

WEBVTT

NOTE duration:"00:58:21"

NOTE recognizability:0.862

NOTE language:en-us

NOTE Confidence: 0.900470607142857

00:00:00.000 --> 00:00:01.274 So we have a small group here,

NOTE Confidence: 0.805848192307692

00:00:01.280 --> 00:00:02.827 I expect a few more we'll join

NOTE Confidence: 0.805848192307692

00:00:02.827 --> 00:00:04.400 and we're and we are recording.

NOTE Confidence: 0.805848192307692

00:00:04.400 --> 00:00:05.996 So I know often these are very

NOTE Confidence: 0.805848192307692

00:00:05.996 --> 00:00:07.144 popular downloads for people who

NOTE Confidence: 0.805848192307692

00:00:07.144 --> 00:00:08.792 aren't able to make it at this time.

NOTE Confidence: 0.805848192307692

00:00:08.800 --> 00:00:10.396 So let's go ahead and get started.

NOTE Confidence: 0.898441887647059

00:00:13.360 --> 00:00:15.880 So it's a real pleasure to welcome

NOTE Confidence: 0.898441887647059

00:00:15.880 --> 00:00:17.855 Doctor Berger today to give what

NOTE Confidence: 0.898441887647059

00:00:17.855 --> 00:00:20.079 will be our last seminar in the

NOTE Confidence: 0.898441887647059

00:00:20.079 --> 00:00:22.317 Psychedelic Seminar series for the year.

NOTE Confidence: 0.898441887647059

00:00:22.320 --> 00:00:24.198 We'll start up again in September,

NOTE Confidence: 0.898441887647059

00:00:24.200 --> 00:00:26.480 and we're very interested in

NOTE Confidence: 0.898441887647059

00:00:26.480 --> 00:00:27.865 everyone's suggestions as to who  
NOTE Confidence: 0.898441887647059

00:00:27.865 --> 00:00:29.640 we should invite for this series.  
NOTE Confidence: 0.898441887647059

00:00:29.640 --> 00:00:31.280 I think it's been a lot of fun.  
NOTE Confidence: 0.898441887647059

00:00:31.280 --> 00:00:33.680 I've certainly learned a lot,  
NOTE Confidence: 0.898441887647059

00:00:33.680 --> 00:00:36.155 and I know that today will be no exception.  
NOTE Confidence: 0.898441887647059

00:00:36.160 --> 00:00:38.344 I'm grateful to Julian Uruti for making  
NOTE Confidence: 0.898441887647059

00:00:38.344 --> 00:00:40.080 the connection with Doctor Berger.  
NOTE Confidence: 0.898441887647059

00:00:40.080 --> 00:00:43.842 She has a long history of working in  
NOTE Confidence: 0.898441887647059

00:00:43.842 --> 00:00:46.360 the areas of pain and palliative care.  
NOTE Confidence: 0.898441887647059

00:00:46.360 --> 00:00:48.185 She completed fellowship in medical  
NOTE Confidence: 0.898441887647059

00:00:48.185 --> 00:00:50.679 oncology at Yale and was on the  
NOTE Confidence: 0.898441887647059

00:00:50.679 --> 00:00:52.199 faculty here for many years,  
NOTE Confidence: 0.898441887647059

00:00:52.200 --> 00:00:54.248 but then has gone to found the the  
NOTE Confidence: 0.898441887647059

00:00:54.248 --> 00:00:56.330 pain and palliative care unit of  
NOTE Confidence: 0.898441887647059

00:00:56.330 --> 00:00:58.210 the National Institutes of Health  
NOTE Confidence: 0.898441887647059

00:00:58.210 --> 00:00:59.959 where she continues to work.

NOTE Confidence: 0.898441887647059

00:00:59.960 --> 00:01:01.196 And there she does patient care,

NOTE Confidence: 0.898441887647059

00:01:01.200 --> 00:01:01.840 education,

NOTE Confidence: 0.898441887647059

00:01:01.840 --> 00:01:04.400 administrative and research responsibilities.

NOTE Confidence: 0.898441887647059

00:01:04.400 --> 00:01:05.780 So you probably how your schedule

NOTE Confidence: 0.898441887647059

00:01:05.780 --> 00:01:06.920 probably looks something like mine.

NOTE Confidence: 0.835256345833333

00:01:10.360 --> 00:01:11.925 Doctor Burgers, published extensively in

NOTE Confidence: 0.835256345833333

00:01:11.925 --> 00:01:14.360 the field of pain and palliative care,

NOTE Confidence: 0.835256345833333

00:01:14.360 --> 00:01:16.535 Wellness, and ways to measure

NOTE Confidence: 0.835256345833333

00:01:16.535 --> 00:01:17.840 psychosocial spiritual healing.

NOTE Confidence: 0.835256345833333

00:01:17.840 --> 00:01:19.550 He's currently a consultant in

NOTE Confidence: 0.835256345833333

00:01:19.550 --> 00:01:20.918 helping organizations transform from

NOTE Confidence: 0.835256345833333

00:01:20.918 --> 00:01:22.757 the culture to improve resilience,

NOTE Confidence: 0.835256345833333

00:01:22.760 --> 00:01:24.440 Wellness, compassion, empathy,

NOTE Confidence: 0.835256345833333

00:01:24.440 --> 00:01:26.120 and human relationships.

NOTE Confidence: 0.835256345833333

00:01:26.120 --> 00:01:28.056 And she's going to discuss with us today

NOTE Confidence: 0.835256345833333

00:01:28.056 --> 00:01:30.632 the development of the NIH Heals study,  
NOTE Confidence: 0.835256345833333

00:01:30.640 --> 00:01:33.436 which is a major trans institute  
NOTE Confidence: 0.835256345833333

00:01:33.440 --> 00:01:35.780 endeavour at the National Institutes  
NOTE Confidence: 0.835256345833333

00:01:35.780 --> 00:01:38.720 of Health to focus on on Wellness,  
NOTE Confidence: 0.835256345833333

00:01:38.720 --> 00:01:43.066 pain, addiction and various  
NOTE Confidence: 0.835256345833333

00:01:43.066 --> 00:01:46.196 other aspects of of healing.  
NOTE Confidence: 0.835256345833333

00:01:46.200 --> 00:01:47.958 And I'm looking forward to hearing  
NOTE Confidence: 0.835256345833333

00:01:47.958 --> 00:01:49.998 what you have to share with us.  
NOTE Confidence: 0.835256345833333

00:01:50.000 --> 00:01:50.880 Thank you for being here.  
NOTE Confidence: 0.835256345833333

00:01:50.880 --> 00:01:51.160 OK,  
NOTE Confidence: 0.95832582

00:01:52.040 --> 00:01:53.996 Well, thank you for having me.  
NOTE Confidence: 0.95832582

00:01:54.000 --> 00:01:55.815 Actually, I have retired from  
NOTE Confidence: 0.95832582

00:01:55.815 --> 00:01:58.560 NIH as of the end of January.  
NOTE Confidence: 0.5227381575

00:02:00.400 --> 00:02:02.840 So congratulations and administrative  
NOTE Confidence: 0.924527988181818

00:02:02.840 --> 00:02:04.048 responsibilities have gone away.  
NOTE Confidence: 0.924527988181818

00:02:04.048 --> 00:02:06.400 I'm still doing a lot of teaching.

NOTE Confidence: 0.924527988181818  
00:02:06.400 --> 00:02:08.337 I'm, I'm jealous, you know,  
NOTE Confidence: 0.924527988181818  
00:02:08.337 --> 00:02:10.359 as a volunteer, a special volunteer,  
NOTE Confidence: 0.924527988181818  
00:02:10.360 --> 00:02:12.439 and I do a lot of teaching I'm doing.  
NOTE Confidence: 0.924527988181818  
00:02:12.440 --> 00:02:13.752 I'm continuing my research.  
NOTE Confidence: 0.924527988181818  
00:02:13.752 --> 00:02:16.160 I'm doing scholarly work with the fellows  
NOTE Confidence: 0.477909542  
00:02:17.280 --> 00:02:20.119 you know. And then and then I'm part  
NOTE Confidence: 0.893124112307692  
00:02:20.120 --> 00:02:22.628 of this JQ consulting where we're  
NOTE Confidence: 0.893124112307692  
00:02:22.628 --> 00:02:25.438 changing systems in terms of things like,  
NOTE Confidence: 0.893124112307692  
00:02:25.440 --> 00:02:28.190 you know, using mindfulness and  
NOTE Confidence: 0.893124112307692  
00:02:28.190 --> 00:02:29.840 other integrated modalities.  
NOTE Confidence: 0.893124112307692  
00:02:29.840 --> 00:02:32.516 So I'm still very, very busy.  
NOTE Confidence: 0.893124112307692  
00:02:32.520 --> 00:02:34.160 As I told Jessica,  
NOTE Confidence: 0.893124112307692  
00:02:34.160 --> 00:02:36.865 I will not be playing mahjong or  
NOTE Confidence: 0.893124112307692  
00:02:36.865 --> 00:02:38.995 whatever else people do or supposed  
NOTE Confidence: 0.580829606666667  
00:02:39.080 --> 00:02:40.958 to do. It won't be me.  
NOTE Confidence: 0.850499858666667

00:02:43.640 --> 00:02:46.468 The other thing is just to clarify  
NOTE Confidence: 0.850499858666667

00:02:46.468 --> 00:02:49.128 the NIH heels that we developed  
NOTE Confidence: 0.850499858666667

00:02:49.128 --> 00:02:51.998 this tool is not out of NIH  
NOTE Confidence: 0.43957297

00:02:52.120 --> 00:02:53.080 from the Heel initiative.  
NOTE Confidence: 0.7509421

00:02:53.280 --> 00:02:54.678 Yes, I'm actually  
NOTE Confidence: 0.80050270125

00:02:54.680 --> 00:02:56.680 part of the Heel initiative and I'm still,  
NOTE Confidence: 0.80050270125

00:02:56.680 --> 00:02:58.190 that's still something they have  
NOTE Confidence: 0.80050270125

00:02:58.190 --> 00:03:01.819 me roped into to give grants  
NOTE Confidence: 0.80050270125

00:03:01.819 --> 00:03:04.080 and intramurally for that.  
NOTE Confidence: 0.80050270125

00:03:04.080 --> 00:03:06.268 But this is actually different.  
NOTE Confidence: 0.80050270125

00:03:06.268 --> 00:03:07.953 And when we named this,  
NOTE Confidence: 0.80050270125

00:03:07.960 --> 00:03:10.760 we'd already named it before the NHL  
NOTE Confidence: 0.80050270125

00:03:10.760 --> 00:03:13.558 when we first published the tool.  
NOTE Confidence: 0.80050270125

00:03:13.560 --> 00:03:15.079 I actually even sent it up to  
NOTE Confidence: 0.80050270125

00:03:15.079 --> 00:03:16.390 Doctor Collins just to make sure  
NOTE Confidence: 0.80050270125

00:03:16.390 --> 00:03:17.614 that wouldn't be a problem and

NOTE Confidence: 0.80050270125

00:03:17.614 --> 00:03:21.520 he was fine with it. So well.

NOTE Confidence: 0.8638381

00:03:21.520 --> 00:03:23.104 So I've I've already proved the

NOTE Confidence: 0.8638381

00:03:23.104 --> 00:03:24.832 truth of my own words, which is

NOTE Confidence: 0.8638381

00:03:24.832 --> 00:03:25.920 that I have a lot to learn today.

NOTE Confidence: 0.96173409

00:03:26.880 --> 00:03:28.760 Exactly. But that's OK.

NOTE Confidence: 0.936345222857143

00:03:31.320 --> 00:03:33.000 So how do I go to next?

NOTE Confidence: 0.936345222857143

00:03:33.000 --> 00:03:34.840 What did we do here?

NOTE Confidence: 0.936345222857143

00:03:34.840 --> 00:03:36.448 Previous. Oh, here.

NOTE Confidence: 0.936345222857143

00:03:36.448 --> 00:03:38.342 Next. OK, no disclosures.

NOTE Confidence: 0.936345222857143

00:03:38.342 --> 00:03:40.397 As you can well imagine,

NOTE Confidence: 0.936345222857143

00:03:40.400 --> 00:03:41.640 when you work for NIH,

NOTE Confidence: 0.936345222857143

00:03:41.640 --> 00:03:44.480 you don't you don't own stock or anything.

NOTE Confidence: 0.936345222857143

00:03:44.480 --> 00:03:47.078 Or now this is my mentor,

NOTE Confidence: 0.936345222857143

00:03:47.080 --> 00:03:49.066 Dame Sicily Saunders,

NOTE Confidence: 0.936345222857143

00:03:49.066 --> 00:03:53.240 who was also a doctor or nurse like myself.

NOTE Confidence: 0.936345222857143

00:03:53.240 --> 00:03:55.781 She was also actually a social worker  
NOTE Confidence: 0.936345222857143

00:03:55.781 --> 00:03:59.424 and started Hospice a long time ago  
NOTE Confidence: 0.936345222857143

00:03:59.424 --> 00:04:03.494 in UK but actually was the one who  
NOTE Confidence: 0.936345222857143

00:04:03.494 --> 00:04:06.080 started Branford Hospice in Connecticut.  
NOTE Confidence: 0.936345222857143

00:04:06.080 --> 00:04:10.440 So the biopsychosocial spiritual model,  
NOTE Confidence: 0.936345222857143

00:04:10.440 --> 00:04:14.240 just to go over that a little bit,  
NOTE Confidence: 0.936345222857143

00:04:14.240 --> 00:04:17.117 is the bio is clearly the illness,  
NOTE Confidence: 0.936345222857143

00:04:17.120 --> 00:04:18.920 the injury of the genetics,  
NOTE Confidence: 0.936345222857143

00:04:18.920 --> 00:04:20.408 the psychologic, anxiety,  
NOTE Confidence: 0.936345222857143

00:04:20.408 --> 00:04:21.985 fear, guilt, anger,  
NOTE Confidence: 0.936345222857143

00:04:21.985 --> 00:04:24.910 social response of significant other  
NOTE Confidence: 0.936345222857143

00:04:24.910 --> 00:04:27.064 support systems, and spiritual.  
NOTE Confidence: 0.936345222857143

00:04:27.064 --> 00:04:31.000 Now, the spiritual piece is a piece that  
NOTE Confidence: 0.936345222857143

00:04:31.000 --> 00:04:34.920 I've been most interested in my research in,  
NOTE Confidence: 0.936345222857143

00:04:34.920 --> 00:04:39.470 because it is the piece that clearly  
NOTE Confidence: 0.936345222857143

00:04:39.470 --> 00:04:41.608 helps lead people towards healing,

NOTE Confidence: 0.936345222857143  
00:04:41.608 --> 00:04:44.080 and we'll talk about what healing is.  
NOTE Confidence: 0.936345222857143  
00:04:44.080 --> 00:04:45.945 But spiritual is a whole  
NOTE Confidence: 0.936345222857143  
00:04:45.945 --> 00:04:47.437 lot more than religion.  
NOTE Confidence: 0.936345222857143  
00:04:47.440 --> 00:04:49.407 I know people hear the word spiritual  
NOTE Confidence: 0.936345222857143  
00:04:49.407 --> 00:04:51.173 and much like palliative care seems  
NOTE Confidence: 0.936345222857143  
00:04:51.173 --> 00:04:53.182 to be a term that people think  
NOTE Confidence: 0.936345222857143  
00:04:53.239 --> 00:04:54.835 is just the end of life care.  
NOTE Confidence: 0.936345222857143  
00:04:54.840 --> 00:04:56.472 And it's not.  
NOTE Confidence: 0.936345222857143  
00:04:56.472 --> 00:05:00.280 Well, spiritual is much more than religion.  
NOTE Confidence: 0.936345222857143  
00:05:00.280 --> 00:05:01.771 For some people,  
NOTE Confidence: 0.936345222857143  
00:05:01.771 --> 00:05:03.759 it is their religion,  
NOTE Confidence: 0.936345222857143  
00:05:03.760 --> 00:05:06.076 but for many others it's not.  
NOTE Confidence: 0.936345222857143  
00:05:06.080 --> 00:05:08.728 And so it has to do with transcendence,  
NOTE Confidence: 0.936345222857143  
00:05:08.728 --> 00:05:11.160 increased sense of connections,  
NOTE Confidence: 0.936345222857143  
00:05:11.160 --> 00:05:14.312 relationships, meaning and purpose,  
NOTE Confidence: 0.936345222857143

00:05:14.312 --> 00:05:16.676 values and beliefs.  
NOTE Confidence: 0.936345222857143

00:05:16.680 --> 00:05:18.983 And so we'll talk a little bit  
NOTE Confidence: 0.936345222857143

00:05:18.983 --> 00:05:21.397 more about this in the tool itself.  
NOTE Confidence: 0.936345222857143

00:05:21.400 --> 00:05:24.410 So in today the objectives are to  
NOTE Confidence: 0.936345222857143

00:05:24.410 --> 00:05:27.240 understand the concept of what healing is,  
NOTE Confidence: 0.936345222857143

00:05:27.240 --> 00:05:29.998 describe the NIH heals and its development,  
NOTE Confidence: 0.936345222857143

00:05:30.000 --> 00:05:32.226 define the three factors and describe  
NOTE Confidence: 0.936345222857143

00:05:32.226 --> 00:05:35.529 how it's been used in a study with  
NOTE Confidence: 0.936345222857143

00:05:35.529 --> 00:05:36.837 patients receiving psilocybin.  
NOTE Confidence: 0.936345222857143

00:05:36.840 --> 00:05:37.782 And you know,  
NOTE Confidence: 0.936345222857143

00:05:37.782 --> 00:05:40.640 I'll I'll go over much of the studies,  
NOTE Confidence: 0.936345222857143

00:05:40.640 --> 00:05:43.391 how we got there and even what  
NOTE Confidence: 0.936345222857143

00:05:43.391 --> 00:05:46.120 we're doing now like a sneak peek  
NOTE Confidence: 0.936345222857143

00:05:46.120 --> 00:05:50.500 so NIH heals is a psychosocial  
NOTE Confidence: 0.936345222857143

00:05:50.500 --> 00:05:52.720 spiritual measure of healing that  
NOTE Confidence: 0.936345222857143

00:05:52.796 --> 00:05:55.124 assesses positive transformation in

NOTE Confidence: 0.936345222857143

00:05:55.124 --> 00:05:58.034 response to challenging life events.

NOTE Confidence: 0.936345222857143

00:05:58.040 --> 00:06:01.552 It's a 35 item self report form that

NOTE Confidence: 0.936345222857143

00:06:01.552 --> 00:06:04.090 is scored on a 5 point likelihood

NOTE Confidence: 0.936345222857143

00:06:04.090 --> 00:06:06.140 scale from strongly disagree to

NOTE Confidence: 0.936345222857143

00:06:06.140 --> 00:06:08.970 strongly agree and then there are four

NOTE Confidence: 0.936345222857143

00:06:08.970 --> 00:06:10.835 items that have reversed scoring.

NOTE Confidence: 0.85790086

00:06:14.040 --> 00:06:18.777 Now for a palliative care doctor this is

NOTE Confidence: 0.85790086

00:06:18.777 --> 00:06:22.080 not a hard lead to go to some patients.

