 0.92737007

00:35:30.440 --> 00:35:32.462 And Can you imagine our previous
NOTE Confidence: 0.92737007

00:35:32.462 --> 00:35:34.701 president go like, Oh my God,
NOTE Confidence: 0.92737007

00:35:34.701 --> 00:35:37.143 the universe is so large and
NOTE Confidence: 0.92737007

00:35:37.143 --> 00:35:39.357 I'm just such a small,
NOTE Confidence: 0.92737007

00:35:39.360 --> 00:35:40.596 insignificant part of it.
NOTE Confidence: 0.92737007

00:35:40.596 --> 00:35:42.800 I'm a precious part of that part.
NOTE Confidence: 0.92737007

00:35:42.800 --> 00:35:45.096 But boy, the world said I could

NOTE Confidence: 0.92737007

00:35:45.096 --> 00:35:46.552 have changed history and I blew it.

NOTE Confidence: 0.92737007

00:35:46.560 --> 00:35:50.110 So, so you stupid.

NOTE Confidence: 0.92737007

00:35:50.110 --> 00:35:50.680 So,

NOTE Confidence: 0.92737007

00:35:50.680 --> 00:35:55.630 so I also talked Vic and Michael that

NOTE Confidence: 0.92737007

00:35:55.630 --> 00:35:59.346 in 1994 I put a symposium together

NOTE Confidence: 0.92737007

00:35:59.346 --> 00:36:02.660 at the APA to sort of review what

NOTE Confidence: 0.92737007

00:36:02.660 --> 00:36:04.320 we had learned about psychedelics.

NOTE Confidence: 0.92737007

00:36:04.320 --> 00:36:06.844 And it was.

NOTE Confidence: 0.92737007

00:36:06.844 --> 00:36:08.796 A lot of research had been done already,

NOTE Confidence: 0.92737007

00:36:08.800 --> 00:36:10.582 and it was the most depressing

NOTE Confidence: 0.92737007

00:36:10.582 --> 00:36:12.000 meeting I've ever gone to,

NOTE Confidence: 0.92737007

00:36:12.000 --> 00:36:14.734 because all these guys said I came

NOTE Confidence: 0.92737007

00:36:14.734 --> 00:36:16.816 up with amazing data that really

NOTE Confidence: 0.92737007

00:36:16.816 --> 00:36:19.902 looks very promising for trip to drug

NOTE Confidence: 0.92737007

00:36:19.902 --> 00:36:21.754 addiction and colonic depression.

NOTE Confidence: 0.92737007

00:36:21.760 --> 00:36:24.440 And we got kicked out of our departments.
NOTE Confidence: 0.92737007

00:36:24.440 --> 00:36:25.913 Our funding stopped.
NOTE Confidence: 0.92737007

00:36:25.913 --> 00:36:28.960 I wasted my life and I said to wicked,
NOTE Confidence: 0.92737007

00:36:28.960 --> 00:36:31.435 Michael, I wouldn't do it if I were you,
NOTE Confidence: 0.92737007

00:36:31.440 --> 00:36:33.617 because you're not never going to get
NOTE Confidence: 0.92737007

00:36:33.617 --> 00:36:37.278 a ***** past the FDA to do the study.
NOTE Confidence: 0.92737007

00:36:37.280 --> 00:36:38.792 And they say thank you very
NOTE Confidence: 0.92737007

00:36:38.792 --> 00:36:39.800 much for your opinion.
NOTE Confidence: 0.92737007

00:36:39.800 --> 00:36:42.680 And of course, nobody ever takes my advice.
NOTE Confidence: 0.92737007

00:36:42.680 --> 00:36:45.920 So they go and do the psychedelic research.
NOTE Confidence: 0.92737007

00:36:45.920 --> 00:36:47.328 They sued the FDA.
NOTE Confidence: 0.92737007

00:36:47.328 --> 00:36:49.440 These are two very nice people,
NOTE Confidence: 0.92737007

00:36:49.440 --> 00:36:50.792 but boy, they're Bulldogs.
NOTE Confidence: 0.92737007

00:36:50.792 --> 00:36:53.640 And they get permission for one little study,
NOTE Confidence: 0.92737007

00:36:53.640 --> 00:36:56.740 little study does quite well tonight,
NOTE Confidence: 0.92737007

00:36:56.740 --> 00:36:58.240 permission to do second study.

NOTE Confidence: 0.92737007

00:36:58.240 --> 00:36:59.233 They sue again.

NOTE Confidence: 0.92737007

00:36:59.233 --> 00:37:00.557 They fight for it,

NOTE Confidence: 0.92737007

00:37:00.560 --> 00:37:01.373 do third study,

NOTE Confidence: 0.92737007

00:37:01.373 --> 00:37:03.270 and then they do the third study

NOTE Confidence: 0.7805930452

00:37:03.335 --> 00:37:05.423 and they come to me and say we could

NOTE Confidence: 0.7805930452

00:37:05.423 --> 00:37:07.315 like to be involved with it and

NOTE Confidence: 0.7805930452

00:37:07.315 --> 00:37:09.800 become the Pi of the Boston arm.

NOTE Confidence: 0.7805930452

00:37:09.800 --> 00:37:11.834 So I became the Pi of the Boston team.

NOTE Confidence: 0.7805930452

00:37:11.840 --> 00:37:16.072 That's my little team that

NOTE Confidence: 0.7805930452

00:37:16.072 --> 00:37:20.440 does MDMA research. Let me see.

NOTE Confidence: 0.7805930452

00:37:20.440 --> 00:37:21.826 I'm just going to show you a

NOTE Confidence: 0.7805930452

00:37:21.826 --> 00:37:23.120 picture of this for a moment

NOTE Confidence: 0.7805930452

00:37:23.120 --> 00:37:24.632 because this is what it looks like.

NOTE Confidence: 0.6270881625

00:37:34.440 --> 00:37:38.680 Think about it now. I got blown up myself.

NOTE Confidence: 0.594634905

00:37:43.840 --> 00:37:44.360 Oh yeah, I

NOTE Confidence: 0.361676

00:37:46.920 --> 00:37:49.240 don't know. I see it
NOTE Confidence: 0.7136325225

00:37:49.240 --> 00:37:50.840 completely different now. Like
NOTE Confidence: 0.611465836

00:37:53.880 --> 00:37:55.120 thinking about it, I really
NOTE Confidence: 0.757767494

00:37:58.360 --> 00:37:59.560 that moment that I got
NOTE Confidence: 0.508607884285714

00:38:01.800 --> 00:38:03.837 blown up when I was happy and
NOTE Confidence: 0.657925483333333

00:38:06.360 --> 00:38:11.960 everything was moving so slow.
NOTE Confidence: 0.657925483333333

00:38:11.960 --> 00:38:13.540 My mind was just racing
NOTE Confidence: 0.657925483333333

00:38:13.540 --> 00:38:15.120 at the speed of light.
NOTE Confidence: 0.657925483333333

00:38:15.120 --> 00:38:19.712 It was I can go go back to the movement
NOTE Confidence: 0.657925483333333

00:38:19.712 --> 00:38:22.958 and never visualize it so hard.
NOTE Confidence: 0.657925483333333

00:38:22.960 --> 00:38:25.480 It was like and I was just, it's
NOTE Confidence: 0.56408206875

00:38:28.720 --> 00:38:30.320 like I feel like more in my body.
NOTE Confidence: 0.56408206875

00:38:30.320 --> 00:38:32.480 My heartbeat started beating up fast, but
NOTE Confidence: 0.859216725

00:38:33.920 --> 00:38:36.120 I didn't get at at
NOTE Confidence: 0.570023094285714

00:38:36.640 --> 00:38:39.382 first. I started feeling a little
NOTE Confidence: 0.570023094285714