NOTE Confidence: 0.85790086

00:06:22.080 --> 00:06:23.520 What we've you know,

NOTE Confidence: 0.85790086

00:06:23.520 --> 00:06:26.061 what I've seen is some patients with

NOTE Confidence: 0.85790086

00:06:26.061 --> 00:06:28.409 life threatening or chronic illness

NOTE Confidence: 0.85790086

00:06:28.409 --> 00:06:30.197 report positive psychological,

NOTE Confidence: 0.85790086

00:06:30.200 --> 00:06:32.960 social and spiritual change during the

NOTE Confidence: 0.85790086

00:06:32.960 --> 00:06:36.148 course of their treatment or their disease

NOTE Confidence: 0.85790086

00:06:36.148 --> 00:06:39.116 even in the face of unfavorable prognosis.

NOTE Confidence: 0.85790086

00:06:39.120 --> 00:06:43.076 So I was interested to know and  
NOTE Confidence: 0.85790086

00:06:43.076 --> 00:06:45.856 identify factors that contribute to  
NOTE Confidence: 0.85790086

00:06:45.856 --> 00:06:48.568 this positive transformation known as  
NOTE Confidence: 0.85790086

00:06:48.568 --> 00:06:51.396 healing in the world of palliative care.  
NOTE Confidence: 0.85790086

00:06:51.400 --> 00:06:54.354 You can call it life transforming events,  
NOTE Confidence: 0.85790086

00:06:54.360 --> 00:06:57.715 whatever and has far reaching  
NOTE Confidence: 0.85790086

00:06:57.715 --> 00:07:00.399 implications for improving well-being,  
NOTE Confidence: 0.85790086

00:07:00.400 --> 00:07:02.092 quality of life, mind,  
NOTE Confidence: 0.85790086

00:07:02.092 --> 00:07:04.207 body and spiritual Wellness in  
NOTE Confidence: 0.85790086

00:07:04.207 --> 00:07:06.637 the face of life's challenges.  
NOTE Confidence: 0.85790086

00:07:06.640 --> 00:07:11.424 You know and even at Yale I was a  
NOTE Confidence: 0.85790086

00:07:11.424 --> 00:07:13.264 oncology fellow and then stayed  
NOTE Confidence: 0.85790086

00:07:13.264 --> 00:07:16.320 on as faculty with a joint faculty  
NOTE Confidence: 0.85790086

00:07:16.320 --> 00:07:18.720 and anesthesia and oncology.  
NOTE Confidence: 0.85790086

00:07:18.720 --> 00:07:22.576 And I did a lot of not only  
NOTE Confidence: 0.85790086

00:07:22.576 --> 00:07:25.265 supportive oncology but a lot of

NOTE Confidence: 0.85790086

00:07:25.265 --> 00:07:27.875 chronic pain people with failed back,

NOTE Confidence: 0.85790086

00:07:27.880 --> 00:07:29.191 people with fibromyalgia.

NOTE Confidence: 0.85790086

00:07:29.191 --> 00:07:32.811 And what you would see was that there

NOTE Confidence: 0.85790086

00:07:32.811 --> 00:07:35.709 would be patients with life threatening

NOTE Confidence: 0.85790086

00:07:35.709 --> 00:07:38.523 illness who would feel healed and

NOTE Confidence: 0.85790086

00:07:38.523 --> 00:07:40.738 those with diseases like fibromyalgia

NOTE Confidence: 0.85790086

00:07:40.738 --> 00:07:43.400 that could get out of the bed.

NOTE Confidence: 0.85790086

00:07:43.400 --> 00:07:47.315 So I was interested what is going on here?

NOTE Confidence: 0.85790086

00:07:47.320 --> 00:07:49.994 And then how can we measure this

NOTE Confidence: 0.85790086

00:07:50.000 --> 00:07:51.998 psychosocial spiritual healing.

NOTE Confidence: 0.966892197142857

00:07:56.160 --> 00:08:00.525 So what I'm talking about here is that

NOTE Confidence: 0.966892197142857

00:08:00.525 --> 00:08:03.195 in terms of level of functioning,

NOTE Confidence: 0.966892197142857

00:08:03.200 --> 00:08:05.419 it's, you know, before the event and

NOTE Confidence: 0.966892197142857

00:08:05.419 --> 00:08:07.799 then you can either succumb to it,

NOTE Confidence: 0.966892197142857

00:08:07.800 --> 00:08:11.478 survive with impairment, recover from it,

NOTE Confidence: 0.966892197142857

00:08:11.480 --> 00:08:13.608 which implies more resilience,  
NOTE Confidence: 0.966892197142857

00:08:13.608 --> 00:08:17.520 or thrive from it better than before.  
NOTE Confidence: 0.966892197142857

00:08:17.520 --> 00:08:20.472 And the next few slides will go over a  
NOTE Confidence: 0.966892197142857

00:08:20.472 --> 00:08:23.434 patient that you know you'll hear her voice.  
NOTE Confidence: 0.966892197142857

00:08:23.440 --> 00:08:24.988 Because the first,  
NOTE Confidence: 0.966892197142857

00:08:24.988 --> 00:08:28.600 the first thing we did was to  
NOTE Confidence: 0.966892197142857

00:08:28.710 --> 00:08:32.385 discover what was this healing  
NOTE Confidence: 0.966892197142857

00:08:32.385 --> 00:08:34.758 experience was interview patients.  
NOTE Confidence: 0.966892197142857

00:08:34.758 --> 00:08:38.034 In order to develop a tool,  
NOTE Confidence: 0.966892197142857

00:08:38.040 --> 00:08:40.496 I felt like you needed to actually start  
NOTE Confidence: 0.966892197142857

00:08:40.496 --> 00:08:42.964 from the qualitative and the information  
NOTE Confidence: 0.966892197142857

00:08:42.964 --> 00:08:45.640 you get from qualitative is tremendous.  
NOTE Confidence: 0.966892197142857

00:08:45.640 --> 00:08:46.855 So we interviewed,  
NOTE Confidence: 0.966892197142857

00:08:46.855 --> 00:08:48.880 viewed patients who had cancer,  
NOTE Confidence: 0.966892197142857

00:08:48.880 --> 00:08:50.468 who had survived cancer,  
NOTE Confidence: 0.966892197142857

00:08:50.468 --> 00:08:52.453 we interviewed patients who had

NOTE Confidence: 0.966892197142857  
00:08:52.453 --> 00:08:54.354 survived cardiac conditions and we  
NOTE Confidence: 0.966892197142857  
00:08:54.354 --> 00:08:56.514 also looked at some HIV patients,  
NOTE Confidence: 0.966892197142857  
00:08:56.520 --> 00:08:58.560 some patients with HIV disease.  
NOTE Confidence: 0.960662218333333  
00:09:03.560 --> 00:09:06.638 So we did initial clinical observations,  
NOTE Confidence: 0.960662218333333  
00:09:06.640 --> 00:09:07.588 lit review,  
NOTE Confidence: 0.960662218333333  
00:09:07.588 --> 00:09:09.958 we did the qualitative interviews.  
NOTE Confidence: 0.960662218333333  
00:09:09.960 --> 00:09:13.278 We then did a review from this.  
NOTE Confidence: 0.960662218333333  
00:09:13.280 --> 00:09:15.639 We came up with a bunch of  
NOTE Confidence: 0.960662218333333  
00:09:15.639 --> 00:09:17.040 questions and streamlined them.  
NOTE Confidence: 0.960662218333333  
00:09:17.040 --> 00:09:20.057 We did an initial pilot study with  
NOTE Confidence: 0.960662218333333  
00:09:20.057 --> 00:09:22.400 100 patients to do an initial factor  
NOTE Confidence: 0.960662218333333  
00:09:22.400 --> 00:09:24.519 analysis and reduce some of the items.  
NOTE Confidence: 0.960662218333333  
00:09:24.520 --> 00:09:26.599 We then did cognitive interviewing and then  
NOTE Confidence: 0.960662218333333  
00:09:26.599 --> 00:09:32.120 we did a study to actually validate the tool.  
NOTE Confidence: 0.960662218333333  
00:09:32.120 --> 00:09:34.759 So the first two studies were with  
NOTE Confidence: 0.960662218333333

00:09:34.759 --> 00:09:36.702 cancer survivors and with cardiac  
NOTE Confidence: 0.960662218333333

00:09:36.702 --> 00:09:38.922 survivors at a local hospital near  
NOTE Confidence: 0.960662218333333

00:09:38.922 --> 00:09:41.790 us and NIH Clinical Center and Smith  
NOTE Confidence: 0.960662218333333

00:09:41.790 --> 00:09:43.434 Farm Center for Healing,  
NOTE Confidence: 0.960662218333333

00:09:43.440 --> 00:09:44.812 which is in DC.  
NOTE Confidence: 0.960662218333333

00:09:44.812 --> 00:09:46.870 So here's a lady who talks  
NOTE Confidence: 0.960662218333333

00:09:46.959 --> 00:09:48.759 about what healing is.  
NOTE Confidence: 0.960662218333333

00:09:48.760 --> 00:09:50.836 We didn't use the word healing.  
NOTE Confidence: 0.960662218333333

00:09:50.840 --> 00:09:52.718 They were included in the trial.  
NOTE Confidence: 0.960662218333333

00:09:52.720 --> 00:09:54.610 If they said they had positive  
NOTE Confidence: 0.960662218333333

00:09:54.610 --> 00:09:55.555 life transforming events,  
NOTE Confidence: 0.960662218333333

00:09:55.560 --> 00:09:57.360 she uses the word healing.  
NOTE Confidence: 0.899060725833333

00:10:15.680 --> 00:10:17.018 Hearing the audio. I don't know  
NOTE Confidence: 0.899060725833333

00:10:17.018 --> 00:10:18.360 if it's playing on your end.  
NOTE Confidence: 0.9650218

00:10:20.560 --> 00:10:22.200 Yeah, you can hear it.  
NOTE Confidence: 0.9650218

00:10:22.200 --> 00:10:25.720 No, can't hear the audio. Oh,

NOTE Confidence: 0.773592725  
00:10:25.720 --> 00:10:26.880 oh, it is playing  
NOTE Confidence: 0.967048521428571  
00:10:26.880 --> 00:10:28.680 here. I think there's a  
NOTE Confidence: 0.967048521428571  
00:10:28.680 --> 00:10:31.904 Zoom setting, but you have.  
NOTE Confidence: 0.967048521428571  
00:10:31.904 --> 00:10:35.040 I'm not quite sure how to do it.  
NOTE Confidence: 0.967048521428571  
00:10:35.040 --> 00:10:36.552 Anyone on the call know how to connect it?  
NOTE Confidence: 0.967048521428571  
00:10:36.560 --> 00:10:37.995 So zoom will pick up the audio  
NOTE Confidence: 0.715181973333333  
00:10:40.160 --> 00:10:41.198 from Anne's computer.  
NOTE Confidence: 0.66939101  
00:10:43.520 --> 00:10:46.488 All right. So yeah, that's odd,  
NOTE Confidence: 0.66939101  
00:10:46.488 --> 00:10:48.160 'cause I am hearing it.  
NOTE Confidence: 0.968223071428571  
00:10:51.560 --> 00:10:54.415 But what she talks about  
NOTE Confidence: 0.968223071428571  
00:10:54.415 --> 00:10:57.672 here is she's 30 years old,  
NOTE Confidence: 0.968223071428571  
00:10:57.672 --> 00:11:02.440 she gets breast cancer and she  
NOTE Confidence: 0.968223071428571  
00:11:02.440 --> 00:11:05.192 had to go through a lot of both  
NOTE Confidence: 0.968223071428571  
00:11:05.192 --> 00:11:07.225 curing the disease because she  
NOTE Confidence: 0.968223071428571  
00:11:07.225 --> 00:11:10.151 was told that she had this life  
NOTE Confidence: 0.968223071428571

00:11:10.240 --> 00:11:12.532 threatening illness as well as  
NOTE Confidence: 0.968223071428571

00:11:12.532 --> 00:11:14.240 healing on a lot of different levels.  
NOTE Confidence: 0.968223071428571

00:11:14.240 --> 00:11:17.512 And so she talks about how she goes  
NOTE Confidence: 0.968223071428571

00:11:17.512 --> 00:11:20.040 back to the trauma of losing her dad,  
NOTE Confidence: 0.968223071428571

00:11:20.040 --> 00:11:23.838 who was in his early 40s and had also  
NOTE Confidence: 0.968223071428571

00:11:23.838 --> 00:11:27.077 died from a cancer of some type,  
NOTE Confidence: 0.968223071428571

00:11:27.080 --> 00:11:30.111 and says here it was more than  
NOTE Confidence: 0.968223071428571

00:11:30.111 --> 00:11:32.559 just saving myself from cancer.  
NOTE Confidence: 0.968223071428571

00:11:32.560 --> 00:11:33.896 It was much saving.  
NOTE Confidence: 0.968223071428571

00:11:33.896 --> 00:11:35.566 It was going through healing  
NOTE Confidence: 0.968223071428571

00:11:35.566 --> 00:11:37.678 on a lot of different levels.  
NOTE Confidence: 0.968223071428571

00:11:37.680 --> 00:11:39.636 And so it was like Technicolor.  
NOTE Confidence: 0.968223071428571

00:11:39.640 --> 00:11:41.075 It was like my life has been  
NOTE Confidence: 0.968223071428571

00:11:41.075 --> 00:11:42.769 in black and white and all of  
NOTE Confidence: 0.968223071428571

00:11:42.769 --> 00:11:43.793 a sudden this diagnosis,  
NOTE Confidence: 0.968223071428571

00:11:43.800 --> 00:11:45.160 it went to Technicolor

NOTE Confidence: 0.20465788  
00:11:48.800 --> 00:11:51.360 now. And if you want to try to share,  
NOTE Confidence: 0.903980164  
00:11:51.360 --> 00:11:54.344 there's a suggestion in the in the chat  
NOTE Confidence: 0.903980164  
00:11:54.344 --> 00:11:56.080 about how you can share the audio.  
NOTE Confidence: 0.903980164  
00:11:56.080 --> 00:11:58.184 I think it's an option in  
NOTE Confidence: 0.903980164  
00:11:58.184 --> 00:11:59.400 your share screen menu.  
NOTE Confidence: 0.552073455  
00:12:01.520 --> 00:12:02.845 Oh, why don't I think  
NOTE Confidence: 0.552073455  
00:12:02.845 --> 00:12:04.159 you move on, 'cause if if  
NOTE Confidence: 0.646369338571429  
00:12:04.160 --> 00:12:06.520 you're not gonna have a lot more. Yeah,  
NOTE Confidence: 0.8462650675  
00:12:06.520 --> 00:12:07.600 I'm not. No, no,  
NOTE Confidence: 0.90262208  
00:12:07.600 --> 00:12:11.240 it was the only one. All right.  
NOTE Confidence: 0.90262208  
00:12:11.240 --> 00:12:17.333 So the initial, the initial study,  
NOTE Confidence: 0.90262208  
00:12:17.333 --> 00:12:19.998 you know, was the qualitative.  
NOTE Confidence: 0.90262208  
00:12:20.000 --> 00:12:22.406 And then we followed that up  
NOTE Confidence: 0.90262208  
00:12:22.406 --> 00:12:24.721 with an initial factor analysis  
NOTE Confidence: 0.90262208  
00:12:24.721 --> 00:12:27.237 of preliminary factor analysis.  
NOTE Confidence: 0.90262208

00:12:27.240 --> 00:12:29.662 And what happens when you do qualitative

NOTE Confidence: 0.90262208

00:12:29.662 --> 00:12:32.040 work is, you know, because frankly,

NOTE Confidence: 0.90262208

00:12:32.040 --> 00:12:34.782 it took them about, you know,

NOTE Confidence: 0.90262208

00:12:34.782 --> 00:12:38.610 20 years at NIH to tell me that,

NOTE Confidence: 0.90262208

00:12:38.610 --> 00:12:40.560 yes, doing qualitative work also

NOTE Confidence: 0.90262208

00:12:40.560 --> 00:12:43.415 was a true science. I had to have,

NOTE Confidence: 0.90262208

00:12:43.415 --> 00:12:45.384 I had to have reviewers from the outside,

NOTE Confidence: 0.90262208

00:12:45.384 --> 00:12:47.260 you know, and some of them were

NOTE Confidence: 0.90262208

00:12:47.260 --> 00:12:48.480 from the National Academy say,

NOTE Confidence: 0.90262208

00:12:48.480 --> 00:12:49.482 well, actually, yes,

NOTE Confidence: 0.90262208

00:12:49.482 --> 00:12:52.200 this is a real science that she's done.

NOTE Confidence: 0.90262208

00:12:52.200 --> 00:12:54.559 So what happens is you come up,

NOTE Confidence: 0.90262208

00:12:54.560 --> 00:12:57.080 you come up with themes when

NOTE Confidence: 0.90262208

00:12:57.080 --> 00:12:58.760 you do qualitative work.

NOTE Confidence: 0.90262208

00:12:58.760 --> 00:13:01.021 I don't know who if people are

NOTE Confidence: 0.90262208

00:13:01.021 --> 00:13:02.664 familiar with qualitative work and

NOTE Confidence: 0.90262208

00:13:02.664 --> 00:13:05.352 you come up with themes and sub

NOTE Confidence: 0.90262208

00:13:05.352 --> 00:13:08.424 themes and then you can put them

NOTE Confidence: 0.90262208

00:13:08.424 --> 00:13:10.639 into little baskets or factors.

NOTE Confidence: 0.90262208

00:13:10.640 --> 00:13:12.845 And so we at that time found

NOTE Confidence: 0.90262208

00:13:12.845 --> 00:13:15.149 that there were four factors of

NOTE Confidence: 0.90262208

00:13:15.149 --> 00:13:17.862 these questions that had come out

NOTE Confidence: 0.90262208

00:13:17.862 --> 00:13:19.758 of the qualitative interviews.

NOTE Confidence: 0.90262208

00:13:19.760 --> 00:13:21.188 We we called it at that time

NOTE Confidence: 0.90262208

00:13:21.188 --> 00:13:22.678 and you could call it anything,

NOTE Confidence: 0.90262208

00:13:22.680 --> 00:13:23.920 but we called it religion,

NOTE Confidence: 0.90262208

00:13:23.920 --> 00:13:26.320 spirituality, intrapersonal relations

NOTE Confidence: 0.90262208

00:13:26.320 --> 00:13:28.720 and interpersonal relations.

NOTE Confidence: 0.90262208

00:13:28.720 --> 00:13:30.477 Now as you see, that's gonna change.

NOTE Confidence: 0.6650576

00:13:33.360 --> 00:13:38.120 Patients during one of our studies

NOTE Confidence: 0.6650576

00:13:38.120 --> 00:13:41.175 spoke about what healing meant to them.

NOTE Confidence: 0.6650576

00:13:41.175 --> 00:13:42.800 They said getting appropriate treatment,  
NOTE Confidence: 0.6650576

00:13:42.800 --> 00:13:45.236 accepting the illness, not blaming myself,  
NOTE Confidence: 0.6650576

00:13:45.240 --> 00:13:48.696 letting go of the past, less pain,  
NOTE Confidence: 0.6650576

00:13:48.696 --> 00:13:51.936 feeling better physically and mentally  
NOTE Confidence: 0.6650576

00:13:51.936 --> 00:13:55.068 and regaining strength to make whole  
NOTE Confidence: 0.6650576

00:13:55.068 --> 00:13:57.840 and to function at a normal ability,  
NOTE Confidence: 0.6650576

00:13:57.840 --> 00:13:59.795 focus on getting well instead  
NOTE Confidence: 0.6650576

00:13:59.795 --> 00:14:02.270 of finding a cure. So again,  
NOTE Confidence: 0.6650576

00:14:02.270 --> 00:14:05.000 it's not always cure driven healing,  
NOTE Confidence: 0.6650576

00:14:05.000 --> 00:14:07.032 it's it's getting well,  
NOTE Confidence: 0.6650576

00:14:07.032 --> 00:14:10.600 it's making whole and in palliative care.  
NOTE Confidence: 0.6650576

00:14:10.600 --> 00:14:13.036 Those are words that we're very familiar,  
NOTE Confidence: 0.6650576

00:14:13.040 --> 00:14:16.928 were very familiar with achieving  
NOTE Confidence: 0.6650576

00:14:16.928 --> 00:14:18.560 a sense of well-being,  
NOTE Confidence: 0.6650576

00:14:18.560 --> 00:14:19.960 free of pain, distress,  
NOTE Confidence: 0.6650576

00:14:19.960 --> 00:14:23.119 to correct my body and rid of my disease,

NOTE Confidence: 0.6650576

00:14:23.120 --> 00:14:24.884 Expecting what you accepting what you

NOTE Confidence: 0.6650576

00:14:24.884 --> 00:14:27.020 got to go through and making progress

NOTE Confidence: 0.6650576

00:14:27.020 --> 00:14:29.120 from one state of health to another.

NOTE Confidence: 0.6650576

00:14:29.120 --> 00:14:31.304 So all of these type of things

NOTE Confidence: 0.6650576

00:14:31.304 --> 00:14:33.559 helped us come up with questions.

NOTE Confidence: 0.6650576

00:14:33.560 --> 00:14:34.452 But again,

NOTE Confidence: 0.6650576

00:14:34.452 --> 00:14:36.236 as you'll see later,

NOTE Confidence: 0.6650576

00:14:36.240 --> 00:14:38.958 the tool is a tool of

NOTE Confidence: 0.6650576

00:14:38.958 --> 00:14:40.317 psychosocial spiritual well-being.

NOTE Confidence: 0.963371204

00:14:43.320 --> 00:14:46.640 One of my favorite pictures.

NOTE Confidence: 0.963371204

00:14:46.640 --> 00:14:49.360 Anyone who knows me knows that I've always

NOTE Confidence: 0.963371204

00:14:49.360 --> 00:14:52.237 liked to bring normality to the patients,

NOTE Confidence: 0.963371204

00:14:52.240 --> 00:14:55.040 so I would bring tea cards out.

NOTE Confidence: 0.963371204

00:14:55.040 --> 00:14:57.680 This was a guy we saw before he

NOTE Confidence: 0.963371204

00:14:57.680 --> 00:15:00.478 had a bone marrow transplant.

NOTE Confidence: 0.963371204

00:15:00.480 --> 00:15:02.772 We always were consulted on and  
NOTE Confidence: 0.963371204

00:15:02.772 --> 00:15:04.747 still are consulted on patients  
NOTE Confidence: 0.963371204

00:15:04.747 --> 00:15:07.372 from the day they come to the  
NOTE Confidence: 0.963371204

00:15:07.372 --> 00:15:09.679 institution to get their transplant.  
NOTE Confidence: 0.963371204

00:15:09.680 --> 00:15:13.240 And the only symptom he had was anxiety.  
NOTE Confidence: 0.963371204

00:15:13.240 --> 00:15:15.547 And so we asked, well, how are we  
NOTE Confidence: 0.963371204

00:15:15.547 --> 00:15:17.480 going to be able to help your anxiety?  
NOTE Confidence: 0.963371204

00:15:17.480 --> 00:15:18.945 And the answer was not  
NOTE Confidence: 0.963371204

00:15:18.945 --> 00:15:20.117 giving him a medication.  
NOTE Confidence: 0.963371204

00:15:20.120 --> 00:15:26.199 It was, let's get me a magic wand and hat.  
NOTE Confidence: 0.963371204

00:15:26.200 --> 00:15:27.598 So the day of his transplant,  
NOTE Confidence: 0.963371204

00:15:27.600 --> 00:15:29.920 we gave him a magic wand and hat,  
NOTE Confidence: 0.963371204

00:15:29.920 --> 00:15:32.120 and we all wore magic wands and hat.  
NOTE Confidence: 0.963371204

00:15:32.120 --> 00:15:34.640 And this guy was with us,  
NOTE Confidence: 0.963371204

00:15:34.640 --> 00:15:35.600 you know, on and off,  
NOTE Confidence: 0.963371204

00:15:35.600 --> 00:15:37.280 in and out of the hospital

NOTE Confidence: 0.963371204

00:15:37.280 --> 00:15:38.722 and outpatient for about two

NOTE Confidence: 0.963371204

00:15:38.722 --> 00:15:40.276 or three years until he died.

NOTE Confidence: 0.963371204

00:15:40.280 --> 00:15:41.620 But Needless to say,

NOTE Confidence: 0.963371204

00:15:41.620 --> 00:15:44.478 you know we were his team that he

NOTE Confidence: 0.963371204

00:15:44.478 --> 00:15:46.794 could totally trust because we had

NOTE Confidence: 0.963371204

00:15:46.794 --> 00:15:49.318 gotten him his magic wand and hat.

NOTE Confidence: 0.963371204

00:15:49.320 --> 00:15:51.276 So sometimes that's all it takes.

NOTE Confidence: 0.967563209090909

00:15:54.920 --> 00:15:58.600 So the validation, we finally got up to

NOTE Confidence: 0.967563209090909

00:15:58.600 --> 00:16:01.692 the validation trial and there we recruited

NOTE Confidence: 0.967563209090909

00:16:01.692 --> 00:16:04.696 200 patients at the NIH Clinical Center

NOTE Confidence: 0.967563209090909

00:16:04.696 --> 00:16:07.396 with severe and or life threatening

NOTE Confidence: 0.967563209090909

00:16:07.396 --> 00:16:10.460 illness from June to December of 2017.

NOTE Confidence: 0.967563209090909

00:16:10.460 --> 00:16:15.680 The NIH heels at that time was 42 items.

NOTE Confidence: 0.967563209090909

00:16:15.680 --> 00:16:18.480 So we started with like 56 and we

NOTE Confidence: 0.967563209090909

00:16:18.480 --> 00:16:21.369 just kept whittling it down going

NOTE Confidence: 0.967563209090909

00:16:21.369 --> 00:16:23.994 through all the different studies.  
NOTE Confidence: 0.967563209090909

00:16:24.000 --> 00:16:26.840 And the way you get,  
NOTE Confidence: 0.967563209090909

00:16:26.840 --> 00:16:28.728 the way you validate,  
NOTE Confidence: 0.967563209090909

00:16:28.728 --> 00:16:32.399 you have to validate the tool based on  
NOTE Confidence: 0.967563209090909

00:16:32.400 --> 00:16:36.348 other tools so you can get convergent  
NOTE Confidence: 0.967563209090909

00:16:36.348 --> 00:16:39.640 and divergent validity and reliability.  
NOTE Confidence: 0.967563209090909

00:16:39.640 --> 00:16:45.076 So we use the Facet Spiritual,  
NOTE Confidence: 0.967563209090909

00:16:45.080 --> 00:16:48.965 which is a very common tool used  
NOTE Confidence: 0.967563209090909

00:16:48.965 --> 00:16:51.440 in the not only health Care World,  
NOTE Confidence: 0.967563209090909

00:16:51.440 --> 00:16:53.840 but really the oncology world  
NOTE Confidence: 0.967563209090909

00:16:53.840 --> 00:16:55.828 developed by David Seller.  
NOTE Confidence: 0.967563209090909

00:16:55.828 --> 00:16:58.313 He's developed all these tools  
NOTE Confidence: 0.967563209090909

00:16:58.313 --> 00:17:00.199 for chronic illness.  
NOTE Confidence: 0.967563209090909

00:17:00.200 --> 00:17:03.252 We use the self and this was  
NOTE Confidence: 0.967563209090909

00:17:03.252 --> 00:17:04.560 for convergent validity.  
NOTE Confidence: 0.967563209090909

00:17:04.560 --> 00:17:07.368 Self Integration scale was a very

NOTE Confidence: 0.967563209090909  
00:17:07.368 --> 00:17:10.371 interesting scale that had questions that  
NOTE Confidence: 0.967563209090909  
00:17:10.371 --> 00:17:12.986 actually were for convergent validity  
NOTE Confidence: 0.967563209090909  
00:17:12.986 --> 00:17:16.118 and those that were for divergent.  
NOTE Confidence: 0.967563209090909  
00:17:16.120 --> 00:17:19.078 We were also interested in mindfulness.  
NOTE Confidence: 0.967563209090909  
00:17:19.080 --> 00:17:21.180 So we use the Mindfulness  
NOTE Confidence: 0.967563209090909  
00:17:21.180 --> 00:17:22.440 Attention Awareness Scale,  
NOTE Confidence: 0.967563209090909  
00:17:22.440 --> 00:17:25.320 but that was not for the actual validation.  
NOTE Confidence: 0.967563209090909  
00:17:25.320 --> 00:17:28.710 We also use the Connor Davidson  
NOTE Confidence: 0.967563209090909  
00:17:28.710 --> 00:17:32.452 Resilience scale and we used a  
NOTE Confidence: 0.967563209090909  
00:17:32.452 --> 00:17:35.720 trauma scale and those are not for  
NOTE Confidence: 0.967563209090909  
00:17:35.720 --> 00:17:38.140 the validation that was for you  
NOTE Confidence: 0.967563209090909  
00:17:38.140 --> 00:17:40.198 know looking at at other things.  
NOTE Confidence: 0.884495905833333  
00:17:41.760 --> 00:17:43.209 Can you since we have a rather  
NOTE Confidence: 0.884495905833333  
00:17:43.209 --> 00:17:44.440 mixed audience at this seminar,  
NOTE Confidence: 0.884495905833333  
00:17:44.440 --> 00:17:46.036 can you define what you mean by  
NOTE Confidence: 0.884495905833333

00:17:46.036 --> 00:17:47.309 convergent and divergent validity when  
NOTE Confidence: 0.884495905833333

00:17:47.309 --> 00:17:48.953 you're doing scale development like this  
NOTE Confidence: 0.940430326

00:17:51.640 --> 00:17:53.352 what you're trying to  
NOTE Confidence: 0.940430326

00:17:53.352 --> 00:17:55.920 see is how it it relates.  
NOTE Confidence: 0.9531798125

00:17:59.600 --> 00:18:01.434 You know, is it similar to scales  
NOTE Confidence: 0.9531798125

00:18:01.434 --> 00:18:03.240 that are asking similar questions?  
NOTE Confidence: 0.9531798125

00:18:03.240 --> 00:18:06.497 Is it divergent from scales that or  
NOTE Confidence: 0.9531798125

00:18:06.497 --> 00:18:08.576 are questions that have nothing to do  
NOTE Confidence: 0.9531798125

00:18:08.576 --> 00:18:10.998 with the thing that you're looking at?  
NOTE Confidence: 0.9531798125

00:18:11.000 --> 00:18:12.750 You know, so if you're looking at  
NOTE Confidence: 0.9531798125

00:18:12.750 --> 00:18:13.532 psychosocial, spiritual healing  
NOTE Confidence: 0.9531798125

00:18:13.532 --> 00:18:15.394 and has nothing to do with those,  
NOTE Confidence: 0.9531798125

00:18:15.400 --> 00:18:16.960 then it shouldn't, you know,  
NOTE Confidence: 0.9531798125

00:18:16.960 --> 00:18:20.720 they shouldn't line up.  
NOTE Confidence: 0.9531798125

00:18:20.720 --> 00:18:22.800 Thanks, sorry.  
NOTE Confidence: 0.784687968

00:18:24.880 --> 00:18:25.880 Oh, and then we did

NOTE Confidence: 0.82794848

00:18:26.080 --> 00:18:28.960 and then we did a another factor

NOTE Confidence: 0.82794848

00:18:28.960 --> 00:18:31.520 analysis which you have to kind of do.

NOTE Confidence: 0.82794848

00:18:31.520 --> 00:18:34.916 So it it demonstrated excellent reliability,

NOTE Confidence: 0.82794848

00:18:34.920 --> 00:18:38.592 internal consistency was

NOTE Confidence: 0.82794848

00:18:38.592 --> 00:18:42.240 a Chromebook Alpha .89.

NOTE Confidence: 0.82794848

00:18:42.240 --> 00:18:45.200 And as we see here from in terms

NOTE Confidence: 0.82794848

00:18:45.200 --> 00:18:47.500 of the convergent divergent

NOTE Confidence: 0.82794848

00:18:47.500 --> 00:18:51.160 validity and the different scales

NOTE Confidence: 0.82794848

00:18:51.160 --> 00:18:52.752 with the convergent validity,

NOTE Confidence: 0.82794848

00:18:52.752 --> 00:18:55.140 we use the questions from that

NOTE Confidence: 0.82794848

00:18:55.209 --> 00:18:57.195 CIS scale that I talked about,

NOTE Confidence: 0.82794848

00:18:57.200 --> 00:19:02.060 the integration scale and it the total

NOTE Confidence: 0.82794848

00:19:02.060 --> 00:19:06.144 score as you see here was statistically

NOTE Confidence: 0.82794848

00:19:06.144 --> 00:19:09.456 significant not only in the total

NOTE Confidence: 0.82794848

00:19:09.456 --> 00:19:12.392 score but in all of the factors.

NOTE Confidence: 0.82794848

00:19:12.392 --> 00:19:14.720 And we'll talk about the factors.  
NOTE Confidence: 0.82794848

00:19:14.720 --> 00:19:16.705 The factors turned out to  
NOTE Confidence: 0.82794848

00:19:16.705 --> 00:19:19.760 be 3 at the end and not 4.  
NOTE Confidence: 0.82794848

00:19:19.760 --> 00:19:23.678 The facet has different factors also,  
NOTE Confidence: 0.82794848

00:19:23.680 --> 00:19:25.760 much like our scale does.  
NOTE Confidence: 0.82794848

00:19:25.760 --> 00:19:29.280 So the different factors in facet was faith,  
NOTE Confidence: 0.82794848

00:19:29.280 --> 00:19:31.224 was peace and meaning.  
NOTE Confidence: 0.82794848

00:19:31.224 --> 00:19:32.196 And again,  
NOTE Confidence: 0.82794848

00:19:32.200 --> 00:19:36.358 it converged beautifully with our scale  
NOTE Confidence: 0.82794848

00:19:36.360 --> 00:19:41.078 and then DIVERGENT again there it didn't,  
NOTE Confidence: 0.82794848

00:19:41.080 --> 00:19:42.232 you know it,  
NOTE Confidence: 0.82794848

00:19:42.232 --> 00:19:45.758 it was our scale was not similar to it.  
NOTE Confidence: 0.82794848

00:19:45.760 --> 00:19:51.439 So these are the three factors that we found.  
NOTE Confidence: 0.82794848

00:19:51.440 --> 00:19:56.151 And these are important because these are  
NOTE Confidence: 0.82794848

00:19:56.151 --> 00:19:59.813 the factors that when we got involved  
NOTE Confidence: 0.82794848

00:19:59.813 --> 00:20:01.919 in looking at it with psychedelics,

NOTE Confidence: 0.82794848

00:20:01.920 --> 00:20:03.495 people who were doing psychedelic

NOTE Confidence: 0.82794848

00:20:03.495 --> 00:20:04.755 research came and said,

NOTE Confidence: 0.82794848

00:20:04.760 --> 00:20:05.768 Oh my God,

NOTE Confidence: 0.82794848

00:20:05.768 --> 00:20:08.400 this is what the patients are telling us.

NOTE Confidence: 0.82794848

00:20:08.400 --> 00:20:11.520 So these are factors of connection,

NOTE Confidence: 0.82794848

00:20:11.520 --> 00:20:13.146 reflection and introspection

NOTE Confidence: 0.82794848

00:20:13.146 --> 00:20:15.314 and trust and acceptance.

NOTE Confidence: 0.82794848

00:20:15.320 --> 00:20:18.239 So connection has to do with connection

NOTE Confidence: 0.82794848

00:20:18.239 --> 00:20:20.520 with religion and higher power,

NOTE Confidence: 0.82794848

00:20:20.520 --> 00:20:25.100 but also has to do with support from family

NOTE Confidence: 0.82794848

00:20:25.100 --> 00:20:30.020 and family becoming a higher priority

NOTE Confidence: 0.82794848

00:20:30.020 --> 00:20:33.480 and essentially support from a community.

NOTE Confidence: 0.82794848

00:20:33.480 --> 00:20:36.756 It does not have to be religion,

NOTE Confidence: 0.82794848

00:20:36.760 --> 00:20:37.413 reflection.

NOTE Confidence: 0.82794848

00:20:37.413 --> 00:20:41.331 Introspection has to do with things

NOTE Confidence: 0.82794848

00:20:41.331 --> 00:20:44.992 like difficult circumstances in life has  
NOTE Confidence: 0.82794848

00:20:44.992 --> 00:20:47.677 increased my compassion towards other.  
NOTE Confidence: 0.82794848

00:20:47.680 --> 00:20:50.434 I take more time to be in the moment.  
NOTE Confidence: 0.82794848

00:20:50.440 --> 00:20:52.960 I find meaning in helping others.  
NOTE Confidence: 0.82794848

00:20:52.960 --> 00:20:57.320 I I have an increased sense of gratitude.  
NOTE Confidence: 0.82794848

00:20:57.320 --> 00:21:00.200 Being surrounded by nature is meaningful.  
NOTE Confidence: 0.82794848

00:21:00.200 --> 00:21:03.224 I wanna make the most of my life creative  
NOTE Confidence: 0.82794848

00:21:03.224 --> 00:21:06.688 arts to bring peace to their lives.  
NOTE Confidence: 0.82794848

00:21:06.688 --> 00:21:07.592 Awareness,  
NOTE Confidence: 0.82794848

00:21:07.592 --> 00:21:09.400 so self-awareness,  
NOTE Confidence: 0.910024087142857

00:21:11.560 --> 00:21:15.319 activities that involve both mind and body.  
NOTE Confidence: 0.910024087142857

00:21:15.320 --> 00:21:17.186 Working through my own grief brings  
NOTE Confidence: 0.910024087142857

00:21:17.186 --> 00:21:20.640 meaning to life, more connection in  
NOTE Confidence: 0.910024087142857

00:21:20.640 --> 00:21:23.730 all relationships and doing something  
NOTE Confidence: 0.910024087142857

00:21:23.730 --> 00:21:26.080 I'm passionate about gives purpose.  
NOTE Confidence: 0.910024087142857

00:21:26.080 --> 00:21:27.880 So again, it's about meaning.