00:38:39.382 --> 00:38:42.550 afraid, but then once I started

NOTE Confidence: 0.570023094285714
00:38:42.550 --> 00:38:44.760 breathing, I never felt before.
NOTE Confidence: 0.498549361666667
00:38:45.800 --> 00:38:48.120 Like I really felt hard to slow
NOTE Confidence: 0.498549361666667
00:38:48.120 --> 00:38:49.520 down and everything when I
NOTE Confidence: 0.523194225
00:38:49.520 --> 00:38:52.280 started breathing, just relax and like,
NOTE Confidence: 0.523194225
00:38:52.280 --> 00:38:55.440 it's amazing how not quickly
NOTE Confidence: 0.517505648333333
00:38:55.440 --> 00:38:57.720 it went away, but just howl in control I
NOTE Confidence: 0.646199278
00:38:57.800 --> 00:38:59.720 felt making it go away.
NOTE Confidence: 0.646199278
00:38:59.720 --> 00:39:04.400 So usually I've had those feelings.
NOTE Confidence: 0.646199278
00:39:04.400 --> 00:39:05.670 In a way. It kind of felt like I
NOTE Confidence: 0.646199278
00:39:05.670 --> 00:39:07.932 want a panic attack and it comes
NOTE Confidence: 0.646199278
00:39:07.932 --> 00:39:10.052 on and my heartbeat started and
NOTE Confidence: 0.646199278
00:39:10.052 --> 00:39:12.666 my whole body flush really hot.
NOTE Confidence: 0.646199278
00:39:12.666 --> 00:39:16.556 And then I was just amazed how I was able to.
NOTE Confidence: 0.646199278
00:39:16.560 --> 00:39:17.560 I don't really fight it, but
NOTE Confidence: 0.41029069
00:39:20.160 --> 00:39:23.408 relax, that's good. I just let
NOTE Confidence: 0.41029069

00:39:23.408 --> 00:39:24.880 y'all you might want to know. Yeah,
NOTE Confidence: 0.61076316125

00:39:32.400 --> 00:39:34.080 so that's Michael Mitt's offering and
NOTE Confidence: 0.61076316125

00:39:34.080 --> 00:39:37.680 his wife, Annie, always 2 therapists.
NOTE Confidence: 0.642840153333333

00:39:48.920 --> 00:39:51.116 It's hard to put in words
NOTE Confidence: 0.48895238

00:39:54.520 --> 00:39:59.136 show things that would don't come
NOTE Confidence: 0.48895238

00:39:59.136 --> 00:40:02.880 up every time there's there's just
NOTE Confidence: 0.48895238

00:40:02.880 --> 00:40:07.252 blow away like sand just and I even
NOTE Confidence: 0.48895238

00:40:07.252 --> 00:40:09.676 purposely tried to think of things.
NOTE Confidence: 0.48895238

00:40:09.680 --> 00:40:13.180 Bothersome like money issues
NOTE Confidence: 0.48895238

00:40:13.180 --> 00:40:15.200 or something. And this
NOTE Confidence: 0.80574865

00:40:17.240 --> 00:40:18.280 voice, this
NOTE Confidence: 0.742156133333333

00:40:20.400 --> 00:40:22.476 part of me just like so
NOTE Confidence: 0.742156133333333

00:40:22.480 --> 00:40:25.224 wise and so intelligent,
NOTE Confidence: 0.742156133333333

00:40:25.224 --> 00:40:27.960 just like brought this piece over me,
NOTE Confidence: 0.742156133333333

00:40:27.960 --> 00:40:30.320 just said, you know,
NOTE Confidence: 0.742156133333333

00:40:30.320 --> 00:40:31.916 you've always been taken care of.

NOTE Confidence: 0.742156133333333
00:40:31.920 --> 00:40:33.355 You always will be taken care of.
NOTE Confidence: 0.742156133333333
00:40:33.360 --> 00:40:34.680 It's it's nothing to worry about.
NOTE Confidence: 0.742156133333333
00:40:34.680 --> 00:40:35.760 And then it just flows away,
NOTE Confidence: 0.742156133333333
00:40:35.760 --> 00:40:40.824 like saying And then I tried
NOTE Confidence: 0.742156133333333
00:40:40.824 --> 00:40:45.598 thinking about that aspect of me.
NOTE Confidence: 0.742156133333333
00:40:45.598 --> 00:40:47.984 That's just really graceful.
NOTE Confidence: 0.742156133333333
00:40:47.984 --> 00:40:51.008 And also besides that image I
NOTE Confidence: 0.742156133333333
00:40:51.008 --> 00:40:54.092 told you all about, you know,
NOTE Confidence: 0.742156133333333
00:40:54.092 --> 00:40:56.798 the fighting with them, I had this
NOTE Confidence: 0.742156133333333
00:40:56.798 --> 00:40:59.160 image of it like kind of jail cell.
NOTE Confidence: 0.742156133333333
00:40:59.160 --> 00:41:01.996 Yeah, like I had that part of me is
NOTE Confidence: 0.742156133333333
00:41:01.996 --> 00:41:03.720 locked up in jail and it's just,
NOTE Confidence: 0.742156133333333
00:41:03.720 --> 00:41:05.640 you know, got it's dark,
NOTE Confidence: 0.742156133333333
00:41:05.640 --> 00:41:08.280 but it's got, you know,
NOTE Confidence: 0.773318851666667
00:41:10.720 --> 00:41:15.196 bright red eyes, just really evil.
NOTE Confidence: 0.773318851666667

00:41:15.200 --> 00:41:18.560 And I thought that and I felt like, so
NOTE Confidence: 0.764337092

00:41:21.320 --> 00:41:24.120 I felt like I put that person there.
NOTE Confidence: 0.764337092

00:41:24.120 --> 00:41:28.599 I went to it, just open the door,
NOTE Confidence: 0.668943928461538

00:41:31.480 --> 00:41:34.735 hug that person. And then the eyes
NOTE Confidence: 0.668943928461538

00:41:34.735 --> 00:41:37.693 just faded away no longer had kind
NOTE Confidence: 0.668943928461538

00:41:37.693 --> 00:41:39.717 of an evil look to itself and like
NOTE Confidence: 0.54379708

00:41:42.200 --> 00:41:44.800 we like I visualize both of
NOTE Confidence: 0.54379708

00:41:44.800 --> 00:41:46.480 us just taking apart the gym.
NOTE Confidence: 0.54379708

00:41:46.480 --> 00:41:51.065 So and just you know like really become
NOTE Confidence: 0.54379708

00:41:51.065 --> 00:41:53.360 our friends And then I visualized.
NOTE Confidence: 0.764077271304348

00:41:54.600 --> 00:41:57.250 So this is what we see all the time is
NOTE Confidence: 0.764077271304348

00:41:57.327 --> 00:42:00.407 people spontaneously got in touch with parts
NOTE Confidence: 0.764077271304348

00:42:00.407 --> 00:42:03.200 of themselves that have been disavowed.
NOTE Confidence: 0.764077271304348

00:42:03.200 --> 00:42:06.368 We are all trained in IFS
NOTE Confidence: 0.764077271304348

00:42:06.368 --> 00:42:08.480 internal family system therapy.
NOTE Confidence: 0.764077271304348

00:42:08.480 --> 00:42:11.240 We don't use it a lot because the

NOTE Confidence: 0.764077271304348

00:42:11.240 --> 00:42:13.551 MDMA trials are usually very quiet

NOTE Confidence: 0.764077271304348

00:42:13.551 --> 00:42:15.820 and 80% of our patients spontaneously

NOTE Confidence: 0.764077271304348

00:42:15.820 --> 00:42:18.070 start talking about different parts of

NOTE Confidence: 0.764077271304348

00:42:18.131 --> 00:42:20.117 themselves having to do with trauma.

NOTE Confidence: 0.764077271304348

00:42:20.120 --> 00:42:22.920 What's also interesting is that, you know,

NOTE Confidence: 0.764077271304348

00:42:22.920 --> 00:42:26.440 MDMA is was a very popular party drug.