NOTE Confidence: 0.910024087142857  
00:21:27.880 --> 00:21:29.464 It's about purpose,  
NOTE Confidence: 0.910024087142857  
00:21:29.464 --> 00:21:32.520 it's about self-awareness.  
NOTE Confidence: 0.910024087142857  
00:21:32.520 --> 00:21:36.643 And this was between this and the  
NOTE Confidence: 0.910024087142857  
00:21:36.643 --> 00:21:39.229 connection became very important  
NOTE Confidence: 0.910024087142857  
00:21:39.229 --> 00:21:41.666 to those studying psychedelic.  
NOTE Confidence: 0.910024087142857  
00:21:41.666 --> 00:21:43.196 So we can, you know,  
NOTE Confidence: 0.910024087142857  
00:21:43.200 --> 00:21:45.198 talk about how we got there  
NOTE Confidence: 0.910024087142857  
00:21:45.200 --> 00:21:48.600 and then trust and acceptance.  
NOTE Confidence: 0.910024087142857  
00:21:48.600 --> 00:21:50.460 So there's a sense of which  
NOTE Confidence: 0.910024087142857  
00:21:50.460 --> 00:21:53.202 was also a a topic that we had  
NOTE Confidence: 0.910024087142857  
00:21:53.202 --> 00:21:55.584 heard in the psychedelic world.  
NOTE Confidence: 0.910024087142857  
00:21:55.584 --> 00:21:58.114 But this was developed before  
NOTE Confidence: 0.910024087142857  
00:21:58.120 --> 00:21:59.960 the people that started studying  
NOTE Confidence: 0.910024087142857  
00:21:59.960 --> 00:22:01.800 psilocybin had come to me.  
NOTE Confidence: 0.910024087142857  
00:22:01.800 --> 00:22:04.440 So I I have a sense of peace in my mind.  
NOTE Confidence: 0.910024087142857

00:22:04.440 --> 00:22:06.636 I have a sense of purpose.  
NOTE Confidence: 0.910024087142857

00:22:06.640 --> 00:22:09.520 I am content with life.  
NOTE Confidence: 0.910024087142857

00:22:09.520 --> 00:22:10.804 I feel calm.  
NOTE Confidence: 0.910024087142857

00:22:10.804 --> 00:22:13.800 I accept things that I can't change.  
NOTE Confidence: 0.786590551666667

00:22:16.240 --> 00:22:17.500 Support for medical  
NOTE Confidence: 0.786590551666667

00:22:17.500 --> 00:22:18.760 caregivers were important.  
NOTE Confidence: 0.786590551666667

00:22:18.760 --> 00:22:21.700 And all of these we've written  
NOTE Confidence: 0.786590551666667

00:22:21.700 --> 00:22:26.572 papers about and also talks about  
NOTE Confidence: 0.786590551666667

00:22:26.572 --> 00:22:29.696 multiple losses because a lot  
NOTE Confidence: 0.786590551666667

00:22:29.696 --> 00:22:32.440 of what we've seen with some of  
NOTE Confidence: 0.786590551666667

00:22:32.529 --> 00:22:35.384 the trauma scale that we use,  
NOTE Confidence: 0.786590551666667

00:22:35.384 --> 00:22:38.720 trauma absolutely correlates to less healing  
NOTE Confidence: 0.899535163333333

00:22:40.800 --> 00:22:44.600 and you know many people have trauma.  
NOTE Confidence: 0.899535163333333

00:22:44.600 --> 00:22:46.800 Now another great picture of  
NOTE Confidence: 0.967101435

00:22:49.680 --> 00:22:51.840 a of a tea party that we had.  
NOTE Confidence: 0.967101435

00:22:51.840 --> 00:22:54.626 We do tea parties and this was

NOTE Confidence: 0.967101435

00:22:54.626 --> 00:22:57.080 actually the patient was a physician

NOTE Confidence: 0.967101435

00:22:57.080 --> 00:22:59.390 and he was in the ICU but we did a

NOTE Confidence: 0.967101435

00:22:59.460 --> 00:23:01.740 tea party for he and his wife and

NOTE Confidence: 0.967101435

00:23:01.740 --> 00:23:03.879 the wife is wearing the hat and

NOTE Confidence: 0.967101435

00:23:03.880 --> 00:23:05.917 this is like a whole oncology team.

NOTE Confidence: 0.967101435

00:23:05.920 --> 00:23:07.100 This happens to be Doctor

NOTE Confidence: 0.967101435

00:23:07.100 --> 00:23:08.280 Rosenberg and there are O,

NOTE Confidence: 0.967101435

00:23:08.280 --> 00:23:10.848 TS and PTS and research people

NOTE Confidence: 0.967101435

00:23:10.848 --> 00:23:13.272 and for 24 years we did tea

NOTE Confidence: 0.967101435

00:23:13.272 --> 00:23:14.880 parties and people loved it.

NOTE Confidence: 0.96553786

00:23:17.800 --> 00:23:24.508 So we then looked at the data from our

NOTE Confidence: 0.96553786

00:23:24.508 --> 00:23:26.793 200 patients on differences between

NOTE Confidence: 0.96553786

00:23:26.793 --> 00:23:29.789 males and females and there was a

NOTE Confidence: 0.96553786

00:23:29.789 --> 00:23:32.519 suggestion that there was a difference.

NOTE Confidence: 0.96553786

00:23:32.520 --> 00:23:36.264 There was no difference in 31 out of

NOTE Confidence: 0.96553786

00:23:36.264 --> 00:23:40.830 35 items and no difference in males and  
NOTE Confidence: 0.96553786

00:23:40.830 --> 00:23:43.840 females on two of the three factors.  
NOTE Confidence: 0.96553786

00:23:43.840 --> 00:23:46.210 But males and females differ significantly  
NOTE Confidence: 0.96553786

00:23:46.210 --> 00:23:49.084 on the factor of reflection, introspection.  
NOTE Confidence: 0.96553786

00:23:49.084 --> 00:23:52.472 And the items that were different was  
NOTE Confidence: 0.96553786

00:23:52.472 --> 00:23:54.599 compassion towards other gratitude,  
NOTE Confidence: 0.96553786

00:23:54.600 --> 00:23:57.456 desire to be more positive and mind  
NOTE Confidence: 0.96553786

00:23:57.456 --> 00:23:59.480 body practices important a little bit.  
NOTE Confidence: 0.96553786

00:23:59.480 --> 00:24:01.800 We haven't gone back to look at this.  
NOTE Confidence: 0.96553786

00:24:01.800 --> 00:24:05.130 Important to just keep that in  
NOTE Confidence: 0.96553786

00:24:05.130 --> 00:24:08.620 mind 'cause sometimes when we pick  
NOTE Confidence: 0.96553786

00:24:08.620 --> 00:24:10.956 modalities for our patients,  
NOTE Confidence: 0.96553786

00:24:10.960 --> 00:24:12.880 you know they may not be  
NOTE Confidence: 0.96553786

00:24:12.880 --> 00:24:14.480 the same for each patient.  
NOTE Confidence: 0.96553786

00:24:14.480 --> 00:24:16.080 And for males and females.  
NOTE Confidence: 0.964430525

00:24:18.440 --> 00:24:19.958 We looked at, as I said,

NOTE Confidence: 0.964430525

00:24:19.960 --> 00:24:23.801 trauma and history and severity.

NOTE Confidence: 0.964430525

00:24:23.801 --> 00:24:26.536 And trauma severity was significantly

NOTE Confidence: 0.964430525

00:24:26.536 --> 00:24:29.048 correlated with the NIH HIELDS

NOTE Confidence: 0.964430525

00:24:29.048 --> 00:24:30.840 trust and acceptance factor.

NOTE Confidence: 0.964430525

00:24:30.840 --> 00:24:34.360 As one would probably guess,

NOTE Confidence: 0.964430525

00:24:34.360 --> 00:24:37.645 we also looked at the NIH Hields as a

NOTE Confidence: 0.964430525

00:24:37.645 --> 00:24:40.036 related to resilience and mindfulness

NOTE Confidence: 0.964430525

00:24:40.036 --> 00:24:42.952 in patients with severe and or

NOTE Confidence: 0.964430525

00:24:42.960 --> 00:24:47.120 life limiting medical diagnosis.

NOTE Confidence: 0.964430525

00:24:47.120 --> 00:24:52.167 And again the Conner Davidson Resilience

NOTE Confidence: 0.964430525

00:24:52.167 --> 00:24:55.170 Scale as I'm sure your group knows

NOTE Confidence: 0.964430525

00:24:55.245 --> 00:24:57.917 has 10 items and that's the scale use.

NOTE Confidence: 0.964430525

00:24:57.920 --> 00:25:00.220 It was positively and significantly

NOTE Confidence: 0.964430525

00:25:00.220 --> 00:25:02.520 cut correlated with our scale,

NOTE Confidence: 0.964430525

00:25:02.520 --> 00:25:05.200 the NH Hills and each of its factors.

NOTE Confidence: 0.859833146

00:25:08.120 --> 00:25:11.000 The same you're gonna see is true of  
NOTE Confidence: 0.859833146

00:25:11.000 --> 00:25:13.436 the Mindful Attention Awareness Scale.  
NOTE Confidence: 0.859833146

00:25:13.436 --> 00:25:16.296 It was positively and significantly  
NOTE Confidence: 0.859833146

00:25:16.296 --> 00:25:18.704 correlated with our NIHL total  
NOTE Confidence: 0.859833146

00:25:18.704 --> 00:25:20.674 score and all three factors,  
NOTE Confidence: 0.96159116875

00:25:24.080 --> 00:25:26.320 and this is just a diagram of that.  
NOTE Confidence: 0.926129081428571

00:25:33.950 --> 00:25:36.295 So the results of the current study  
NOTE Confidence: 0.926129081428571

00:25:36.295 --> 00:25:37.959 indicate a relationship between  
NOTE Confidence: 0.926129081428571

00:25:37.959 --> 00:25:39.750 psychosocial spiritual well-being,  
NOTE Confidence: 0.926129081428571

00:25:39.750 --> 00:25:42.390 resilience and mindfulness,  
NOTE Confidence: 0.926129081428571

00:25:42.390 --> 00:25:45.230 and demonstrated that it possibly  
NOTE Confidence: 0.926129081428571

00:25:45.230 --> 00:25:48.030 was related to resilience and  
NOTE Confidence: 0.890448758

00:25:50.120 --> 00:25:51.304 psychosocial spiritual  
NOTE Confidence: 0.890448758

00:25:51.304 --> 00:25:53.080 well-being and mindfulness.  
NOTE Confidence: 0.830848048

00:25:56.400 --> 00:25:59.120 So we did another trial.  
NOTE Confidence: 0.830848048

00:25:59.120 --> 00:26:02.666 We've done a few trials in Africa where we

NOTE Confidence: 0.830848048

00:26:02.666 --> 00:26:05.838 validated our tool there and it's now in

NOTE Confidence: 0.830848048

00:26:05.838 --> 00:26:08.440 about four different African languages.

NOTE Confidence: 0.830848048

00:26:08.440 --> 00:26:11.016 And then we get up to the

NOTE Confidence: 0.830848048

00:26:11.016 --> 00:26:12.120 United Heals psilocybin.

NOTE Confidence: 0.830848048

00:26:12.120 --> 00:26:14.220 So there was cognitive interviewing

NOTE Confidence: 0.830848048

00:26:14.220 --> 00:26:17.070 in Africa and that's what where are

NOTE Confidence: 0.830848048

00:26:17.070 --> 00:26:19.320 you cognitive interviewing of a scale,

NOTE Confidence: 0.830848048

00:26:19.320 --> 00:26:23.118 You go and ask the patients,

NOTE Confidence: 0.830848048

00:26:23.120 --> 00:26:25.784 you read the questions of the scale and

NOTE Confidence: 0.830848048

00:26:25.784 --> 00:26:28.599 ask them how they understand the scale,

NOTE Confidence: 0.830848048

00:26:28.600 --> 00:26:30.640 how they understand that question.

NOTE Confidence: 0.830848048

00:26:30.640 --> 00:26:33.165 So it's different than qualitative

NOTE Confidence: 0.830848048

00:26:33.165 --> 00:26:36.952 interviewing in that that was much more it,

NOTE Confidence: 0.830848048

00:26:36.952 --> 00:26:38.840 it was more open.

NOTE Confidence: 0.830848048

00:26:38.840 --> 00:26:41.717 This is actually looking at the squid.

NOTE Confidence: 0.830848048

00:26:41.720 --> 00:26:44.345 This questions on the scale  
NOTE Confidence: 0.830848048

00:26:44.345 --> 00:26:47.438 that you have 17 were women.  
NOTE Confidence: 0.830848048

00:26:47.438 --> 00:26:50.474 31 of the questions were comprehensible.  
NOTE Confidence: 0.830848048

00:26:50.480 --> 00:26:53.840 Some four of them needed rewording  
NOTE Confidence: 0.830848048

00:26:53.840 --> 00:26:56.586 for another populations in Africa  
NOTE Confidence: 0.830848048

00:26:56.586 --> 00:26:59.838 and the ones that needed rewording,  
NOTE Confidence: 0.830848048

00:26:59.840 --> 00:27:01.433 I want to make the most of my life.  
NOTE Confidence: 0.830848048

00:27:01.440 --> 00:27:03.360 I seek more of a connection  
NOTE Confidence: 0.830848048

00:27:03.360 --> 00:27:04.320 in my relationships.  
NOTE Confidence: 0.830848048

00:27:04.320 --> 00:27:06.520 I take more time to be present in the moment,  
NOTE Confidence: 0.830848048

00:27:06.520 --> 00:27:08.434 and working through my own grief  
NOTE Confidence: 0.830848048

00:27:08.434 --> 00:27:10.239 has brought meaning to my life.  
NOTE Confidence: 0.830848048

00:27:10.240 --> 00:27:15.327 The scale has also been looked at in  
NOTE Confidence: 0.830848048

00:27:15.327 --> 00:27:18.472 populations of elderly and specifically  
NOTE Confidence: 0.830848048

00:27:18.472 --> 00:27:21.958 elderly African Americans in the South.  
NOTE Confidence: 0.830848048

00:27:21.960 --> 00:27:26.496 So we've tried to broaden it out to different

NOTE Confidence: 0.830848048  
00:27:26.496 --> 00:27:29.560 populations and again there in Africa,  
NOTE Confidence: 0.830848048  
00:27:29.560 --> 00:27:31.400 the the,  
NOTE Confidence: 0.830848048  
00:27:31.400 --> 00:27:31.640 the,  
NOTE Confidence: 0.939453515333333  
00:27:33.720 --> 00:27:36.240 the thing that came back when they were  
NOTE Confidence: 0.939453515333333  
00:27:36.240 --> 00:27:38.357 asked about what is healing to you.  
NOTE Confidence: 0.939453515333333  
00:27:38.360 --> 00:27:41.376 Much like in the United States where I  
NOTE Confidence: 0.939453515333333  
00:27:41.376 --> 00:27:44.190 had talked about developing wholeness,  
NOTE Confidence: 0.939453515333333  
00:27:44.190 --> 00:27:45.780 developing well-being,  
NOTE Confidence: 0.939453515333333  
00:27:45.780 --> 00:27:49.755 they talk about having hope,  
NOTE Confidence: 0.939453515333333  
00:27:49.760 --> 00:27:53.312 surrendering to the supernatural  
NOTE Confidence: 0.939453515333333  
00:27:53.312 --> 00:27:58.136 being and similar type themes.  
NOTE Confidence: 0.939453515333333  
00:27:58.136 --> 00:28:02.026 Now we then got involved in the  
NOTE Confidence: 0.939453515333333  
00:28:02.026 --> 00:28:05.757 psychedelic world because they came to us.  
NOTE Confidence: 0.939453515333333  
00:28:05.760 --> 00:28:09.320 It was a practice not far from NIH.  
NOTE Confidence: 0.939453515333333  
00:28:09.320 --> 00:28:11.480 Everybody had trained at  
NOTE Confidence: 0.939453515333333

00:28:11.480 --> 00:28:15.200 NIHD oncologist Suncoast.  
NOTE Confidence: 0.939453515333333

00:28:15.200 --> 00:28:17.895 I assume most in this group had  
NOTE Confidence: 0.939453515333333

00:28:17.895 --> 00:28:20.448 are aware of Suncoast and they  
NOTE Confidence: 0.939453515333333

00:28:20.448 --> 00:28:22.880 had come to us saying we you know  
NOTE Confidence: 0.939453515333333

00:28:22.959 --> 00:28:25.437 came across your tool and the  
NOTE Confidence: 0.939453515333333

00:28:25.437 --> 00:28:27.600 factors that you're talking about,  
NOTE Confidence: 0.939453515333333

00:28:27.600 --> 00:28:30.880 the connection, the self reflection,  
NOTE Confidence: 0.939453515333333

00:28:30.880 --> 00:28:31.426 introspection,  
NOTE Confidence: 0.939453515333333

00:28:31.426 --> 00:28:35.110 the trust and acceptance are to our  
NOTE Confidence: 0.939453515333333

00:28:35.110 --> 00:28:38.435 themes that our patients are talking about.  
NOTE Confidence: 0.939453515333333

00:28:38.440 --> 00:28:42.040 But we've not been able to capture it before.  
NOTE Confidence: 0.939453515333333

00:28:42.040 --> 00:28:45.376 And so the the first study that was  
NOTE Confidence: 0.939453515333333

00:28:45.376 --> 00:28:48.944 done was with this group of patients  
NOTE Confidence: 0.939453515333333

00:28:48.944 --> 00:28:52.160 at Suncoast that Manish Hagarwal had.  
NOTE Confidence: 0.939453515333333

00:28:52.160 --> 00:28:55.772 I know he has the tool now  
NOTE Confidence: 0.939453515333333

00:28:55.772 --> 00:28:58.676 in many other of his trials,

NOTE Confidence: 0.939453515333333  
00:28:58.680 --> 00:29:02.280 Ali Zarabi at Emory said.  
NOTE Confidence: 0.939453515333333  
00:29:02.280 --> 00:29:03.816 His trial I think is completed  
NOTE Confidence: 0.939453515333333  
00:29:03.816 --> 00:29:05.624 and he was going to share the  
NOTE Confidence: 0.939453515333333  
00:29:05.624 --> 00:29:07.076 data with me at some point.  
NOTE Confidence: 0.939453515333333  
00:29:07.080 --> 00:29:08.809 I just need to reach out to  
NOTE Confidence: 0.939453515333333  
00:29:08.809 --> 00:29:10.758 him and see what he has found.  
NOTE Confidence: 0.939453515333333  
00:29:10.760 --> 00:29:13.840 But it is being used in other trials.  
NOTE Confidence: 0.939453515333333  
00:29:13.840 --> 00:29:16.836 But this was our first intervention trial,  
NOTE Confidence: 0.939453515333333  
00:29:16.840 --> 00:29:18.600 so it was kind of exciting for us  
NOTE Confidence: 0.939453515333333  
00:29:18.600 --> 00:29:20.238 because we had developed the tool,  
NOTE Confidence: 0.939453515333333  
00:29:20.240 --> 00:29:23.075 which took about 12 years to develop.  
NOTE Confidence: 0.939453515333333  
00:29:23.080 --> 00:29:25.912 It didn't go from you know one day  
NOTE Confidence: 0.939453515333333  
00:29:25.912 --> 00:29:28.517 and next thing you have a tool.  
NOTE Confidence: 0.939453515333333  
00:29:28.520 --> 00:29:31.283 So this was a study that involved a one  
NOTE Confidence: 0.939453515333333  
00:29:31.283 --> 00:29:33.698 time psilocybin administration to 30  
NOTE Confidence: 0.939453515333333

00:29:33.698 --> 00:29:36.752 patients with both cancer and depression.