NOTE Confidence: 0.764077271304348

00:42:26.440 --> 00:42:29.593 I had never taken MDMA and I thought,

NOTE Confidence: 0.764077271304348

00:42:29.593 --> 00:42:31.077 boy, it's called ecstasy.

NOTE Confidence: 0.764077271304348

00:42:31.080 --> 00:42:32.361 Is this great?

NOTE Confidence: 0.764077271304348

00:42:32.361 --> 00:42:35.350 And as API had to go through

NOTE Confidence: 0.764077271304348

00:42:35.454 --> 00:42:37.838 my own MDMA experiences,

NOTE Confidence: 0.764077271304348

00:42:37.840 --> 00:42:40.280 it does no fun and games at all.

NOTE Confidence: 0.764077271304348

00:42:40.280 --> 00:42:42.608 Actually, we have hardly ever seen

NOTE Confidence: 0.764077271304348

00:42:42.608 --> 00:42:45.758 somebody who had just a blissful experience.

NOTE Confidence: 0.764077271304348

00:42:45.760 --> 00:42:47.440 A lot of pain came up.

NOTE Confidence: 0.764077271304348

00:42:47.440 --> 00:42:49.456 Let me tell you about one of my
NOTE Confidence: 0.764077271304348

00:42:49.456 --> 00:42:52.039 own experience, my first one.
NOTE Confidence: 0.764077271304348

00:42:52.040 --> 00:42:54.365 People had often asked me
NOTE Confidence: 0.764077271304348

00:42:54.365 --> 00:42:55.760 about vicarious trauma.
NOTE Confidence: 0.764077271304348

00:42:55.760 --> 00:42:57.278 And you've seen all this trauma,
NOTE Confidence: 0.764077271304348

00:42:57.280 --> 00:42:58.360 now you're practicing.
NOTE Confidence: 0.764077271304348

00:42:58.360 --> 00:43:00.600 Your life doesn't get to you.
NOTE Confidence: 0.764077271304348

00:43:00.600 --> 00:43:02.576 And I always said, you know,
NOTE Confidence: 0.764077271304348

00:43:02.576 --> 00:43:03.716 if you have good friends,
NOTE Confidence: 0.764077271304348

00:43:03.720 --> 00:43:04.840 you have a good team,
NOTE Confidence: 0.764077271304348

00:43:04.840 --> 00:43:07.032 and you have a good a good marriage
NOTE Confidence: 0.764077271304348

00:43:07.032 --> 00:43:10.200 and you get to talk about your results,
NOTE Confidence: 0.764077271304348

00:43:10.200 --> 00:43:12.558 it doesn't really get to you.
NOTE Confidence: 0.764077271304348

00:43:12.560 --> 00:43:14.600 I was wrong.
NOTE Confidence: 0.764077271304348

00:43:14.600 --> 00:43:17.396 In my own first MDMA experience,
NOTE Confidence: 0.764077271304348

00:43:17.400 --> 00:43:19.506 all the traumatist people I've seen

NOTE Confidence: 0.764077271304348

00:43:19.506 --> 00:43:22.240 over the years came to visit me.

NOTE Confidence: 0.764077271304348

00:43:22.240 --> 00:43:23.920 Like with that trauma.

NOTE Confidence: 0.764077271304348

00:43:23.920 --> 00:43:26.356 I lied there for 8 hours going

NOTE Confidence: 0.764077271304348

00:43:26.360 --> 00:43:31.451 oh **** Oh my God, Oh my God,

NOTE Confidence: 0.764077271304348

00:43:31.451 --> 00:43:33.279 this is so terrible.

NOTE Confidence: 0.764077271304348

00:43:33.280 --> 00:43:35.240 Are you sure this is a party drug?

NOTE Confidence: 0.764077271304348

00:43:35.240 --> 00:43:37.160 There was nothing fun about it,

NOTE Confidence: 0.764077271304348

00:43:37.160 --> 00:43:40.272 but boy did I get in touch with all the

NOTE Confidence: 0.764077271304348

00:43:40.272 --> 00:43:42.960 stuff that I'd taken in over the years.

NOTE Confidence: 0.764077271304348

00:43:42.960 --> 00:43:45.120 My second MDMA experience.

NOTE Confidence: 0.764077271304348

00:43:45.120 --> 00:43:48.204 I was part of that generation in the

NOTE Confidence: 0.764077271304348

00:43:48.204 --> 00:43:50.079 Netherlands that almost starved to death.

NOTE Confidence: 0.764077271304348

00:43:50.080 --> 00:43:52.558 Half of the kids my generation did.

NOTE Confidence: 0.764077271304348

00:43:52.560 --> 00:43:54.798 I obviously didn't,

NOTE Confidence: 0.764077271304348

00:43:54.800 --> 00:43:56.760 and it was also very sickly child

NOTE Confidence: 0.764077271304348

00:43:56.760 --> 00:43:59.081 and I had the experience of being
NOTE Confidence: 0.764077271304348

00:43:59.081 --> 00:44:01.193 a one year old starving child.
NOTE Confidence: 0.712171899230769

00:44:03.840 --> 00:44:05.562 I checked out with my brothers for
NOTE Confidence: 0.712171899230769

00:44:05.562 --> 00:44:06.958 the experience and he both said,
NOTE Confidence: 0.712171899230769

00:44:06.960 --> 00:44:09.040 yeah, that sounds very reasonable.
NOTE Confidence: 0.712171899230769

00:44:09.040 --> 00:44:11.812 So stuff comes up that you
NOTE Confidence: 0.712171899230769

00:44:11.812 --> 00:44:14.000 ordinarily don't have access to.
NOTE Confidence: 0.712171899230769

00:44:14.000 --> 00:44:16.485 And I think the mental processes on
NOTE Confidence: 0.712171899230769

00:44:16.485 --> 00:44:18.421 psychedelics are the most interesting
NOTE Confidence: 0.712171899230769

00:44:18.421 --> 00:44:20.421 ones because people really change
NOTE Confidence: 0.712171899230769

00:44:20.421 --> 00:44:22.638 the way they look at things.
NOTE Confidence: 0.712171899230769

00:44:22.640 --> 00:44:25.167 And So what happened in our data
NOTE Confidence: 0.712171899230769

00:44:25.167 --> 00:44:27.279 collection is that I joined the
NOTE Confidence: 0.712171899230769

00:44:27.279 --> 00:44:30.120 study and I wanted to have a
NOTE Confidence: 0.712171899230769

00:44:30.120 --> 00:44:32.719 whole bunch of measures in there.
NOTE Confidence: 0.712171899230769

00:44:32.720 --> 00:44:35.060 They didn't adopted only three of

NOTE Confidence: 0.712171899230769
00:44:35.060 --> 00:44:37.544 them of what they wanted because
NOTE Confidence: 0.712171899230769
00:44:37.544 --> 00:44:40.491 they wanted to have approval for MDMA
NOTE Confidence: 0.712171899230769
00:44:40.491 --> 00:44:43.440 as by the FDA as a legitimate drug.
NOTE Confidence: 0.712171899230769
00:44:43.440 --> 00:44:47.160 So I was put in charge of the secondary data.
NOTE Confidence: 0.712171899230769
00:44:47.160 --> 00:44:48.280 And the secondary data,
NOTE Confidence: 0.712171899230769
00:44:48.280 --> 00:44:50.500 to my mind, are the real data.
NOTE Confidence: 0.712171899230769
00:44:50.500 --> 00:44:51.880 So what you do,
NOTE Confidence: 0.712171899230769
00:44:51.880 --> 00:44:56.278 you get 36 hours of psychotherapy.
NOTE Confidence: 0.712171899230769
00:44:56.280 --> 00:44:59.760 Half of you get 3 sessions,
NOTE Confidence: 0.712171899230769
00:44:59.760 --> 00:45:02.916 three whole days of doing MDMA.
NOTE Confidence: 0.712171899230769
00:45:02.920 --> 00:45:04.535 The other half get three
NOTE Confidence: 0.712171899230769
00:45:04.535 --> 00:45:06.560 whole days of a placebo pill.
NOTE Confidence: 0.712171899230769
00:45:06.560 --> 00:45:09.640 Always in the presence of good therapist,
NOTE Confidence: 0.712171899230769
00:45:09.640 --> 00:45:10.566 very good,
NOTE Confidence: 0.712171899230769
00:45:10.566 --> 00:45:12.418 very well trained therapy
NOTE Confidence: 0.712171899230769

00:45:12.418 --> 00:45:14.920 does a lot of stuff,
NOTE Confidence: 0.712171899230769

00:45:14.920 --> 00:45:16.990 good stuff happens and all of
NOTE Confidence: 0.712171899230769

00:45:16.990 --> 00:45:18.880 our subjects say I couldn't
NOTE Confidence: 0.712171899230769

00:45:18.880 --> 00:45:21.040 have done this without you.
NOTE Confidence: 0.712171899230769

00:45:21.040 --> 00:45:23.515 The relationship and the safety
NOTE Confidence: 0.712171899230769

00:45:23.515 --> 00:45:25.990 and the context was terribly
NOTE Confidence: 0.712171899230769

00:45:26.076 --> 00:45:28.800 important in helping people to go
NOTE Confidence: 0.732612313333333

00:45:31.080 --> 00:45:34.688 to restart places. And indeed,
NOTE Confidence: 0.732612313333333

00:45:34.688 --> 00:45:38.064 I saw that my chemotherapist,
NOTE Confidence: 0.732612313333333

00:45:38.064 --> 00:45:42.600 who I trained but beat MDMAI, was wrong.
NOTE Confidence: 0.87623022

00:45:45.240 --> 00:45:48.400 Therapy alone did pretty well,
NOTE Confidence: 0.87623022

00:45:48.400 --> 00:45:51.490 but the therapy plus MDMA did
NOTE Confidence: 0.87623022

00:45:51.490 --> 00:45:53.576 dramatically better and a two-month
NOTE Confidence: 0.87623022

00:45:53.576 --> 00:45:57.718 follow up the there's no need to improve.
NOTE Confidence: 0.87623022

00:45:57.720 --> 00:46:01.000 So it's a nice differentiation.
NOTE Confidence: 0.87623022

00:46:01.000 --> 00:46:03.520 But you know, if you know about PTSD,

NOTE Confidence: 0.87623022

00:46:03.520 --> 00:46:05.500 you know there's many other ways

NOTE Confidence: 0.87623022

00:46:05.500 --> 00:46:08.780 in which people can treat PTSD

NOTE Confidence: 0.87623022

00:46:08.780 --> 00:46:10.680 do neurofeedback, I do Emdr,

NOTE Confidence: 0.87623022

00:46:10.680 --> 00:46:15.840 do yoga, I do all kind of stuff.

NOTE Confidence: 0.844550996875

00:46:17.880 --> 00:46:20.568 But it's one form of PTSD that's

NOTE Confidence: 0.844550996875

00:46:20.568 --> 00:46:22.884 extremely hard to treat and

NOTE Confidence: 0.844550996875

00:46:22.884 --> 00:46:25.040 that's the dissociative subtype.

NOTE Confidence: 0.844550996875

00:46:25.040 --> 00:46:28.400 If you are basically numbed out

NOTE Confidence: 0.844550996875

00:46:28.400 --> 00:46:30.120 and you don't feel yourself,

NOTE Confidence: 0.844550996875

00:46:30.120 --> 00:46:32.200 there's nothing to work with.

NOTE Confidence: 0.844550996875

00:46:32.200 --> 00:46:33.844 And at this point,

NOTE Confidence: 0.844550996875

00:46:33.844 --> 00:46:36.706 nobody has done very well with

NOTE Confidence: 0.844550996875

00:46:36.706 --> 00:46:38.874 dissociative subtype of PTSD.

NOTE Confidence: 0.844550996875

00:46:38.880 --> 00:46:40.356 In our study,

NOTE Confidence: 0.844550996875

00:46:40.356 --> 00:46:42.816 the people with dissociative subtype

NOTE Confidence: 0.844550996875

00:46:42.816 --> 00:46:45.162 did slightly better than the
NOTE Confidence: 0.844550996875

00:46:45.162 --> 00:46:47.712 people who had pure classic PTSD.
NOTE Confidence: 0.844550996875

00:46:47.720 --> 00:46:48.640 Very surprising.
NOTE Confidence: 0.844550996875

00:46:48.640 --> 00:46:50.480 Something got stirred up
NOTE Confidence: 0.931272696

00:46:52.600 --> 00:46:55.040 when I joined the study.
NOTE Confidence: 0.931272696

00:46:55.040 --> 00:46:57.680 I done various studies in other
NOTE Confidence: 0.931272696

00:46:57.680 --> 00:47:01.563 subjects and what I found was a very
NOTE Confidence: 0.931272696

00:47:01.563 --> 00:47:04.108 dramatic difference between let's say
NOTE Confidence: 0.931272696

00:47:04.108 --> 00:47:07.504 EMDR or CBT or any of these methods
NOTE Confidence: 0.931272696

00:47:07.504 --> 00:47:10.280 depending on the context of your trauma.
NOTE Confidence: 0.931272696

00:47:10.280 --> 00:47:12.730 If you're an adult onset trauma person
NOTE Confidence: 0.931272696

00:47:12.730 --> 00:47:15.637 you gently you generally fight quite well.
NOTE Confidence: 0.931272696

00:47:15.640 --> 00:47:18.320 But if you have a history of long
NOTE Confidence: 0.931272696

00:47:18.320 --> 00:47:20.440 term child abuse and neglect,
NOTE Confidence: 0.931272696

00:47:20.440 --> 00:47:23.920 of being an unwanted child,
NOTE Confidence: 0.931272696

00:47:23.920 --> 00:47:25.140 these treatments don't seem

NOTE Confidence: 0.931272696

00:47:25.140 --> 00:47:26.360 to work very well.

NOTE Confidence: 0.931272696

00:47:26.360 --> 00:47:28.640 So as we're doing this trial,

NOTE Confidence: 0.931272696

00:47:28.640 --> 00:47:32.800 which at the end cost \$62 million,

NOTE Confidence: 0.931272696

00:47:32.800 --> 00:47:37.110 I said don't stack the deck against

NOTE Confidence: 0.931272696

00:47:37.110 --> 00:47:40.144 you and get people who have only

NOTE Confidence: 0.931272696

00:47:40.144 --> 00:47:41.920 post traumatic stress disorder,

NOTE Confidence: 0.931272696

00:47:41.920 --> 00:47:44.528 IE there was a time in life and

NOTE Confidence: 0.931272696

00:47:44.528 --> 00:47:46.928 they were not traumatized and this

NOTE Confidence: 0.931272696

00:47:46.928 --> 00:47:49.713 happens on top of stuff that happened.

NOTE Confidence: 0.931272696

00:47:49.713 --> 00:47:52.310 Well, I was overruled and boy am

NOTE Confidence: 0.931272696

00:47:52.387 --> 00:47:54.529 I glad I was overruled because

NOTE Confidence: 0.931272696

00:47:54.529 --> 00:47:56.969 the vast majority of our subjects

NOTE Confidence: 0.931272696

00:47:56.969 --> 00:47:58.837 had developed alter trauma.

NOTE Confidence: 0.931272696

00:47:58.840 --> 00:48:01.878 88% of them could not remember feeling

NOTE Confidence: 0.931272696

00:48:01.878 --> 00:48:05.120 safe with their own parents growing up.