NOTE Confidence: 0.939453515333333

00:29:36.760 --> 00:29:38.596 And the NIH heels was administered

NOTE Confidence: 0.939453515333333

00:29:38.596 --> 00:29:40.444 at baseline day, one day,

NOTE Confidence: 0.939453515333333

00:29:40.444 --> 00:29:43.678 week one, week 3 and week 8.

NOTE Confidence: 0.939453515333333

00:29:43.680 --> 00:29:46.648 Improvement was noted in the NIH Heels

NOTE Confidence: 0.939453515333333

00:29:46.648 --> 00:29:49.696 total score and its three factors over

NOTE Confidence: 0.939453515333333

00:29:49.696 --> 00:29:52.160 time in response to the psilocybin

NOTE Confidence: 0.939453515333333

00:29:52.160 --> 00:29:55.271 and at every time point compared to

NOTE Confidence: 0.939453515333333

00:29:55.271 --> 00:29:57.736 the baseline consistent with outcomes

NOTE Confidence: 0.939453515333333

00:29:57.736 --> 00:30:00.840 of anxiety and depression measures.

NOTE Confidence: 0.939453515333333

00:30:00.840 --> 00:30:04.277 So of course we were pretty excited.

NOTE Confidence: 0.939453515333333

00:30:04.280 --> 00:30:06.959 The age was

NOTE Confidence: 0.937633028

00:30:09.360 --> 00:30:12.550 30 to 78 mean of 56.

NOTE Confidence: 0.937633028

00:30:12.550 --> 00:30:15.230 Females were more representative

NOTE Confidence: 0.937633028

00:30:15.230 --> 00:30:18.712 in this study as you see here.

NOTE Confidence: 0.937633028

00:30:18.712 --> 00:30:20.552 Here's the ethnicity and race.

NOTE Confidence: 0.937633028

00:30:20.560 --> 00:30:25.996 It was a highly Caucasian population.

NOTE Confidence: 0.937633028

00:30:26.000 --> 00:30:30.257 Marital status was also 66%,

NOTE Confidence: 0.937633028

00:30:30.257 --> 00:30:34.800 and 83% of these patients were employed.

NOTE Confidence: 0.97240868

00:30:37.360 --> 00:30:42.864 In terms of number of depressive episodes,

NOTE Confidence: 0.97240868

00:30:42.864 --> 00:30:47.238 there was 40% that have greater than three.

NOTE Confidence: 0.97240868

00:30:47.240 --> 00:30:50.072 So there was a lot of

NOTE Confidence: 0.97240868

00:30:50.072 --> 00:30:51.960 depression in this group.

NOTE Confidence: 0.97240868

00:30:51.960 --> 00:30:54.339 Baseline depression severity

NOTE Confidence: 0.97240868

00:30:54.339 --> 00:30:56.718 was also significant.

NOTE Confidence: 0.97240868

00:30:56.720 --> 00:31:00.080 Prior antidepressant group also 50%

NOTE Confidence: 0.97240868

00:31:00.080 --> 00:31:03.536 significant and cancer prognosis,

NOTE Confidence: 0.97240868

00:31:03.536 --> 00:31:08.066 53% were non curable, 46% were curable.

NOTE Confidence: 0.97240868

00:31:08.066 --> 00:31:12.372 Now I had sat in on some of these when

NOTE Confidence: 0.97240868

00:31:12.372 --> 00:31:15.357 he was doing it because I actually

NOTE Confidence: 0.97240868

00:31:15.357 --> 00:31:18.800 wanted to see how it was done and

NOTE Confidence: 0.966127271428571

00:31:21.120 --> 00:31:25.786 it was, it was interesting to see both  
NOTE Confidence: 0.966127271428571

00:31:25.786 --> 00:31:29.048 you know, the curable and the non  
NOTE Confidence: 0.966127271428571

00:31:29.048 --> 00:31:32.840 curable individuals were equally being,  
NOTE Confidence: 0.92134018375

00:31:35.120 --> 00:31:37.740 you know gaining well-being  
NOTE Confidence: 0.92134018375

00:31:37.740 --> 00:31:40.360 from the psilocybin treatment.  
NOTE Confidence: 0.92134018375

00:31:40.360 --> 00:31:42.200 So as you see here,  
NOTE Confidence: 0.92134018375

00:31:42.200 --> 00:31:46.412 the baseline NIH shield score was  
NOTE Confidence: 0.92134018375

00:31:46.412 --> 00:31:50.812 1/19 and week 1 it was 133 and it went  
NOTE Confidence: 0.92134018375

00:31:50.812 --> 00:31:53.320 all the way up to 134 at week eight.  
NOTE Confidence: 0.92134018375

00:31:53.320 --> 00:31:56.455 So the the well-being psychosocial,  
NOTE Confidence: 0.92134018375

00:31:56.455 --> 00:31:58.870 spiritual well-being scores  
NOTE Confidence: 0.92134018375

00:31:58.870 --> 00:32:02.840 remained up even at week 8.  
NOTE Confidence: 0.92134018375

00:32:02.840 --> 00:32:05.715 And this is the reflection  
NOTE Confidence: 0.92134018375

00:32:05.715 --> 00:32:07.440 and introspection factor.  
NOTE Confidence: 0.92134018375

00:32:07.440 --> 00:32:09.680 This is the same true for the  
NOTE Confidence: 0.92134018375

00:32:09.680 --> 00:32:11.160 trust and acceptance factor.

NOTE Confidence: 0.9205408525

00:32:15.760 --> 00:32:18.120 So let me go back for one SEC.

NOTE Confidence: 0.935159293333333

00:32:24.200 --> 00:32:28.104 So we were excited and you know published

NOTE Confidence: 0.935159293333333

00:32:28.104 --> 00:32:32.060 on this show that our NIH site Silas

NOTE Confidence: 0.935159293333333

00:32:32.060 --> 00:32:34.040 Simon clearly improved psychosocial

NOTE Confidence: 0.935159293333333

00:32:34.040 --> 00:32:36.358 spiritual well-being in cancer patients.

NOTE Confidence: 0.935159293333333

00:32:36.360 --> 00:32:38.856 But our tool this was the first tool

NOTE Confidence: 0.935159293333333

00:32:38.856 --> 00:32:41.185 that our that was an intervention

NOTE Confidence: 0.935159293333333

00:32:41.185 --> 00:32:43.639 trial that there was a difference.

NOTE Confidence: 0.935159293333333

00:32:43.640 --> 00:32:47.860 I'm gonna give you a sneak peek of another

NOTE Confidence: 0.935159293333333

00:32:47.860 --> 00:32:50.240 one that we just sent for publication.

NOTE Confidence: 0.935159293333333

00:32:50.240 --> 00:32:51.680 So again, you know,

NOTE Confidence: 0.935159293333333

00:32:51.680 --> 00:32:56.376 we can't be quoting that one, but the

NOTE Confidence: 0.935159293333333

00:32:56.376 --> 00:33:00.840 NIH heels is a tool that is very robust.

NOTE Confidence: 0.935159293333333

00:33:00.840 --> 00:33:04.752 We're finding now and the world,

NOTE Confidence: 0.935159293333333

00:33:04.752 --> 00:33:05.880 the psychedelic world.

NOTE Confidence: 0.935159293333333

00:33:05.880 --> 00:33:07.902 I know there are people using  
NOTE Confidence: 0.9351592933333333

00:33:07.902 --> 00:33:09.928 it now and using it in research.  
NOTE Confidence: 0.9351592933333333

00:33:09.928 --> 00:33:11.640 Not all of them have contacted me,  
NOTE Confidence: 0.9351592933333333

00:33:11.640 --> 00:33:12.600 so I don't know them all.  
NOTE Confidence: 0.9351592933333333

00:33:12.600 --> 00:33:15.759 I know Manisha is, I know Ali Zarabbia is,  
NOTE Confidence: 0.9351592933333333

00:33:15.760 --> 00:33:19.448 but this is a robust tool that I  
NOTE Confidence: 0.9351592933333333

00:33:19.448 --> 00:33:23.119 think you know can safely be used,  
NOTE Confidence: 0.9351592933333333

00:33:23.120 --> 00:33:23.848 you know,  
NOTE Confidence: 0.9351592933333333

00:33:23.848 --> 00:33:26.396 and I'd love to hear if you're  
NOTE Confidence: 0.9351592933333333

00:33:26.396 --> 00:33:29.544 using it at some point.  
NOTE Confidence: 0.9351592933333333

00:33:29.544 --> 00:33:31.240 So we  
NOTE Confidence: 0.949503002

00:33:34.520 --> 00:33:36.400 have recently completed a trial,  
NOTE Confidence: 0.949503002

00:33:36.400 --> 00:33:38.000 This is not with psychedelics.  
NOTE Confidence: 0.949503002

00:33:38.000 --> 00:33:40.410 We've recently completed a trial  
NOTE Confidence: 0.949503002

00:33:40.410 --> 00:33:43.301 looking at health care providers who  
NOTE Confidence: 0.949503002

00:33:43.301 --> 00:33:46.108 took care of COVID patients and they

NOTE Confidence: 0.949503002

00:33:46.108 --> 00:33:48.468 received they were either a control

NOTE Confidence: 0.949503002

00:33:48.468 --> 00:33:52.440 arm or a nature adventure arm or a

NOTE Confidence: 0.949503002

00:33:52.440 --> 00:33:56.360 nature adventure plus mindfulness.

NOTE Confidence: 0.949503002

00:33:56.360 --> 00:34:00.288 And we see here this, in this study,

NOTE Confidence: 0.949503002

00:34:00.288 --> 00:34:03.252 there were more females.

NOTE Confidence: 0.949503002

00:34:03.252 --> 00:34:06.314 Again, I don't know if more females

NOTE Confidence: 0.949503002

00:34:06.314 --> 00:34:08.280 generally sign up for studies.

NOTE Confidence: 0.949503002

00:34:08.280 --> 00:34:13.200 Age was about 35,

NOTE Confidence: 0.949503002

00:34:13.200 --> 00:34:17.720 a large percentage of Caucasians,

NOTE Confidence: 0.949503002

00:34:17.720 --> 00:34:21.158 58% were nurses, 15% were physicians.

NOTE Confidence: 0.949503002

00:34:21.160 --> 00:34:24.436 And then we have physician assistants,

NOTE Confidence: 0.949503002

00:34:24.440 --> 00:34:26.280 social workers and others.

NOTE Confidence: 0.857166422857143

00:34:28.400 --> 00:34:32.516 So we randomized as you see here

NOTE Confidence: 0.857166422857143

00:34:32.520 --> 00:34:35.712 control group and it was a control

NOTE Confidence: 0.857166422857143

00:34:35.712 --> 00:34:38.955 wait list group nature only and

NOTE Confidence: 0.857166422857143

00:34:38.955 --> 00:34:42.640 nature plus or minus mindfulness. Our  
NOTE Confidence: 0.76246149

00:34:46.720 --> 00:34:52.240 primary endpoint was after the mindfulness.  
NOTE Confidence: 0.9503741325

00:34:54.560 --> 00:34:59.008 So everybody you know was looked at then and  
NOTE Confidence: 0.9503741325

00:34:59.008 --> 00:35:03.500 then the secondary was eight weeks later.  
NOTE Confidence: 0.9503741325

00:35:03.500 --> 00:35:06.285 Now what is interesting here is  
NOTE Confidence: 0.9503741325

00:35:06.285 --> 00:35:09.079 that we used a lot of scales,  
NOTE Confidence: 0.9503741325

00:35:09.080 --> 00:35:14.375 but we used the PSS or the perceived  
NOTE Confidence: 0.9503741325

00:35:14.375 --> 00:35:19.360 stress scale as the primary endpoint.  
NOTE Confidence: 0.9503741325

00:35:19.360 --> 00:35:22.800 Other scales we used were the mindfulness  
NOTE Confidence: 0.9503741325

00:35:22.800 --> 00:35:24.640 tension scale, burnout scale,  
NOTE Confidence: 0.9503741325

00:35:24.640 --> 00:35:28.198 We looked at heads for depression,  
NOTE Confidence: 0.9503741325

00:35:28.200 --> 00:35:33.220 we looked at sleep, the ISI for sleep.  
NOTE Confidence: 0.9503741325

00:35:33.220 --> 00:35:36.814 We looked at self efficacy and what  
NOTE Confidence: 0.9503741325

00:35:36.814 --> 00:35:39.243 we found is that the only thing  
NOTE Confidence: 0.9503741325

00:35:39.243 --> 00:35:42.262 that changed in this group of of  
NOTE Confidence: 0.9503741325

00:35:42.262 --> 00:35:44.840 healthcare providers was the NIH heels.

NOTE Confidence: 0.9503741325

00:35:44.840 --> 00:35:48.451 None of the other scales,

NOTE Confidence: 0.9503741325

00:35:48.451 --> 00:35:52.117 including the BSPSS which was our

NOTE Confidence: 0.9503741325

00:35:52.120 --> 00:35:54.878 primary endpoint, did not change at all.

NOTE Confidence: 0.74915147375

00:35:59.160 --> 00:36:01.640 Now the NIH Shields, that was the PSS.

NOTE Confidence: 0.74915147375

00:36:01.640 --> 00:36:05.612 The NIH Shields did change over

NOTE Confidence: 0.74915147375

00:36:05.612 --> 00:36:10.560 time and so the control did,

NOTE Confidence: 0.74915147375

00:36:10.560 --> 00:36:14.880 which is the one below did not change.

NOTE Confidence: 0.74915147375

00:36:14.880 --> 00:36:16.779 The intervention groups,

NOTE Confidence: 0.74915147375

00:36:16.779 --> 00:36:20.039 Both the nature and the nature

NOTE Confidence: 0.74915147375

00:36:20.039 --> 00:36:22.200 plus the mindfulness did change

NOTE Confidence: 0.74915147375

00:36:22.200 --> 00:36:24.600 in terms of the NIH Shields.

NOTE Confidence: 0.74915147375

00:36:24.600 --> 00:36:26.718 So again, and this is the

NOTE Confidence: 0.74915147375

00:36:26.720 --> 00:36:28.816 intervention groups combined the

NOTE Confidence: 0.74915147375

00:36:28.816 --> 00:36:31.436 nature and the nature mindfulness.

NOTE Confidence: 0.74915147375

00:36:31.440 --> 00:36:35.360 So we know we have a very robust tool here.

NOTE Confidence: 0.74915147375

00:36:35.360 --> 00:36:37.935 It's not only for patients  
NOTE Confidence: 0.74915147375

00:36:37.935 --> 00:36:39.995 with life threatening illness,  
NOTE Confidence: 0.74915147375

00:36:40.000 --> 00:36:41.280 it's for healthcare providers  
NOTE Confidence: 0.74915147375

00:36:41.280 --> 00:36:43.200 who took care of COVID patients.  
NOTE Confidence: 0.74915147375

00:36:43.200 --> 00:36:46.200 Now granted, as I've said,  
NOTE Confidence: 0.74915147375

00:36:46.200 --> 00:36:49.236 these are also a fairly stressed  
NOTE Confidence: 0.74915147375

00:36:49.236 --> 00:36:50.754 group of individuals,  
NOTE Confidence: 0.74915147375

00:36:50.760 --> 00:36:53.168 but it was interesting to us 'cause  
NOTE Confidence: 0.74915147375

00:36:53.168 --> 00:36:55.824 we assumed the PSS would change and it  
NOTE Confidence: 0.74915147375

00:36:55.824 --> 00:36:58.680 did not and we are going to report,  
NOTE Confidence: 0.74915147375

00:36:58.680 --> 00:37:00.426 we were reporting on it because  
NOTE Confidence: 0.74915147375

00:37:00.426 --> 00:37:01.985 it's important that that information  
NOTE Confidence: 0.74915147375

00:37:01.985 --> 00:37:02.999 get out there.  
NOTE Confidence: 0.801415508

00:37:06.920 --> 00:37:09.520 So the last sneak preview,  
NOTE Confidence: 0.801415508

00:37:09.520 --> 00:37:11.575 this also is submitted for  
NOTE Confidence: 0.801415508

00:37:11.575 --> 00:37:14.000 publication but not out there yet.

NOTE Confidence: 0.801415508

00:37:14.000 --> 00:37:18.956 We developed a nine question questionnaire

NOTE Confidence: 0.801415508

00:37:18.960 --> 00:37:22.103 from the scores and we have looked

NOTE Confidence: 0.801415508

00:37:22.103 --> 00:37:25.880 at it now in after developing it we

NOTE Confidence: 0.801415508

00:37:25.880 --> 00:37:29.568 that that's in publication as I said

NOTE Confidence: 0.801415508

00:37:29.568 --> 00:37:33.332 but we also have looked at it in two

NOTE Confidence: 0.801415508

00:37:33.332 --> 00:37:37.056 of our other studies and the nine

NOTE Confidence: 0.801415508

00:37:37.056 --> 00:37:39.575 question tool correlates very well

NOTE Confidence: 0.801415508

00:37:39.575 --> 00:37:42.920 with the 35 item And we partly did

NOTE Confidence: 0.801415508

00:37:42.920 --> 00:37:45.518 this because those looking at it in

NOTE Confidence: 0.801415508

00:37:45.518 --> 00:37:49.338 the psychedelic field have said you

NOTE Confidence: 0.801415508

00:37:49.338 --> 00:37:51.424 know a shorter scale would be good

NOTE Confidence: 0.801415508

00:37:51.424 --> 00:37:53.600 because you're using so many other scales.