NOTE Confidence: 0.931272696

00:48:05.120 --> 00:48:07.040 That's the worst possible thing
NOTE Confidence: 0.931272696

00:48:07.040 --> 00:48:08.960 that can happen to you.
NOTE Confidence: 0.931272696

00:48:08.960 --> 00:48:10.856 And then we looked at what
NOTE Confidence: 0.931272696

00:48:10.856 --> 00:48:12.200 happened to this population.
NOTE Confidence: 0.679543856666667

00:48:15.760 --> 00:48:20.168 Self compassion. Well, as you know,
NOTE Confidence: 0.679543856666667

00:48:20.168 --> 00:48:21.890 hating yourself, loathing yourself,
NOTE Confidence: 0.679543856666667

00:48:21.890 --> 00:48:23.915 basically feel like you're terrible,
NOTE Confidence: 0.679543856666667

00:48:23.920 --> 00:48:26.260 disgusting person is a very common
NOTE Confidence: 0.679543856666667

00:48:26.260 --> 00:48:28.800 thing for people with colic trauma.
NOTE Confidence: 0.679543856666667

00:48:28.800 --> 00:48:31.341 You would expect that being the 36
NOTE Confidence: 0.679543856666667

00:48:31.341 --> 00:48:33.960 hours of two very sweet, loving,
NOTE Confidence: 0.679543856666667

00:48:33.960 --> 00:48:38.160 nice therapist would make a big difference.
NOTE Confidence: 0.679543856666667

00:48:38.160 --> 00:48:41.408 That's the therapy and that's the therapy
NOTE Confidence: 0.679543856666667

00:48:41.408 --> 00:48:44.292 plus the MDMA dramatic difference.
NOTE Confidence: 0.679543856666667

00:48:44.292 --> 00:48:47.276 I'm a psychotherapist also,
NOTE Confidence: 0.679543856666667

00:48:47.280 --> 00:48:51.618 and I was really appalled by how poorly the

NOTE Confidence: 0.679543856666667
00:48:51.618 --> 00:48:55.480 psychotherapy actually did self judgments.
NOTE Confidence: 0.679543856666667
00:48:55.480 --> 00:48:57.556 Our patients filled the self judgments.
NOTE Confidence: 0.679543856666667
00:48:57.560 --> 00:48:59.636 Or somebody said to me yesterday,
NOTE Confidence: 0.679543856666667
00:48:59.640 --> 00:49:02.344 every day is judgment day and that's what
NOTE Confidence: 0.679543856666667
00:49:02.344 --> 00:49:03.800 it's like to be a traumatized person.
NOTE Confidence: 0.679543856666667
00:49:03.800 --> 00:49:05.280 Every day is judgment day.
NOTE Confidence: 0.679543856666667
00:49:05.280 --> 00:49:08.000 You think if you've been a good therapist,
NOTE Confidence: 0.679543856666667
00:49:08.000 --> 00:49:10.317 they will help you be less judgmental.
NOTE Confidence: 0.679543856666667
00:49:10.320 --> 00:49:13.128 Traumatized people and they made much
NOTE Confidence: 0.679543856666667
00:49:13.128 --> 00:49:17.356 better feeling part of the common humanity.
NOTE Confidence: 0.679543856666667
00:49:17.360 --> 00:49:18.242 Feeling isolated.
NOTE Confidence: 0.679543856666667
00:49:18.242 --> 00:49:20.888 A very important part of trauma
NOTE Confidence: 0.679543856666667
00:49:20.888 --> 00:49:22.800 is feeling God forsaken.
NOTE Confidence: 0.679543856666667
00:49:22.800 --> 00:49:24.876 There's nobody there you'd expect to.
NOTE Confidence: 0.679543856666667
00:49:24.880 --> 00:49:27.554 Psychotherapy would help a lot of that.
NOTE Confidence: 0.679543856666667

00:49:27.560 --> 00:49:30.680 It didn't, but the MDMA helped a lot.

NOTE Confidence: 0.679543856666667

00:49:30.680 --> 00:49:32.770 Becoming mindful being able to

NOTE Confidence: 0.679543856666667

00:49:32.770 --> 00:49:34.442 observe yourself being over

NOTE Confidence: 0.679543856666667

00:49:34.442 --> 00:49:35.960 identified with your trauma.

NOTE Confidence: 0.679543856666667

00:49:35.960 --> 00:49:38.084 Huge thing at the VA for

NOTE Confidence: 0.679543856666667

00:49:38.084 --> 00:49:39.780 example I'm a combat veteran.

NOTE Confidence: 0.679543856666667

00:49:39.780 --> 00:49:41.455 I'm a Vietnam veteran and

NOTE Confidence: 0.679543856666667

00:49:41.455 --> 00:49:42.719 that's all they have.

NOTE Confidence: 0.679543856666667

00:49:42.720 --> 00:49:44.672 And after the MDMA is off we say

NOTE Confidence: 0.679543856666667

00:49:44.672 --> 00:49:46.645 yeah I was in combat and I had

NOTE Confidence: 0.679543856666667

00:49:46.645 --> 00:49:48.788 kids and I was also working as a

NOTE Confidence: 0.679543856666667

00:49:48.788 --> 00:49:51.350 Carpenter and I have a life that is

NOTE Confidence: 0.679543856666667

00:49:51.350 --> 00:49:53.960 much more than just my drama.

NOTE Confidence: 0.679543856666667

00:49:53.960 --> 00:49:56.915 So huge difference in how

NOTE Confidence: 0.679543856666667

00:49:56.915 --> 00:49:59.279 you feel about yourself.

NOTE Confidence: 0.679543856666667

00:49:59.280 --> 00:50:02.260 Alexis I medium huge issue.

NOTE Confidence: 0.679543856666667
00:50:02.260 --> 00:50:04.120 I imagine that because of John,
NOTE Confidence: 0.679543856666667
00:50:04.120 --> 00:50:07.795 people still talk about Alexis and Yale,
NOTE Confidence: 0.679543856666667
00:50:07.800 --> 00:50:09.200 but in most people places,
NOTE Confidence: 0.679543856666667
00:50:09.200 --> 00:50:11.130 people don't pay enough attention
NOTE Confidence: 0.679543856666667
00:50:11.130 --> 00:50:12.674 that when you're traumatized,
NOTE Confidence: 0.679543856666667
00:50:12.680 --> 00:50:15.480 you're living in a mind where the
NOTE Confidence: 0.679543856666667
00:50:15.480 --> 00:50:17.559 lights are oftentimes turned off.
NOTE Confidence: 0.679543856666667
00:50:17.560 --> 00:50:19.156 You don't know what you're feeling,
NOTE Confidence: 0.679543856666667
00:50:19.160 --> 00:50:20.918 you don't know why you're reacting.
NOTE Confidence: 0.679543856666667
00:50:20.920 --> 00:50:22.724 There's very little sense
NOTE Confidence: 0.679543856666667
00:50:22.724 --> 00:50:24.077 of self observation.
NOTE Confidence: 0.679543856666667
00:50:24.080 --> 00:50:26.005 You would expect that psychotherapy
NOTE Confidence: 0.679543856666667
00:50:26.005 --> 00:50:28.890 would really help people to really find
NOTE Confidence: 0.679543856666667
00:50:28.890 --> 00:50:31.120 language for their internal experience.
NOTE Confidence: 0.679543856666667
00:50:31.120 --> 00:50:32.308 Not so much.
NOTE Confidence: 0.679543856666667

00:50:32.308 --> 00:50:34.288 MDMA allowed people to go
NOTE Confidence: 0.679543856666667

00:50:34.288 --> 00:50:35.880 deep inside and do so
NOTE Confidence: 0.89892589625

00:50:38.480 --> 00:50:39.590 describing feelings.
NOTE Confidence: 0.89892589625

00:50:39.590 --> 00:50:42.365 There's much more talking going
NOTE Confidence: 0.89892589625

00:50:42.365 --> 00:50:44.700 on in the placebo condition.
NOTE Confidence: 0.89892589625

00:50:44.700 --> 00:50:47.740 But on MDMA, which is largely silent,
NOTE Confidence: 0.89892589625