NOTE Confidence: 0.801415508

00:37:53.600 --> 00:37:55.308 And so the questions that they came

NOTE Confidence: 0.801415508

00:37:55.308 --> 00:37:58.105 out to be as I have a sense of purpose

NOTE Confidence: 0.801415508

00:37:58.105 --> 00:37:59.797 working through thoughts about dying

NOTE Confidence: 0.801415508

00:37:59.797 --> 00:38:01.722 brings meaning to life difficult  
NOTE Confidence: 0.801415508

00:38:01.722 --> 00:38:03.673 circumstances of increased compassion  
NOTE Confidence: 0.801415508

00:38:03.673 --> 00:38:07.638 difficult situation strength and connection.  
NOTE Confidence: 0.801415508

00:38:07.640 --> 00:38:10.718 Religious beliefs help me feel calm.  
NOTE Confidence: 0.801415508

00:38:10.720 --> 00:38:13.303 It takes more time to be present at the  
NOTE Confidence: 0.801415508

00:38:13.303 --> 00:38:15.503 moment I have a sense of peace and I  
NOTE Confidence: 0.801415508

00:38:15.503 --> 00:38:17.837 have an increased sense of gratitude.  
NOTE Confidence: 0.801415508

00:38:17.840 --> 00:38:18.808 So conclusion,  
NOTE Confidence: 0.801415508

00:38:18.808 --> 00:38:22.680 it's a 35 item valid and reliable measure.  
NOTE Confidence: 0.801415508

00:38:22.680 --> 00:38:26.596 We developed a short form history of trauma.  
NOTE Confidence: 0.801415508

00:38:26.596 --> 00:38:28.564 Resilience and mindfulness are  
NOTE Confidence: 0.801415508

00:38:28.564 --> 00:38:30.879 factors in experience of healing.  
NOTE Confidence: 0.801415508

00:38:30.880 --> 00:38:33.185 Preliminary data shows that it's  
NOTE Confidence: 0.801415508

00:38:33.185 --> 00:38:36.403 sensitive in psilocybin and now we find  
NOTE Confidence: 0.801415508

00:38:36.403 --> 00:38:38.493 it sensitive in healthcare providers  
NOTE Confidence: 0.801415508

00:38:38.493 --> 00:38:41.118 who took care of COVID patients.

NOTE Confidence: 0.801415508

00:38:41.120 --> 00:38:42.820 There's another one that we're

NOTE Confidence: 0.801415508

00:38:42.820 --> 00:38:43.840 looking at now,

NOTE Confidence: 0.801415508

00:38:43.840 --> 00:38:47.330 but we actually looked at it in a

NOTE Confidence: 0.801415508

00:38:47.330 --> 00:38:50.480 group of teachers who got a eight

NOTE Confidence: 0.801415508

00:38:50.480 --> 00:38:52.938 week mindfulness program and the

NOTE Confidence: 0.801415508

00:38:52.938 --> 00:38:55.512 NIH Shields has also shown change

NOTE Confidence: 0.801415508

00:38:55.512 --> 00:38:58.000 but that that data is very,

NOTE Confidence: 0.801415508

00:38:58.000 --> 00:39:00.916 you know we have we really need a lot

NOTE Confidence: 0.801415508

00:39:00.916 --> 00:39:03.920 more looking at that and we continue

NOTE Confidence: 0.801415508

00:39:03.920 --> 00:39:05.840 work nationally and internationally.

NOTE Confidence: 0.928848805714286

00:39:10.760 --> 00:39:13.315 Couldn't do this without a big team,

NOTE Confidence: 0.928848805714286

00:39:13.320 --> 00:39:14.984 both research, clinical and

NOTE Confidence: 0.928848805714286

00:39:14.984 --> 00:39:17.480 just a lot of great people.

NOTE Confidence: 0.834325456

00:39:25.040 --> 00:39:27.240 Great. Thank you so much.

NOTE Confidence: 0.834325456

00:39:27.240 --> 00:39:29.000 You've done a lot of work and it's

NOTE Confidence: 0.834325456

00:39:29.000 --> 00:39:30.848 a really nice example of how we can  
NOTE Confidence: 0.834325456

00:39:30.848 --> 00:39:32.680 do more than just measure symptoms,  
NOTE Confidence: 0.834325456

00:39:32.680 --> 00:39:33.600 symptom improvement,  
NOTE Confidence: 0.834325456

00:39:33.600 --> 00:39:36.211 which is so often the primary focus,  
NOTE Confidence: 0.834325456

00:39:36.211 --> 00:39:37.496 but not necessarily what our  
NOTE Confidence: 0.834325456

00:39:37.496 --> 00:39:38.520 patients care most about.  
NOTE Confidence: 0.851371322727273

00:39:39.080 --> 00:39:39.929 So it's interest.  
NOTE Confidence: 0.851371322727273

00:39:39.929 --> 00:39:42.280 And it was interesting in that COVID study.  
NOTE Confidence: 0.851371322727273

00:39:42.280 --> 00:39:44.674 I mean, we looked in COVID Healthcare,  
NOTE Confidence: 0.851371322727273

00:39:44.680 --> 00:39:46.942 we've looked at that over and over  
NOTE Confidence: 0.851371322727273

00:39:46.942 --> 00:39:49.510 again with the symptoms of stress and  
NOTE Confidence: 0.851371322727273

00:39:49.510 --> 00:39:51.995 depression and this and that and sleep.  
NOTE Confidence: 0.851371322727273

00:39:52.000 --> 00:39:54.640 And we were like, this is not possible,  
NOTE Confidence: 0.851371322727273

00:39:54.640 --> 00:39:55.880 How is this not possible?  
NOTE Confidence: 0.851371322727273

00:39:55.880 --> 00:39:58.274 We made our statistician nuts going back  
NOTE Confidence: 0.851371322727273

00:39:58.280 --> 00:40:01.080 and forth and headed in all kinds of ways.

NOTE Confidence: 0.851371322727273  
00:40:01.080 --> 00:40:04.600 But it's really more about  
NOTE Confidence: 0.851371322727273  
00:40:04.600 --> 00:40:06.592 well-being and psychosocial,  
NOTE Confidence: 0.851371322727273  
00:40:06.592 --> 00:40:07.920 spiritual well-being.  
NOTE Confidence: 0.851371322727273  
00:40:07.920 --> 00:40:11.600 And it's actually very powerful.  
NOTE Confidence: 0.851371322727273  
00:40:11.600 --> 00:40:14.408 I mean, I think it's a it's something  
NOTE Confidence: 0.851371322727273  
00:40:14.408 --> 00:40:17.000 in my research that I'm quite proud of,  
NOTE Confidence: 0.3210208  
00:40:18.400 --> 00:40:21.976 yeah. I I was wondering you showed  
NOTE Confidence: 0.3210208  
00:40:21.976 --> 00:40:23.496 the three factor structure in the  
NOTE Confidence: 0.3210208  
00:40:23.496 --> 00:40:24.834 original tool and you they emerged  
NOTE Confidence: 0.3210208  
00:40:24.834 --> 00:40:26.359 out if you call it well four,  
NOTE Confidence: 0.3210208  
00:40:26.360 --> 00:40:27.680 but then three that emerged out  
NOTE Confidence: 0.3210208  
00:40:27.680 --> 00:40:28.990 of the qualitative work and then  
NOTE Confidence: 0.3210208  
00:40:28.990 --> 00:40:30.160 that was in the original tool.  
NOTE Confidence: 0.3210208  
00:40:30.160 --> 00:40:31.568 Two questions about that.  
NOTE Confidence: 0.3210208  
00:40:31.568 --> 00:40:33.224 First, is that three factor  
NOTE Confidence: 0.3210208

00:40:33.224 --> 00:40:34.854 structure captured in the brief  
NOTE Confidence: 0.3210208

00:40:34.854 --> 00:40:36.828 version of the tool or have you  
NOTE Confidence: 0.3210208

00:40:36.828 --> 00:40:37.960 sacrificed that dimensionality in  
NOTE Confidence: 0.3210208

00:40:37.960 --> 00:40:39.760 order to get the more convenient  
NOTE Confidence: 0.804462084615385

00:40:40.200 --> 00:40:43.176 we we had to sacrifice that but are  
NOTE Confidence: 0.804462084615385

00:40:43.176 --> 00:40:45.577 there questions from each factor? Yes.  
NOTE Confidence: 0.804462084615385

00:40:45.577 --> 00:40:48.340 But with 9 questions you're not gonna get,  
NOTE Confidence: 0.804462084615385

00:40:48.340 --> 00:40:50.260 we're not going to get that.  
NOTE Confidence: 0.804462084615385

00:40:50.260 --> 00:40:51.440 But it correlates actually,  
NOTE Confidence: 0.804462084615385

00:40:51.440 --> 00:40:53.036 'cause we, we have looked at it,  
NOTE Confidence: 0.804462084615385

00:40:53.040 --> 00:40:55.140 We're not reporting on that in  
NOTE Confidence: 0.804462084615385

00:40:55.140 --> 00:40:57.764 that in the paper that we just  
NOTE Confidence: 0.804462084615385

00:40:57.764 --> 00:40:59.679 submitted on the COVID study,  
NOTE Confidence: 0.804462084615385

00:40:59.680 --> 00:41:01.440 but we have the data,  
NOTE Confidence: 0.804462084615385

00:41:01.440 --> 00:41:03.240 it correlates the nine item,  
NOTE Confidence: 0.804462084615385

00:41:03.240 --> 00:41:05.557 correlates very well with the 35 items.

NOTE Confidence: 0.804462084615385  
00:41:05.560 --> 00:41:07.560 So I think it's going to hold up.  
NOTE Confidence: 0.804462084615385  
00:41:07.560 --> 00:41:09.888 We also are looking at it  
NOTE Confidence: 0.804462084615385  
00:41:09.888 --> 00:41:11.440 in the teacher study.  
NOTE Confidence: 0.804462084615385  
00:41:11.440 --> 00:41:12.826 We asked them both the 35  
NOTE Confidence: 0.804462084615385  
00:41:12.826 --> 00:41:14.080 item and the nine item.  
NOTE Confidence: 0.804462084615385  
00:41:14.080 --> 00:41:17.368 So and again that data is still the  
NOTE Confidence: 0.804462084615385  
00:41:17.368 --> 00:41:19.638 statistic she's still working on.  
NOTE Confidence: 0.804462084615385  
00:41:19.640 --> 00:41:22.200 But you know she gave me a sneak  
NOTE Confidence: 0.804462084615385  
00:41:22.200 --> 00:41:24.008 preview and interestingly PSS didn't  
NOTE Confidence: 0.804462084615385  
00:41:24.008 --> 00:41:26.240 change there either for the teachers.  
NOTE Confidence: 0.66261363  
00:41:28.000 --> 00:41:32.172 So interesting have you looked at in  
NOTE Confidence: 0.66261363  
00:41:32.172 --> 00:41:34.405 either of those in any of the three  
NOTE Confidence: 0.66261363  
00:41:34.405 --> 00:41:36.387 studies have you looked at sort of  
NOTE Confidence: 0.66261363  
00:41:36.387 --> 00:41:38.197 conventional quality of life measures  
NOTE Confidence: 0.66261363  
00:41:38.200 --> 00:41:40.910 to see if this is AI mean I I would  
NOTE Confidence: 0.66261363

00:41:40.994 --> 00:41:43.892 predict that this might be a better  
NOTE Confidence: 0.66261363

00:41:43.892 --> 00:41:45.744 predictor of well depends on what  
NOTE Confidence: 0.66261363

00:41:45.744 --> 00:41:47.280 exactly what's being captured by the  
NOTE Confidence: 0.66261363

00:41:47.330 --> 00:41:49.004 tradition what I call the traditional  
NOTE Confidence: 0.66261363

00:41:49.004 --> 00:41:50.480 quality of life measures exactly  
NOTE Confidence: 0.66418524

00:41:50.480 --> 00:41:52.680 because in every world's different.  
NOTE Confidence: 0.66418524

00:41:52.680 --> 00:41:56.146 So like in our study, you know,  
NOTE Confidence: 0.66418524

00:41:56.146 --> 00:41:57.158 in our validation study,  
NOTE Confidence: 0.66418524

00:41:57.160 --> 00:41:59.274 we compared it to the Facet spiritual,  
NOTE Confidence: 0.66418524

00:41:59.280 --> 00:42:01.320 which is considered an  
NOTE Confidence: 0.66418524

00:42:01.320 --> 00:42:03.360 oncology quality of life.  
NOTE Confidence: 0.66418524

00:42:03.360 --> 00:42:06.540 You know, fool, you know,  
NOTE Confidence: 0.66418524

00:42:06.540 --> 00:42:08.040 known in more of my world.  
NOTE Confidence: 0.66418524

00:42:08.040 --> 00:42:10.625 But I think David Sella is actually,  
NOTE Confidence: 0.66418524

00:42:10.625 --> 00:42:12.760 you know, 'cause he developed all those  
NOTE Confidence: 0.66418524

00:42:12.760 --> 00:42:15.239 tools and he developed all the promise tools.

NOTE Confidence: 0.66418524

00:42:15.240 --> 00:42:20.756 He's so he's gone well beyond just oncology.

NOTE Confidence: 0.66418524

00:42:20.760 --> 00:42:22.968 But you know,

NOTE Confidence: 0.66418524

00:42:22.968 --> 00:42:27.136 I I think that this stands up quite

NOTE Confidence: 0.66418524

00:42:27.136 --> 00:42:29.440 well 'cause it it it answers,

NOTE Confidence: 0.66418524

00:42:29.440 --> 00:42:31.680 there are a lot of questions in

NOTE Confidence: 0.66418524

00:42:31.680 --> 00:42:33.837 there that are not in other tools

NOTE Confidence: 0.66418524

00:42:33.840 --> 00:42:36.276 about the meaning and purpose and

NOTE Confidence: 0.66418524

00:42:36.276 --> 00:42:37.900 connection and self reflection

NOTE Confidence: 0.66418524

00:42:37.969 --> 00:42:39.660 and trust and acceptance.

NOTE Confidence: 0.66418524

00:42:39.660 --> 00:42:41.760 And so it captures a lot.

NOTE Confidence: 0.867846641818182

00:42:42.640 --> 00:42:45.070 I just, I what I was wondering is if these

NOTE Confidence: 0.867846641818182

00:42:45.131 --> 00:42:47.351 constructs that you're measuring are better

NOTE Confidence: 0.867846641818182

00:42:47.351 --> 00:42:49.879 predictors of a very general question,

NOTE Confidence: 0.867846641818182

00:42:49.880 --> 00:42:52.112 like do you feel that life is going well?

NOTE Confidence: 0.867846641818182

00:42:52.120 --> 00:42:53.920 Do you feel better than you did before?

NOTE Confidence: 0.867846641818182

00:42:53.920 --> 00:42:56.307 If you ask, if you ask very  
NOTE Confidence: 0.867846641818182

00:42:56.307 --> 00:42:58.634 general questions in a way that  
NOTE Confidence: 0.867846641818182

00:42:58.634 --> 00:43:00.679 captures what patients or subjects,  
NOTE Confidence: 0.867846641818182

00:43:00.680 --> 00:43:02.240 what they actually care about,  
NOTE Confidence: 0.867846641818182

00:43:02.240 --> 00:43:04.879 yes, I feel better than I did.  
NOTE Confidence: 0.867846641818182

00:43:04.880 --> 00:43:06.476 And I'm wondering if what would  
NOTE Confidence: 0.867846641818182

00:43:06.476 --> 00:43:07.999 be the best predictor of that?  
NOTE Confidence: 0.867846641818182

00:43:08.000 --> 00:43:10.156 And it might not be symptom reduction,  
NOTE Confidence: 0.867846641818182

00:43:10.160 --> 00:43:12.560 it might be meaning as you  
NOTE Confidence: 0.867846641818182

00:43:12.560 --> 00:43:14.520 as you're suggesting, right.  
NOTE Confidence: 0.314362694

00:43:15.040 --> 00:43:17.800 But I didn't have to, but I suspected is  
NOTE Confidence: 0.905664016

00:43:17.800 --> 00:43:19.660 the meaning and and that's  
NOTE Confidence: 0.905664016

00:43:19.660 --> 00:43:21.520 the spiritual piece that we  
NOTE Confidence: 0.905664016

00:43:21.598 --> 00:43:23.598 don't talk about in medicine.  
NOTE Confidence: 0.905664016

00:43:23.600 --> 00:43:26.476 It's it's the meaning and purpose.  
NOTE Confidence: 0.905664016

00:43:26.476 --> 00:43:29.080 And I mean that's the piece that

NOTE Confidence: 0.905664016

00:43:29.160 --> 00:43:31.200 is most important to patients

NOTE Confidence: 0.681997058571429

00:43:32.640 --> 00:43:34.146 and and to not only to

NOTE Confidence: 0.681997058571429

00:43:34.146 --> 00:43:35.800 patients, to people in life.

NOTE Confidence: 0.6330113

00:43:36.600 --> 00:43:41.200 Sure. You know I did wonder going back to the

NOTE Confidence: 0.6330113

00:43:41.200 --> 00:43:43.120 factor structure of the original instrument.

NOTE Confidence: 0.6330113

00:43:43.120 --> 00:43:45.108 It seemed like you said you emphasized

NOTE Confidence: 0.6330113

00:43:45.108 --> 00:43:47.256 a couple times in a couple of these

NOTE Confidence: 0.6330113

00:43:47.256 --> 00:43:50.120 studies that the you had a significant

NOTE Confidence: 0.6330113

00:43:50.120 --> 00:43:52.702 improvement both in the the overall

NOTE Confidence: 0.6330113

00:43:52.702 --> 00:43:54.550 score and in the factors and they all

NOTE Confidence: 0.6330113

00:43:54.600 --> 00:43:56.434 and they all correlated with one other.

NOTE Confidence: 0.6330113

00:43:56.440 --> 00:43:58.855 I'm wondering if you've seen any circumstance

NOTE Confidence: 0.6330113

00:43:58.855 --> 00:44:00.960 where the different factors dissociate.

NOTE Confidence: 0.6330113

00:44:00.960 --> 00:44:03.800 No, we didn't from one another.