00:50:47.740 --> 00:50:50.571 people come up with being able to
NOTE Confidence: 0.89892589625

00:50:50.571 --> 00:50:52.833 formulate what goes inside of themselves.
NOTE Confidence: 0.89892589625

00:50:52.840 --> 00:50:53.920 I wish your dad were alive.
NOTE Confidence: 0.89892589625

00:50:53.920 --> 00:50:55.480 I could show him this data.
NOTE Confidence: 0.89892589625

00:50:55.480 --> 00:50:57.368 Let's say John, we can like to try
NOTE Confidence: 0.89892589625

00:50:57.368 --> 00:50:59.078 some MDMA to see what it's like.
NOTE Confidence: 0.832196666666667

00:51:02.160 --> 00:51:04.274 And then this is a measure I
NOTE Confidence: 0.832196666666667

00:51:04.274 --> 00:51:06.408 always use self capacities,
NOTE Confidence: 0.832196666666667

00:51:06.408 --> 00:51:07.936 interpersonal conflicts.
NOTE Confidence: 0.832196666666667

00:51:07.936 --> 00:51:12.337 We noted during the pandemic incidents

NOTE Confidence: 0.83219666666667
00:51:12.337 --> 00:51:15.799 of domestic violence went way up.
NOTE Confidence: 0.83219666666667
00:51:15.800 --> 00:51:18.479 I'm not surprised.
NOTE Confidence: 0.83219666666667
00:51:18.480 --> 00:51:20.416 We all drive each other crazy before too
NOTE Confidence: 0.83219666666667
00:51:20.416 --> 00:51:22.680 long and it's important to get out of there.
NOTE Confidence: 0.83219666666667
00:51:22.680 --> 00:51:24.156 And honey, I'm off to work.
NOTE Confidence: 0.83219666666667
00:51:24.160 --> 00:51:25.740 I'm doing something where you're
NOTE Confidence: 0.83219666666667
00:51:25.740 --> 00:51:27.680 locked up in a little room.
NOTE Confidence: 0.83219666666667
00:51:27.680 --> 00:51:29.198 You need dealing with all that.
NOTE Confidence: 0.83219666666667
00:51:29.200 --> 00:51:30.728 It's a personal conflict.
NOTE Confidence: 0.83219666666667
00:51:30.728 --> 00:51:31.874 It's very hard.
NOTE Confidence: 0.83219666666667
00:51:31.880 --> 00:51:35.272 After MDMA people feel much a were able
NOTE Confidence: 0.83219666666667
00:51:35.272 --> 00:51:38.578 to tolerate their own feelings and how
NOTE Confidence: 0.83219666666667
00:51:38.578 --> 00:51:41.497 it different from other people and
NOTE Confidence: 0.83219666666667
00:51:41.497 --> 00:51:44.275 sit back and not react immediately.
NOTE Confidence: 0.83219666666667
00:51:44.280 --> 00:51:46.320 Immunization.
NOTE Confidence: 0.83219666666667

00:51:46.320 --> 00:51:48.312 I imagine some of you also have the
NOTE Confidence: 0.832196666666667

00:51:48.312 --> 00:51:50.478 experience I have quite a bit of people say,
NOTE Confidence: 0.832196666666667

00:51:50.480 --> 00:51:52.475 Oh my God, you're the first person.
NOTE Confidence: 0.832196666666667

00:51:52.480 --> 00:51:54.160 Whoever understands me,
NOTE Confidence: 0.832196666666667

00:51:54.160 --> 00:51:55.280 you're amazing.
NOTE Confidence: 0.832196666666667

00:51:55.280 --> 00:51:57.536 I could not live without you and the
NOTE Confidence: 0.832196666666667

00:51:57.536 --> 00:51:59.639 next moment you'd make this comeback.
NOTE Confidence: 0.832196666666667

00:51:59.640 --> 00:52:02.560 Whoever lived, the harder they come,
NOTE Confidence: 0.832196666666667

00:52:02.560 --> 00:52:03.560 the harder they fall.
NOTE Confidence: 0.832196666666667

00:52:03.560 --> 00:52:05.176 Idealization and denigration is
NOTE Confidence: 0.832196666666667

00:52:05.176 --> 00:52:08.000 very much part of doing travel work.
NOTE Confidence: 0.832196666666667

00:52:08.000 --> 00:52:11.120 And again MDMA much more successful.
NOTE Confidence: 0.832196666666667

00:52:11.120 --> 00:52:12.706 Abandonment concerns,
NOTE Confidence: 0.832196666666667

00:52:12.706 --> 00:52:16.296 huge issue of course impairment
NOTE Confidence: 0.832196666666667

00:52:16.296 --> 00:52:17.960 of self regulation measures.
NOTE Confidence: 0.832196666666667

00:52:17.960 --> 00:52:20.844 So what we really come up with

NOTE Confidence: 0.832196666666667
00:52:20.844 --> 00:52:23.848 is that the relationship through
NOTE Confidence: 0.832196666666667
00:52:23.848 --> 00:52:25.800 the self get changed.
NOTE Confidence: 0.832196666666667
00:52:25.800 --> 00:52:27.465 But the research shows is
NOTE Confidence: 0.832196666666667
00:52:27.465 --> 00:52:29.210 that if you're electrozymic,
NOTE Confidence: 0.832196666666667
00:52:29.210 --> 00:52:32.624 you have a hard time doing psychotherapy.
NOTE Confidence: 0.832196666666667
00:52:32.624 --> 00:52:36.880 If you have long left of effect tolerance,
NOTE Confidence: 0.832196666666667
00:52:36.880 --> 00:52:39.088 you cannot go back in your trauma because
NOTE Confidence: 0.832196666666667
00:52:39.088 --> 00:52:41.892 you get freaked out if you hate yourself.
NOTE Confidence: 0.832196666666667
00:52:41.892 --> 00:52:43.857 Very bad prognostic issue for
NOTE Confidence: 0.832196666666667
00:52:43.857 --> 00:52:45.761 PTSD and when our calculation
NOTE Confidence: 0.832196666666667
00:52:45.761 --> 00:52:48.455 showed is if you come into the
NOTE Confidence: 0.832196666666667
00:52:48.455 --> 00:52:50.795 treatment with good self compassion,
NOTE Confidence: 0.832196666666667
00:52:50.800 --> 00:52:53.680 lack of Alexa Thermia and and
NOTE Confidence: 0.832196666666667
00:52:53.680 --> 00:52:55.120 good self regulation,
NOTE Confidence: 0.832196666666667
00:52:55.120 --> 00:52:57.510 then the placebo group does
NOTE Confidence: 0.832196666666667

00:52:57.510 --> 00:53:01.119 just as well as the MDMA group.
NOTE Confidence: 0.832196666666667

00:53:01.120 --> 00:53:02.956 But what MDMA does,
NOTE Confidence: 0.832196666666667

00:53:02.956 --> 00:53:04.792 it's those those capacities
NOTE Confidence: 0.832196666666667

00:53:04.792 --> 00:53:06.918 for treatment to come online.
NOTE Confidence: 0.832196666666667

00:53:06.920 --> 00:53:08.796 That brings us to the last piece
NOTE Confidence: 0.832196666666667

00:53:08.800 --> 00:53:10.516 is the work of Gil Dolan.
NOTE Confidence: 0.599388345

00:53:12.720 --> 00:53:14.020 Imagine you'll have a
NOTE Confidence: 0.599388345

00:53:14.020 --> 00:53:15.320 grand voucher these days.
NOTE Confidence: 0.599388345

00:53:15.320 --> 00:53:18.686 Very important work showing that all
NOTE Confidence: 0.599388345

00:53:18.686 --> 00:53:21.576 of the psychedelics have various
NOTE Confidence: 0.599388345

00:53:21.576 --> 00:53:25.060 windows of being able to open up
NOTE Confidence: 0.599388345