NOTE Confidence: 0.6330113

00:44:03.800 --> 00:44:06.744 OK, so they may be they may be

NOTE Confidence: 0.6330113

00:44:06.744 --> 00:44:08.528 measuring closely related, you know,  
NOTE Confidence: 0.6330113

00:44:08.528 --> 00:44:10.640 different aspects of but of a  
NOTE Confidence: 0.6330113

00:44:10.703 --> 00:44:12.839 closely related unitary construct.  
NOTE Confidence: 0.6330113

00:44:12.840 --> 00:44:14.240 Right. OK.  
NOTE Confidence: 0.806506141666667

00:44:16.560 --> 00:44:17.718 There's a question in the chat.  
NOTE Confidence: 0.806506141666667

00:44:17.720 --> 00:44:18.644 I bet you're welcome to speak  
NOTE Confidence: 0.806506141666667

00:44:18.644 --> 00:44:19.760 up or I can read it out.  
NOTE Confidence: 0.761062141428572

00:44:21.560 --> 00:44:23.114 Yeah, I I can't see the chat.  
NOTE Confidence: 0.889104121111111

00:44:23.120 --> 00:44:24.935 It says any correlations or  
NOTE Confidence: 0.889104121111111

00:44:24.935 --> 00:44:28.026 relationship with or or I will add or  
NOTE Confidence: 0.889104121111111

00:44:28.026 --> 00:44:30.036 relationship to the placebo effect,  
NOTE Confidence: 0.6526494275

00:44:32.800 --> 00:44:34.260 all right. I mean, I don't know.  
NOTE Confidence: 0.6526494275

00:44:34.260 --> 00:44:35.400 We haven't looked at it  
NOTE Confidence: 0.6526494275

00:44:35.400 --> 00:44:37.040 in the placebo effect. But  
NOTE Confidence: 0.930425891666667

00:44:39.080 --> 00:44:42.758 again, I'm not sure it matters.  
NOTE Confidence: 0.930425891666667

00:44:42.760 --> 00:44:48.560 If the placebo effect is what helps you,

NOTE Confidence: 0.930425891666667  
00:44:48.560 --> 00:44:52.158 you know, feel better from a emotional,  
NOTE Confidence: 0.930425891666667  
00:44:52.160 --> 00:44:54.344 spiritual point of view and makes  
NOTE Confidence: 0.930425891666667  
00:44:54.344 --> 00:44:57.169 you feel more connected and gives you  
NOTE Confidence: 0.930425891666667  
00:44:57.169 --> 00:44:58.496 more self-awareness, that's great.  
NOTE Confidence: 0.930425891666667  
00:44:58.496 --> 00:45:00.520 Then I think it's going to pick it up.  
NOTE Confidence: 0.77134965875  
00:45:04.120 --> 00:45:06.010 But there may be different like placebo  
NOTE Confidence: 0.77134965875  
00:45:06.010 --> 00:45:08.380 effect, which is itself a we should have  
NOTE Confidence: 0.77134965875  
00:45:08.380 --> 00:45:10.336 Jerry Santacora's been thinking a lot about  
NOTE Confidence: 0.77134965875  
00:45:10.336 --> 00:45:12.238 the placebo effect in this parsed out.  
NOTE Confidence: 0.77134965875  
00:45:12.240 --> 00:45:13.360 We should have him come and talk.  
NOTE Confidence: 0.77134965875  
00:45:13.360 --> 00:45:15.235 He's he's got some really  
NOTE Confidence: 0.77134965875  
00:45:15.235 --> 00:45:16.600 interesting observations on what  
NOTE Confidence: 0.77134965875  
00:45:16.600 --> 00:45:18.040 people mean by the placebo effect.  
NOTE Confidence: 0.77134965875  
00:45:18.040 --> 00:45:19.692 But in any case, it seems like  
NOTE Confidence: 0.77134965875  
00:45:19.692 --> 00:45:21.638 they may be two different things.  
NOTE Confidence: 0.77134965875

00:45:21.640 --> 00:45:23.008 Well, you're looking for ways to  
NOTE Confidence: 0.77134965875

00:45:23.008 --> 00:45:24.798 measure change in a domain that we use.  
NOTE Confidence: 0.77134965875

00:45:24.800 --> 00:45:25.796 That's super important,  
NOTE Confidence: 0.77134965875

00:45:25.796 --> 00:45:28.120 but we don't usually pay attention to.  
NOTE Confidence: 0.77134965875

00:45:28.120 --> 00:45:30.955 And the placebo effect is asking about  
NOTE Confidence: 0.77134965875

00:45:30.960 --> 00:45:34.376 changes that are attributable to quote,  
NOTE Confidence: 0.77134965875

00:45:34.376 --> 00:45:36.464 non specific, interpersonal,  
NOTE Confidence: 0.77134965875

00:45:36.464 --> 00:45:37.160 environmental.  
NOTE Confidence: 0.77134965875

00:45:37.160 --> 00:45:39.715 You know those two things may dissociate,  
NOTE Confidence: 0.77134965875

00:45:39.720 --> 00:45:41.360 right? You can have placebo  
NOTE Confidence: 0.77134965875

00:45:41.360 --> 00:45:43.000 responses in pain or symptoms.  
NOTE Confidence: 0.77134965875

00:45:43.000 --> 00:45:46.144 You could have placebo responses in  
NOTE Confidence: 0.77134965875

00:45:46.144 --> 00:45:48.866 hope and meaning and you could have,  
NOTE Confidence: 0.77134965875

00:45:48.866 --> 00:45:50.596 you could have treatment specific  
NOTE Confidence: 0.77134965875

00:45:50.596 --> 00:45:52.560 responses in pain or symptoms.  
NOTE Confidence: 0.77134965875

00:45:52.560 --> 00:45:53.920 You could have treatment specific

NOTE Confidence: 0.77134965875  
00:45:53.920 --> 00:45:55.280 responses in hope or meaning.  
NOTE Confidence: 0.77134965875  
00:45:55.280 --> 00:45:56.440 They may be orthogonal.  
NOTE Confidence: 0.792448073333333  
00:45:56.800 --> 00:45:59.376 So, so I can answer that in  
NOTE Confidence: 0.792448073333333  
00:45:59.376 --> 00:46:01.879 some way in that I came in,  
NOTE Confidence: 0.959078198333333  
00:46:01.920 --> 00:46:05.331 you know, I was brought in, like I said  
NOTE Confidence: 0.959078198333333  
00:46:05.331 --> 00:46:09.059 to Manisha's trial because of the tool.  
NOTE Confidence: 0.959078198333333  
00:46:09.059 --> 00:46:11.625 And so I wanted to see how the how the  
NOTE Confidence: 0.959078198333333  
00:46:11.625 --> 00:46:13.760 psychedelics worked and what was going on.  
NOTE Confidence: 0.959078198333333  
00:46:13.760 --> 00:46:16.360 Because honestly,  
NOTE Confidence: 0.959078198333333  
00:46:16.360 --> 00:46:19.060 I am probably the only one in the  
NOTE Confidence: 0.959078198333333  
00:46:19.060 --> 00:46:20.964 psychedelic world 'cause now, you know,  
NOTE Confidence: 0.959078198333333  
00:46:20.964 --> 00:46:23.358 I've gotten hooked up with the whole  
NOTE Confidence: 0.959078198333333  
00:46:23.358 --> 00:46:25.240 psychedelic research world out there.  
NOTE Confidence: 0.959078198333333  
00:46:25.240 --> 00:46:28.620 I'm probably one of the few who  
NOTE Confidence: 0.959078198333333  
00:46:28.620 --> 00:46:30.480 has never tried psychedelics.  
NOTE Confidence: 0.761181051428571

00:46:33.040 --> 00:46:35.077 OK, so I have never tried it.

NOTE Confidence: 0.761181051428571

00:46:35.080 --> 00:46:37.719 So I came with open eyes with

NOTE Confidence: 0.951622544

00:46:37.840 --> 00:46:39.280 like, you know, OK, well,

NOTE Confidence: 0.951622544

00:46:39.280 --> 00:46:41.000 what does this really do?

NOTE Confidence: 0.951622544

00:46:41.000 --> 00:46:44.360 And you know, how does this work?

NOTE Confidence: 0.951622544

00:46:44.360 --> 00:46:46.718 So I came to the sessions,

NOTE Confidence: 0.951622544

00:46:46.720 --> 00:46:48.480 and the sessions say first,

NOTE Confidence: 0.951622544

00:46:48.480 --> 00:46:50.340 as probably you're aware,

NOTE Confidence: 0.951622544

00:46:50.340 --> 00:46:54.024 the first session is a group of them,

NOTE Confidence: 0.951622544

00:46:54.024 --> 00:46:55.386 and there's accounts,

NOTE Confidence: 0.951622544

00:46:55.386 --> 00:46:58.104 There's a therapist on the side

NOTE Confidence: 0.951622544

00:46:58.104 --> 00:47:00.072 sitting right next to them,

NOTE Confidence: 0.951622544

00:47:00.072 --> 00:47:02.920 and they're actually given,

NOTE Confidence: 0.951622544

00:47:02.920 --> 00:47:04.295 they were given a flower

NOTE Confidence: 0.951622544

00:47:04.295 --> 00:47:05.395 or something to hold.

NOTE Confidence: 0.951622544

00:47:05.400 --> 00:47:07.878 They were given something to hold.

NOTE Confidence: 0.951622544  
00:47:07.880 --> 00:47:09.560 And I'm sitting there going,  
NOTE Confidence: 0.951622544  
00:47:09.560 --> 00:47:10.838 Oh my God,  
NOTE Confidence: 0.951622544  
00:47:10.840 --> 00:47:12.480 what's not being measured  
NOTE Confidence: 0.951622544  
00:47:12.480 --> 00:47:15.360 here is intentional healing  
NOTE Confidence: 0.966643505  
00:47:16.640 --> 00:47:17.880 when we I'm one  
NOTE Confidence: 0.92026989375  
00:47:17.880 --> 00:47:21.280 that you know, has done Reiki for patients.  
NOTE Confidence: 0.92026989375  
00:47:21.280 --> 00:47:24.115 So when we do Reiki or even  
NOTE Confidence: 0.92026989375  
00:47:24.120 --> 00:47:26.820 teach mindfulness, we ask for  
NOTE Confidence: 0.92026989375  
00:47:26.820 --> 00:47:29.520 people to set their intentions.  
NOTE Confidence: 0.92026989375  
00:47:29.520 --> 00:47:32.384 I'm a big believer and have given  
NOTE Confidence: 0.92026989375  
00:47:32.384 --> 00:47:35.360 lectures on healers need to us.  
NOTE Confidence: 0.92026989375  
00:47:35.360 --> 00:47:37.873 The health care providers need to  
NOTE Confidence: 0.92026989375  
00:47:37.873 --> 00:47:41.160 also set healing intentions and what  
NOTE Confidence: 0.967993528571429  
00:47:41.160 --> 00:47:44.758 were they doing there? It was absolutely  
NOTE Confidence: 0.960504515  
00:47:44.880 --> 00:47:47.720 setting intentions and that's not,  
NOTE Confidence: 0.960504515

00:47:47.720 --> 00:47:50.340 you know that's not something that  
NOTE Confidence: 0.960504515

00:47:50.340 --> 00:47:53.759 is recorded in the in the research.  
NOTE Confidence: 0.960504515

00:47:53.760 --> 00:47:58.025 It's the psilocybin 25 milligrams  
NOTE Confidence: 0.960504515

00:47:58.025 --> 00:48:01.412 worked but you know and decrease the  
NOTE Confidence: 0.960504515

00:48:01.412 --> 00:48:03.313 depression and increase well-being.  
NOTE Confidence: 0.960504515

00:48:03.313 --> 00:48:07.479 But it's all of that stuff around  
NOTE Confidence: 0.960504515

00:48:07.479 --> 00:48:09.873 that whether you want to call  
NOTE Confidence: 0.960504515

00:48:09.873 --> 00:48:12.040 it placebo effect or whatever,  
NOTE Confidence: 0.960504515

00:48:12.040 --> 00:48:14.116 where people are actually setting intention,  
NOTE Confidence: 0.960504515

00:48:14.120 --> 00:48:17.000 that does make a difference,  
NOTE Confidence: 0.960504515

00:48:17.000 --> 00:48:18.040 A huge difference.  
NOTE Confidence: 0.782384536

00:48:21.360 --> 00:48:22.240 Jordan, I see your hand.  
NOTE Confidence: 0.2813693

00:48:26.080 --> 00:48:28.560 Hey, and thanks so much for  
NOTE Confidence: 0.8934769525

00:48:28.560 --> 00:48:31.843 your work. I've done some psilocybin research  
NOTE Confidence: 0.8934769525

00:48:31.843 --> 00:48:35.040 here and looked at psychological measures  
NOTE Confidence: 0.8934769525

00:48:35.040 --> 00:48:37.440 and correlations with symptom improvements.

NOTE Confidence: 0.8934769525  
00:48:37.440 --> 00:48:39.778 So I'm happy to see another scale  
NOTE Confidence: 0.8934769525  
00:48:39.778 --> 00:48:42.434 looking at this domain that also  
NOTE Confidence: 0.8934769525  
00:48:42.434 --> 00:48:46.604 goes beyond just mystical experience  
NOTE Confidence: 0.8934769525  
00:48:46.604 --> 00:48:49.880 questionnaire and is broadening this.  
NOTE Confidence: 0.8934769525  
00:48:49.880 --> 00:48:52.598 I had a couple questions about the scale and  
NOTE Confidence: 0.8934769525  
00:48:52.598 --> 00:48:55.768 the and just the psilocybin study I just  
NOTE Confidence: 0.8934769525  
00:48:55.768 --> 00:48:59.156 noticed with the in the connection domain.  
NOTE Confidence: 0.8934769525  
00:48:59.160 --> 00:49:00.780 I thought it was interesting  
NOTE Confidence: 0.8934769525  
00:49:00.780 --> 00:49:02.076 that like the nature,  
NOTE Confidence: 0.8934769525  
00:49:02.080 --> 00:49:03.754 there was one piece about nature  
NOTE Confidence: 0.8934769525  
00:49:03.754 --> 00:49:05.252 connection which has gotten discussed  
NOTE Confidence: 0.8934769525  
00:49:05.252 --> 00:49:06.917 in the the psychedelic community,  
NOTE Confidence: 0.8934769525  
00:49:06.920 --> 00:49:09.644 but it wasn't in the connection bucket,  
NOTE Confidence: 0.8934769525  
00:49:09.644 --> 00:49:11.596 it was in sort of the other bucket.  
NOTE Confidence: 0.8934769525  
00:49:11.600 --> 00:49:15.572 And also it didn't seem like  
NOTE Confidence: 0.8934769525

00:49:15.572 --> 00:49:17.558 interpersonal connectedness was  
NOTE Confidence: 0.8934769525

00:49:17.560 --> 00:49:20.160 in the connection domain either.  
NOTE Confidence: 0.8934769525

00:49:20.160 --> 00:49:22.344 I was just kind of curious how you  
NOTE Confidence: 0.8934769525

00:49:22.344 --> 00:49:24.108 parsed out what was connection like.  
NOTE Confidence: 0.8934769525

00:49:24.108 --> 00:49:25.778 It seemed like the connection  
NOTE Confidence: 0.8934769525

00:49:25.778 --> 00:49:27.785 was more this religious spiritual  
NOTE Confidence: 0.8934769525

00:49:27.785 --> 00:49:29.677 idea rather than interpersonal.  
NOTE Confidence: 0.663632513333333

00:49:30.320 --> 00:49:31.400 The connection was  
NOTE Confidence: 0.855913966

00:49:31.560 --> 00:49:33.840 the the initial connection questions  
NOTE Confidence: 0.855913966

00:49:33.840 --> 00:49:37.440 were in the 35 item or connection  
NOTE Confidence: 0.855913966

00:49:37.440 --> 00:49:40.080 with religion, higher power,  
NOTE Confidence: 0.855913966

00:49:40.080 --> 00:49:42.136 and connection with family.  
NOTE Confidence: 0.855913966

00:49:42.136 --> 00:49:44.808 The connection with friends and  
NOTE Confidence: 0.855913966

00:49:44.808 --> 00:49:48.756 nature are actually in the factor of  
NOTE Confidence: 0.855913966

00:49:48.760 --> 00:49:50.840 self reflection and introspection.  
NOTE Confidence: 0.855913966

00:49:50.840 --> 00:49:53.260 So what happens when you do a

NOTE Confidence: 0.855913966

00:49:53.260 --> 00:49:56.032 factor analysis is they load in.

NOTE Confidence: 0.855913966

00:49:56.032 --> 00:49:58.352 The questions themselves load in

NOTE Confidence: 0.855913966

00:49:58.352 --> 00:50:00.559 different areas and you can't

NOTE Confidence: 0.855913966

00:50:00.559 --> 00:50:02.953 force them to load somewhere else.

NOTE Confidence: 0.855913966

00:50:02.960 --> 00:50:06.260 They loaded together with all the

NOTE Confidence: 0.855913966

00:50:06.260 --> 00:50:08.800 other questions about compassion and

NOTE Confidence: 0.863940990909091

00:50:10.840 --> 00:50:13.288 you know all of those questions

NOTE Confidence: 0.863940990909091

00:50:13.288 --> 00:50:14.920 mindful behavior and mind

NOTE Confidence: 0.863940990909091

00:50:14.994 --> 00:50:17.040 body in that self reflection

NOTE Confidence: 0.850709846

00:50:19.680 --> 00:50:24.176 awareness, type self reflection piece it it.

NOTE Confidence: 0.850709846

00:50:24.176 --> 00:50:26.916 So it wasn't called connection,

NOTE Confidence: 0.850709846

00:50:26.920 --> 00:50:29.560 it was separate from that connection,

NOTE Confidence: 0.850709846

00:50:29.560 --> 00:50:31.840 but it's still in the tool because the

NOTE Confidence: 0.850709846

00:50:31.840 --> 00:50:34.072 loading in the factor analysis is not

NOTE Confidence: 0.850709846

00:50:34.072 --> 00:50:36.200 you can't take the questions and say,

NOTE Confidence: 0.850709846

00:50:36.200 --> 00:50:38.279 well I want it to be in this factor.  
NOTE Confidence: 0.499273714

00:50:40.560 --> 00:50:41.720 I didn't go away. Yeah,  
NOTE Confidence: 0.848533856923077

00:50:41.720 --> 00:50:43.176 I mean I have a lot of slides  
NOTE Confidence: 0.848533856923077

00:50:43.176 --> 00:50:44.759 on the factor analysis itself,  
NOTE Confidence: 0.848533856923077

00:50:44.760 --> 00:50:46.479 it's I just have to pick and choose what  
NOTE Confidence: 0.71222101

00:50:46.560 --> 00:50:49.720 I'm doing. But yes, you can't. So that that's  
NOTE Confidence: 0.950742962

00:50:49.720 --> 00:50:51.080 how it ended up there.  
NOTE Confidence: 0.950742962

00:50:51.080 --> 00:50:53.285 Now as you notice it's not in  
NOTE Confidence: 0.950742962

00:50:53.285 --> 00:50:55.650 the nine item one, but nature is  
NOTE Confidence: 0.950742962

00:50:55.650 --> 00:50:57.400 very important and that's why,  
NOTE Confidence: 0.950742962

00:50:57.400 --> 00:50:59.800 I mean they seem to correlate very well.  
NOTE Confidence: 0.950742962

00:50:59.800 --> 00:51:01.864 But you know, my bias is still gonna  
NOTE Confidence: 0.950742962

00:51:01.864 --> 00:51:04.038 be if you could use the 35 item,  
NOTE Confidence: 0.950742962

00:51:04.040 --> 00:51:05.888 use the 35 item and we've now used  
NOTE Confidence: 0.950742962

00:51:05.888 --> 00:51:08.632 it in many trials and you know,  
NOTE Confidence: 0.950742962

00:51:08.632 --> 00:51:10.312 even very seriously ill people

NOTE Confidence: 0.950742962

00:51:10.312 --> 00:51:12.799 are able to do 35 questions.

NOTE Confidence: 0.374102185

00:51:16.080 --> 00:51:16.760 But yeah,

NOTE Confidence: 0.91441694

00:51:18.080 --> 00:51:20.684 thanks. And I was just wondering about

NOTE Confidence: 0.91441694

00:51:20.684 --> 00:51:23.149 the some of the terminology like

NOTE Confidence: 0.91441694

00:51:23.149 --> 00:51:26.117 there was one item that talked about

NOTE Confidence: 0.91441694

00:51:26.120 --> 00:51:28.640 connection or support from a quote

NOTE Confidence: 0.91441694

00:51:28.640 --> 00:51:30.320 specifically a religious community.

NOTE Confidence: 0.91441694

00:51:30.320 --> 00:51:32.928 And I was wondering why sort of

NOTE Confidence: 0.91441694

00:51:32.928 --> 00:51:34.140 emphasize religious community

NOTE Confidence: 0.91441694

00:51:34.140 --> 00:51:36.680 as opposed to any community.