00:53:25.060 --> 00:53:27.440 critical periods of brain development.
NOTE Confidence: 0.599388345

00:53:27.440 --> 00:53:28.780 I've I've been long
NOTE Confidence: 0.599388345

00:53:28.780 --> 00:53:30.120 interested in critical periods
NOTE Confidence: 0.575884633333333

00:53:32.640 --> 00:53:35.090 because it has said to PF feed
NOTE Confidence: 0.575884633333333

00:53:35.090 --> 00:53:38.190 a lot of adoptive kids who kids

NOTE Confidence: 0.5758846333333333
00:53:38.190 --> 00:53:40.560 who the critical period that they
NOTE Confidence: 0.5758846333333333
00:53:40.560 --> 00:53:43.160 needed to develop the capacity to
NOTE Confidence: 0.5758846333333333
00:53:43.160 --> 00:53:45.758 drink the milk of human kindness.
NOTE Confidence: 0.5758846333333333
00:53:45.760 --> 00:53:48.064 There was no human kindness came
NOTE Confidence: 0.5758846333333333
00:53:48.064 --> 00:53:50.892 in and they cannot benefit from
NOTE Confidence: 0.5758846333333333
00:53:50.892 --> 00:53:53.476 human kindness. My accent.
NOTE Confidence: 0.5758846333333333
00:53:53.480 --> 00:53:55.958 If you know anything about accents,
NOTE Confidence: 0.5758846333333333
00:53:55.960 --> 00:53:57.885 it's very clear that this guy must
NOTE Confidence: 0.5758846333333333
00:53:57.885 --> 00:53:59.998 have come to America after age 13,
NOTE Confidence: 0.5758846333333333
00:54:00.000 --> 00:54:02.240 because anybody who speaks and
NOTE Confidence: 0.5758846333333333
00:54:02.240 --> 00:54:04.480 learn new language before age
NOTE Confidence: 0.5758846333333333
00:54:04.555 --> 00:54:06.720 13 gets the accent perfectly.
NOTE Confidence: 0.5758846333333333
00:54:06.720 --> 00:54:09.240 But by the time you're 13 or 14 years old,
NOTE Confidence: 0.5758846333333333
00:54:09.240 --> 00:54:10.872 your mouth and your brain is
NOTE Confidence: 0.5758846333333333
00:54:10.872 --> 00:54:12.991 formed in such a way it's almost
NOTE Confidence: 0.5758846333333333

00:54:12.991 --> 00:54:15.238 impossible to get rid of your accent.
NOTE Confidence: 0.5758846333333333

00:54:15.240 --> 00:54:17.880 Your dad still has his actions,
NOTE Confidence: 0.5758846333333333

00:54:17.880 --> 00:54:21.008 even though he came quite early and so,
NOTE Confidence: 0.5758846333333333

00:54:21.008 --> 00:54:23.839 but you see, and it's a big issue for me,
NOTE Confidence: 0.5758846333333333

00:54:23.840 --> 00:54:25.877 it's a country always had been there.
NOTE Confidence: 0.5758846333333333

00:54:25.880 --> 00:54:27.842 I will sometimes say if I'd
NOTE Confidence: 0.5758846333333333

00:54:27.842 --> 00:54:29.520 ever been head of NIH.
NOTE Confidence: 0.5758846333333333

00:54:29.520 --> 00:54:32.118 That's the thing I've focused on.
NOTE Confidence: 0.5758846333333333

00:54:32.120 --> 00:54:34.100 How can you open up critical
NOTE Confidence: 0.5758846333333333

00:54:34.100 --> 00:54:35.831 periods and allow new experiences
NOTE Confidence: 0.5758846333333333

00:54:35.831 --> 00:54:38.232 to come into the brain that they
NOTE Confidence: 0.5758846333333333

00:54:38.232 --> 00:54:40.437 did not get at the right time,
NOTE Confidence: 0.5758846333333333

00:54:40.440 --> 00:54:42.112 at the right place.
NOTE Confidence: 0.5758846333333333

00:54:42.112 --> 00:54:44.202 And so goals researched in
NOTE Confidence: 0.5758846333333333

00:54:44.202 --> 00:54:46.978 animals up to now shows that these
NOTE Confidence: 0.5758846333333333

00:54:46.978 --> 00:54:49.200 drugs open up critical periods.

NOTE Confidence: 0.5758846333333333
00:54:49.200 --> 00:54:51.696 And that raises a very important
NOTE Confidence: 0.5758846333333333
00:54:51.696 --> 00:54:54.412 question for all of us going on.
NOTE Confidence: 0.5758846333333333
00:54:54.412 --> 00:54:56.442 Our psychedelic research is not
NOTE Confidence: 0.5758846333333333
00:54:56.442 --> 00:54:59.038 only what drug do we give people,
NOTE Confidence: 0.5758846333333333
00:54:59.040 --> 00:55:01.736 but what do we put into people while
NOTE Confidence: 0.5758846333333333
00:55:01.736 --> 00:55:04.279 they're in the secondary experience.
NOTE Confidence: 0.5758846333333333
00:55:04.280 --> 00:55:07.076 This is an opportunity to really
NOTE Confidence: 0.5758846333333333
00:55:07.076 --> 00:55:09.010 give people something that they
NOTE Confidence: 0.5758846333333333
00:55:09.010 --> 00:55:12.400 might be able to take in, take in.
NOTE Confidence: 0.5758846333333333
00:55:12.400 --> 00:55:15.000 I'll give you an example yesterday morning.
NOTE Confidence: 0.5758846333333333
00:55:15.000 --> 00:55:18.120 I know a guy physician actually,
NOTE Confidence: 0.5758846333333333
00:55:18.120 --> 00:55:20.345 who had multiple football accidents
NOTE Confidence: 0.5758846333333333
00:55:20.345 --> 00:55:24.160 in college for a long time and who
NOTE Confidence: 0.5758846333333333
00:55:24.160 --> 00:55:27.548 always has a dysautonomia and it's
NOTE Confidence: 0.5758846333333333
00:55:27.548 --> 00:55:29.876 very much it's his nervous system,
NOTE Confidence: 0.5758846333333333

00:55:29.880 --> 00:55:32.012 malfunctioning adult and my
NOTE Confidence: 0.5758846333333333

00:55:32.012 --> 00:55:34.677 psychotherapy didn't go very far.
NOTE Confidence: 0.5758846333333333

00:55:34.680 --> 00:55:38.210 My wife is a body worker and yesterday
NOTE Confidence: 0.5758846333333333

00:55:38.210 --> 00:55:41.000 we did the psychedelic session ketamine
NOTE Confidence: 0.5758846333333333

00:55:41.000 --> 00:55:44.130 and my wife worked on his body and
NOTE Confidence: 0.5758846333333333

00:55:44.130 --> 00:55:46.770 help this body to relax and I think
NOTE Confidence: 0.5758846333333333

00:55:46.770 --> 00:55:49.506 that's just the right input they give
NOTE Confidence: 0.5758846333333333

00:55:49.506 --> 00:55:51.991 at this vulnerable time so your mind
NOTE Confidence: 0.5758846333333333

00:55:51.991 --> 00:55:55.556 can open itself up to new experiences.
NOTE Confidence: 0.5758846333333333

00:55:55.560 --> 00:55:58.860 And so but for to my mind is the challenge
NOTE Confidence: 0.5758846333333333

00:55:58.940 --> 00:56:02.316 is not only do we give people psychedelics,
NOTE Confidence: 0.5758846333333333

00:56:02.320 --> 00:56:04.849 but what do we open up in people and
NOTE Confidence: 0.5758846333333333

00:56:04.849 --> 00:56:07.722 what do we put into people at the time
NOTE Confidence: 0.5758846333333333

00:56:07.722 --> 00:56:09.799 that they're in the psychedelics?
NOTE Confidence: 0.5758846333333333

00:56:09.800 --> 00:56:11.840 We have a momentary window
NOTE Confidence: 0.5758846333333333

00:56:11.840 --> 00:56:13.472 of opening something up.

NOTE Confidence: 0.5758846333333333
00:56:13.480 --> 00:56:16.294 This may be the most exciting thing
NOTE Confidence: 0.5758846333333333
00:56:16.294 --> 00:56:18.945 that's happened in psychiatry in my
NOTE Confidence: 0.5758846333333333
00:56:18.945 --> 00:56:21.675 lifetime that actually you're able to.
NOTE Confidence: 0.5758846333333333
00:56:21.680 --> 00:56:23.240 We've always tried to do that,
NOTE Confidence: 0.5758846333333333
00:56:23.240 --> 00:56:25.244 like most therapists like,
NOTE Confidence: 0.5758846333333333
00:56:25.244 --> 00:56:27.749 to give their patients a
NOTE Confidence: 0.5758846333333333
00:56:27.749 --> 00:56:30.040 corrective emotional experience.
NOTE Confidence: 0.5758846333333333
00:56:30.040 --> 00:56:33.432 But as one of my teachers pointed out to me,
NOTE Confidence: 0.5758846333333333
00:56:33.432 --> 00:56:33.760 I,
NOTE Confidence: 0.5758846333333333
00:56:33.760 --> 00:56:35.680 as an 80 year old guy,
NOTE Confidence: 0.5758846333333333
00:56:35.680 --> 00:56:38.840 cannot give you a 45 year old woman.
NOTE Confidence: 0.5758846333333333
00:56:38.840 --> 00:56:40.660 The feeling of what would have felt
NOTE Confidence: 0.5758846333333333
00:56:40.660 --> 00:56:42.798 like if your mum would have loved you
NOTE Confidence: 0.5758846333333333
00:56:42.798 --> 00:56:45.010 at three years old as a mismatch.
NOTE Confidence: 0.5758846333333333
00:56:45.010 --> 00:56:46.960 And so we really cannot.
NOTE Confidence: 0.767025217

00:56:46.960 --> 00:56:49.168 We can be kind to people and thoughtful

NOTE Confidence: 0.767025217

00:56:49.168 --> 00:56:51.352 with people, but we cannot give

NOTE Confidence: 0.767025217

00:56:51.352 --> 00:56:53.800 people what they needed back then.

NOTE Confidence: 0.767025217

00:56:53.800 --> 00:56:56.440 And so the question is what can we,

NOTE Confidence: 0.767025217

00:56:56.440 --> 00:56:59.328 if these, these, these clinical PAS

NOTE Confidence: 0.767025217

00:56:59.328 --> 00:57:02.038 get opened up from neuroplasticity,

NOTE Confidence: 0.767025217

00:57:02.040 --> 00:57:04.035 then the question for us is what

NOTE Confidence: 0.767025217

00:57:04.035 --> 00:57:06.398 is the best thing to put into

NOTE Confidence: 0.767025217

00:57:06.398 --> 00:57:08.198 people at that particular point?

NOTE Confidence: 0.767025217

00:57:08.200 --> 00:57:09.680 Of course, psychiatry has,

NOTE Confidence: 0.767025217

00:57:09.680 --> 00:57:13.160 I did the first studies in Prozac and so on.

NOTE Confidence: 0.767025217

00:57:13.160 --> 00:57:14.084 After psychiatry,

NOTE Confidence: 0.767025217

00:57:14.084 --> 00:57:16.394 we didn't think about context,

NOTE Confidence: 0.767025217

00:57:16.400 --> 00:57:19.584 but maybe maybe the context should be the

NOTE Confidence: 0.767025217

00:57:19.584 --> 00:57:22.240 critical issue that we pay attention to.

NOTE Confidence: 0.767025217

00:57:22.240 --> 00:57:24.669 Let me give you an example, my final word.

NOTE Confidence: 0.767025217

00:57:24.669 --> 00:57:27.493 So I did the first study on on project

NOTE Confidence: 0.767025217

00:57:27.493 --> 00:57:30.560 and I had at the point just left the VA.

NOTE Confidence: 0.767025217

00:57:30.560 --> 00:57:33.866 So half of our sample was combat veterans,

NOTE Confidence: 0.767025217

00:57:33.866 --> 00:57:35.631 the other half were people

NOTE Confidence: 0.767025217

00:57:35.631 --> 00:57:37.480 in came to our clinic.

NOTE Confidence: 0.767025217

00:57:37.480 --> 00:57:39.720 The people in our clinic did very well.

NOTE Confidence: 0.767025217

00:57:39.720 --> 00:57:41.720 They got the 30 percent,

NOTE Confidence: 0.767025217

00:57:41.720 --> 00:57:43.114 5% improvement.

NOTE Confidence: 0.767025217

00:57:43.114 --> 00:57:49.240 The veterans did not budget absolutely flat.

NOTE Confidence: 0.767025217

00:57:49.240 --> 00:57:49.879 Why is that?

NOTE Confidence: 0.8598374233333333

00:57:52.400 --> 00:57:54.184 Is it the identity?

NOTE Confidence: 0.8598374233333333

00:57:54.184 --> 00:57:57.879 Is it getting compensated for for being I'll?

NOTE Confidence: 0.8598374233333333

00:57:57.880 --> 00:57:59.998 This is a very tough population.

NOTE Confidence: 0.8598374233333333

00:58:00.000 --> 00:58:03.479 And so as people are beginning to

NOTE Confidence: 0.8598374233333333

00:58:03.480 --> 00:58:06.280 give psychedelic agents for veterans,

NOTE Confidence: 0.8598374233333333

00:58:06.280 --> 00:58:08.254 it's very important to really think
NOTE Confidence: 0.859837423333333

00:58:08.254 --> 00:58:10.829 about what you do you put into that
NOTE Confidence: 0.859837423333333

00:58:10.829 --> 00:58:13.074 at particular time so they can have
NOTE Confidence: 0.859837423333333

00:58:13.074 --> 00:58:15.029 new experiences that are contradictory
NOTE Confidence: 0.859837423333333

00:58:15.029 --> 00:58:17.264 to where their life has been.
NOTE Confidence: 0.859837423333333

00:58:17.264 --> 00:58:19.920 So it's not just giving people a pill,
NOTE Confidence: 0.859837423333333

00:58:19.920 --> 00:58:21.642 but it's what is the context
NOTE Confidence: 0.859837423333333

00:58:21.642 --> 00:58:23.799 of the pill is given in have.
NOTE Confidence: 0.859837423333333

00:58:23.800 --> 00:58:24.500 For example,
NOTE Confidence: 0.859837423333333

00:58:24.500 --> 00:58:27.300 when I had my own experience where all
NOTE Confidence: 0.859837423333333

00:58:27.369 --> 00:58:29.833 my time and people came to visit me,
NOTE Confidence: 0.859837423333333

00:58:29.840 --> 00:58:34.436 I felt really horrible, actually horrified.
NOTE Confidence: 0.859837423333333

00:58:34.440 --> 00:58:37.725 But somebody was with me who was a body
NOTE Confidence: 0.859837423333333

00:58:37.725 --> 00:58:41.194 worker and she helped my body to feel health.
NOTE Confidence: 0.859837423333333

00:58:41.200 --> 00:58:42.030 Well, well,
NOTE Confidence: 0.859837423333333

00:58:42.030 --> 00:58:44.520 I relived it and processed it.

NOTE Confidence: 0.859837423333333

00:58:44.520 --> 00:58:47.592 So the issue of how do we process

NOTE Confidence: 0.859837423333333

00:58:47.592 --> 00:58:49.532 information in what context is

NOTE Confidence: 0.859837423333333

00:58:49.532 --> 00:58:51.994 the challenge as I see it here

NOTE Confidence: 0.859837423333333

00:58:51.994 --> 00:58:53.638 and this the lesson for today.

NOTE Confidence: 0.859837423333333

00:58:53.640 --> 00:58:53.920 Thank you.