NOTE Confidence: 0.91441694

00:51:36.680 --> 00:51:39.981 And then another factor talked

NOTE Confidence: 0.91441694

00:51:39.981 --> 00:51:41.929 about religious beliefs specifically

NOTE Confidence: 0.91441694

00:51:41.929 --> 00:51:44.395 as opposed to maybe spiritual

NOTE Confidence: 0.91441694

00:51:44.395 --> 00:51:46.715 beliefs or something more broad.

NOTE Confidence: 0.91441694

00:51:46.720 --> 00:51:48.502 So I was just curious about

NOTE Confidence: 0.91441694

00:51:48.502 --> 00:51:50.376 the specific use of religious.  
NOTE Confidence: 0.91441694

00:51:50.376 --> 00:51:51.558 In both cases,  
NOTE Confidence: 0.96217545

00:51:52.240 --> 00:51:53.440 we got religious,  
NOTE Confidence: 0.922169021666667

00:51:53.480 --> 00:51:55.480 and that was a question  
NOTE Confidence: 0.922169021666667

00:51:55.480 --> 00:51:57.680 that has come out a lot.  
NOTE Confidence: 0.922169021666667

00:51:57.680 --> 00:52:01.586 But we got the word religious from  
NOTE Confidence: 0.922169021666667

00:52:01.586 --> 00:52:03.840 the initial qualitative work.  
NOTE Confidence: 0.922169021666667

00:52:03.840 --> 00:52:07.008 Those are the, those are the  
NOTE Confidence: 0.922169021666667

00:52:07.008 --> 00:52:10.856 words that our our subjects used.  
NOTE Confidence: 0.922169021666667

00:52:10.856 --> 00:52:14.680 And so, you know, and then I don't know if,  
NOTE Confidence: 0.922169021666667

00:52:14.680 --> 00:52:16.220 I mean it's interesting,  
NOTE Confidence: 0.922169021666667

00:52:16.220 --> 00:52:19.120 'cause we studied it then in an HIV,  
NOTE Confidence: 0.922169021666667

00:52:19.120 --> 00:52:21.320 an African American HIV population.  
NOTE Confidence: 0.922169021666667

00:52:21.320 --> 00:52:23.100 We studied it in elderly  
NOTE Confidence: 0.922169021666667

00:52:23.100 --> 00:52:24.880 African Americans in the South,  
NOTE Confidence: 0.922169021666667

00:52:24.880 --> 00:52:27.000 we studied it in Africa.

NOTE Confidence: 0.922169021666667  
00:52:27.000 --> 00:52:30.418 I don't know if maybe that's why the  
NOTE Confidence: 0.922169021666667  
00:52:30.418 --> 00:52:32.960 religious peace keeps coming back.  
NOTE Confidence: 0.922169021666667  
00:52:32.960 --> 00:52:34.745 I was actually concerned about  
NOTE Confidence: 0.922169021666667  
00:52:34.745 --> 00:52:37.711 that since we have so many who are  
NOTE Confidence: 0.922169021666667  
00:52:37.711 --> 00:52:39.556 not affiliated in the country.  
NOTE Confidence: 0.922169021666667  
00:52:39.560 --> 00:52:42.570 But it seems to be a word  
NOTE Confidence: 0.922169021666667  
00:52:42.570 --> 00:52:46.560 that continues to draw people.  
NOTE Confidence: 0.820380621111111  
00:52:48.880 --> 00:52:50.746 Do you, when when patients do  
NOTE Confidence: 0.820380621111111  
00:52:50.746 --> 00:52:52.790 fill that out, do you kind of give  
NOTE Confidence: 0.820380621111111  
00:52:52.790 --> 00:52:54.240 them guidance that if they don't,  
NOTE Confidence: 0.820380621111111  
00:52:54.240 --> 00:52:55.759 if they're part of a different community,  
NOTE Confidence: 0.820380621111111  
00:52:55.760 --> 00:52:57.000 they can still score it?  
NOTE Confidence: 0.820380621111111  
00:52:57.000 --> 00:52:59.912 Like I just imagine that would create a  
NOTE Confidence: 0.820380621111111  
00:52:59.912 --> 00:53:02.360 little difficulty for non religious folks.  
NOTE Confidence: 0.83505164  
00:53:02.360 --> 00:53:03.920 I I I haven't but  
NOTE Confidence: 0.848279987142857

00:53:03.920 --> 00:53:05.792 certainly you can say  
NOTE Confidence: 0.848279987142857

00:53:05.792 --> 00:53:07.196 religious slash spiritual.  
NOTE Confidence: 0.576990115

00:53:07.840 --> 00:53:09.400 I mean I, you know and  
NOTE Confidence: 0.576990115

00:53:09.400 --> 00:53:11.398 and we we went round and  
NOTE Confidence: 0.910320320526316

00:53:11.400 --> 00:53:13.576 round about this 'cause I was like even  
NOTE Confidence: 0.910320320526316

00:53:13.576 --> 00:53:15.919 when we did the 9 item I was like I I,  
NOTE Confidence: 0.910320320526316

00:53:15.920 --> 00:53:17.645 you know I feel uncomfortable  
NOTE Confidence: 0.910320320526316

00:53:17.645 --> 00:53:19.802 with this because I had actually  
NOTE Confidence: 0.910320320526316

00:53:19.802 --> 00:53:22.891 shown it to my kid at the time  
NOTE Confidence: 0.910320320526316

00:53:22.891 --> 00:53:25.344 who was who is a neuroscientist.  
NOTE Confidence: 0.910320320526316

00:53:25.344 --> 00:53:26.976 He's an MDPHD neuroscientist.  
NOTE Confidence: 0.910320320526316

00:53:26.976 --> 00:53:30.120 It's a piece on the neurology spectrum.  
NOTE Confidence: 0.910320320526316

00:53:30.120 --> 00:53:33.120 He does Lewy body dementias  
NOTE Confidence: 0.537622796

00:53:33.640 --> 00:53:36.960 and that you forgive him and so  
NOTE Confidence: 0.51219236

00:53:37.720 --> 00:53:39.040 so and he's at Hopkins  
NOTE Confidence: 0.945113892

00:53:39.240 --> 00:53:42.320 but you know he immediately

NOTE Confidence: 0.918293158

00:53:42.320 --> 00:53:43.600 was like, you know this,

NOTE Confidence: 0.918293158

00:53:43.600 --> 00:53:45.280 these religious terms are

NOTE Confidence: 0.918293158

00:53:45.280 --> 00:53:46.758 not gonna hold together,

NOTE Confidence: 0.918293158

00:53:46.758 --> 00:53:48.991 but they are even holding together with

NOTE Confidence: 0.918293158

00:53:48.991 --> 00:53:51.320 this group of COVID healthcare providers.

NOTE Confidence: 0.918293158

00:53:51.320 --> 00:53:53.434 So I can't, we can't change it.

NOTE Confidence: 0.918293158

00:53:53.440 --> 00:53:56.716 Can we say religious slash slash spiritual?

NOTE Confidence: 0.918293158

00:53:56.720 --> 00:53:58.224 Probably yes, because that's

NOTE Confidence: 0.918293158

00:53:58.224 --> 00:54:00.480 all you see in the literature.

NOTE Confidence: 0.808842498235294

00:54:01.040 --> 00:54:03.014 Well, it but in the original

NOTE Confidence: 0.808842498235294

00:54:03.014 --> 00:54:05.265 qualitative work you had two religious

NOTE Confidence: 0.808842498235294

00:54:05.265 --> 00:54:07.440 and spiritual as different domains.

NOTE Confidence: 0.808842498235294

00:54:07.440 --> 00:54:08.760 Like your 4 domains were religious,

NOTE Confidence: 0.808842498235294

00:54:08.760 --> 00:54:10.424 spiritual, intrapersonal and interpersonal.

NOTE Confidence: 0.808842498235294

00:54:10.424 --> 00:54:13.639 Which implies to me that there's going to be.

NOTE Confidence: 0.808842498235294

00:54:13.640 --> 00:54:16.040 I mean there is something different  
NOTE Confidence: 0.808842498235294

00:54:16.040 --> 00:54:17.640 about having spirituality fused  
NOTE Confidence: 0.808842498235294

00:54:17.706 --> 00:54:19.849 with a structured institutional you  
NOTE Confidence: 0.808842498235294

00:54:19.849 --> 00:54:21.872 know that that that is a different  
NOTE Confidence: 0.808842498235294

00:54:21.872 --> 00:54:23.514 category than a spirituality that's  
NOTE Confidence: 0.808842498235294

00:54:23.514 --> 00:54:25.518 more individual or or less less.  
NOTE Confidence: 0.808842498235294

00:54:25.520 --> 00:54:27.718 But I think this I would assume that  
NOTE Confidence: 0.808842498235294

00:54:27.718 --> 00:54:29.508 you're gonna have other questions  
NOTE Confidence: 0.808842498235294

00:54:29.508 --> 00:54:32.301 that are gonna pick up the non  
NOTE Confidence: 0.808842498235294

00:54:32.301 --> 00:54:33.597 religious spiritual components.  
NOTE Confidence: 0.808842498235294

00:54:33.600 --> 00:54:35.918 So, so the distinct from the factors,  
NOTE Confidence: 0.813102627142857

00:54:36.320 --> 00:54:38.444 the two other factors, the self  
NOTE Confidence: 0.813102627142857

00:54:38.444 --> 00:54:40.918 reflection, introspection and the  
NOTE Confidence: 0.84206685

00:54:43.360 --> 00:54:45.472 and the trust and acceptance are  
NOTE Confidence: 0.84206685

00:54:45.472 --> 00:54:47.520 picking up the spiritual piece.  
NOTE Confidence: 0.84206685

00:54:47.520 --> 00:54:49.200 Those are the two factors

NOTE Confidence: 0.84206685  
00:54:49.200 --> 00:54:50.240 picking up that spiritual.  
NOTE Confidence: 0.650826366  
00:54:50.520 --> 00:54:51.600 So there may be value,  
NOTE Confidence: 0.650826366  
00:54:51.600 --> 00:54:54.354 even if it only resonates with a a portion,  
NOTE Confidence: 0.650826366  
00:54:54.360 --> 00:54:55.716 a large portion in this country,  
NOTE Confidence: 0.650826366  
00:54:55.720 --> 00:54:58.399 but a portion of your of your respondents,  
NOTE Confidence: 0.650826366  
00:54:58.399 --> 00:55:00.170 you may still be picking up something  
NOTE Confidence: 0.650826366  
00:55:00.218 --> 00:55:01.673 that's importantly different when you  
NOTE Confidence: 0.650826366  
00:55:01.673 --> 00:55:03.704 use the word religious than when you use  
NOTE Confidence: 0.650826366  
00:55:03.704 --> 00:55:05.348 the word spiritual as long as you're  
NOTE Confidence: 0.650826366  
00:55:05.348 --> 00:55:07.160 getting the spiritual with other items.  
NOTE Confidence: 0.650826366  
00:55:07.160 --> 00:55:09.032 So and you might lose that if you  
NOTE Confidence: 0.650826366  
00:55:09.032 --> 00:55:10.920 switch to religious slash spiritual  
NOTE Confidence: 0.650826366  
00:55:10.920 --> 00:55:12.405 and muddled what may actually  
NOTE Confidence: 0.650826366  
00:55:12.405 --> 00:55:13.593 be an important distinction.  
NOTE Confidence: 0.8467143425  
00:55:16.160 --> 00:55:17.000 Well, we left it  
NOTE Confidence: 0.897994705333333

00:55:17.000 --> 00:55:19.176 even in the nine questions there are still  
NOTE Confidence: 0.8979947053333333

00:55:19.176 --> 00:55:21.277 like two or three with the religious,  
NOTE Confidence: 0.8979947053333333

00:55:21.280 --> 00:55:23.478 you know because it was just interesting  
NOTE Confidence: 0.8979947053333333

00:55:23.478 --> 00:55:25.936 to me that even in this healthcare  
NOTE Confidence: 0.8979947053333333

00:55:25.936 --> 00:55:28.114 providers who are all young people,  
NOTE Confidence: 0.8979947053333333

00:55:28.120 --> 00:55:30.520 of course everybody's young to me,  
NOTE Confidence: 0.8979947053333333

00:55:30.520 --> 00:55:35.462 but they're all young people and they still  
NOTE Confidence: 0.8979947053333333

00:55:35.462 --> 00:55:40.440 scored the religious as positive. So and  
NOTE Confidence: 0.941556697142857

00:55:40.440 --> 00:55:41.959 I just had one last quick question.  
NOTE Confidence: 0.941556697142857

00:55:41.960 --> 00:55:45.453 You said the NIH heals you said  
NOTE Confidence: 0.941556697142857

00:55:45.453 --> 00:55:47.977 was consistent without the outcomes  
NOTE Confidence: 0.941556697142857

00:55:47.977 --> 00:55:49.648 of changes in depression and  
NOTE Confidence: 0.941556697142857

00:55:49.648 --> 00:55:51.158 anxiety in the psilocybin study.  
NOTE Confidence: 0.941556697142857

00:55:51.160 --> 00:55:53.038 But when you say consistent with  
NOTE Confidence: 0.941556697142857

00:55:53.038 --> 00:55:55.239 you mean like the IT correlated,  
NOTE Confidence: 0.941556697142857

00:55:55.240 --> 00:55:57.518 the change correlated with those,

NOTE Confidence: 0.941556697142857

00:55:57.520 --> 00:55:59.520 yes. And that was

NOTE Confidence: 0.74531492

00:56:00.160 --> 00:56:02.120 that was the Suncoast study.

NOTE Confidence: 0.74531492

00:56:02.120 --> 00:56:03.585 The the primary outcome there

NOTE Confidence: 0.74531492

00:56:03.585 --> 00:56:05.520 was not the heels of course.

NOTE Confidence: 0.74531492

00:56:05.520 --> 00:56:09.840 The primary outcome was depression. And do

NOTE Confidence: 0.947976829090909

00:56:09.840 --> 00:56:12.808 you know if they collected some of

NOTE Confidence: 0.947976829090909

00:56:12.808 --> 00:56:15.640 the other commonly used measures of

NOTE Confidence: 0.947976829090909

00:56:15.640 --> 00:56:19.120 subjective experience in the study like

NOTE Confidence: 0.947976829090909

00:56:19.120 --> 00:56:21.950 the Mystical Experience Questionnaire or

NOTE Confidence: 0.947976829090909

00:56:21.950 --> 00:56:23.867 the Emotional Breakthrough Inventory?

NOTE Confidence: 0.947976829090909

00:56:23.867 --> 00:56:27.390 And I'm just curious how the NIH heels

NOTE Confidence: 0.947976829090909

00:56:27.390 --> 00:56:30.144 think if that if it the change in heels

NOTE Confidence: 0.947976829090909

00:56:30.218 --> 00:56:32.224 correlated with depression and anxiety.

NOTE Confidence: 0.947976829090909

00:56:32.224 --> 00:56:34.942 Did did it also correlate with those other

NOTE Confidence: 0.947976829090909

00:56:34.942 --> 00:56:37.504 measures that are commonly used in the

NOTE Confidence: 0.947976829090909

00:56:37.504 --> 00:56:39.280 psychedelic literature or was there some,  
NOTE Confidence: 0.849934501666667

00:56:39.960 --> 00:56:41.556 I don't know if they did,  
NOTE Confidence: 0.925706601666667

00:56:41.560 --> 00:56:44.038 I mean that was Manisha's study.  
NOTE Confidence: 0.925706601666667

00:56:44.040 --> 00:56:45.916 So I I'm assuming you know Manish,  
NOTE Confidence: 0.925706601666667

00:56:45.920 --> 00:56:48.594 you could probably reach out to Manisha.  
NOTE Confidence: 0.925706601666667

00:56:48.600 --> 00:56:50.680 I don't think they studied that.  
NOTE Confidence: 0.925706601666667

00:56:50.680 --> 00:56:53.360 I'm sorry, what was studied what?  
NOTE Confidence: 0.925706601666667

00:56:53.360 --> 00:56:55.245 I don't think they looked  
NOTE Confidence: 0.925706601666667

00:56:55.245 --> 00:56:56.753 at the mystical scale,  
NOTE Confidence: 0.925706601666667

00:56:56.760 --> 00:56:58.594 you know, but you can ask him.  
NOTE Confidence: 0.925706601666667

00:56:58.600 --> 00:56:59.780 It was his study.  
NOTE Confidence: 0.925706601666667

00:56:59.780 --> 00:57:00.960 Manish Agarwal at some  
NOTE Confidence: 0.51484556

00:57:02.560 --> 00:57:03.919 It's Sun Sunstone.  
NOTE Confidence: 0.6408211

00:57:04.040 --> 00:57:07.496 It's Sunstone. Yeah. Yeah.  
NOTE Confidence: 0.6408211

00:57:07.496 --> 00:57:09.000 Manish worked with Hopkins,  
NOTE Confidence: 0.6408211

00:57:09.000 --> 00:57:11.466 with the Hopkins group on their

NOTE Confidence: 0.6408211  
00:57:11.466 --> 00:57:13.036 original cancer study and then  
NOTE Confidence: 0.6408211  
00:57:13.036 --> 00:57:15.080 sort of split off to form this  
NOTE Confidence: 0.6408211  
00:57:15.080 --> 00:57:17.438 freestanding institute, Sunstone.  
NOTE Confidence: 0.951121996  
00:57:17.800 --> 00:57:19.080 And this was the initial  
NOTE Confidence: 0.77912124  
00:57:19.080 --> 00:57:20.160 study before this was  
NOTE Confidence: 0.736453352857143  
00:57:20.160 --> 00:57:23.114 the. That's. Yeah. This was the Hopkins  
NOTE Confidence: 0.736453352857143  
00:57:23.120 --> 00:57:25.760 Stage 4 cancer study. Well, Hopkins  
NOTE Confidence: 0.840853646666667  
00:57:26.800 --> 00:57:28.480 and essentially compass.  
NOTE Confidence: 0.70210406  
00:57:29.680 --> 00:57:31.000 Mm hmm. You know,  
NOTE Confidence: 0.920060047142857  
00:57:31.000 --> 00:57:32.825 Compass is the one who  
NOTE Confidence: 0.920060047142857  
00:57:32.825 --> 00:57:35.720 funded that initial trial.  
NOTE Confidence: 0.920060047142857  
00:57:35.720 --> 00:57:39.239 Yeah. And then he,  
NOTE Confidence: 0.920060047142857  
00:57:39.240 --> 00:57:42.440 you know, did Sun Sunstone.  
NOTE Confidence: 0.920060047142857  
00:57:42.440 --> 00:57:43.990 I think he's not even  
NOTE Confidence: 0.920060047142857  
00:57:43.990 --> 00:57:44.920 doing oncology anymore.  
NOTE Confidence: 0.681122826666667

00:57:47.720 --> 00:57:49.336 I mean other than psychedelics  
NOTE Confidence: 0.681122826666667

00:57:49.336 --> 00:57:50.920 in oncology, but.  
NOTE Confidence: 0.428605826

00:57:53.240 --> 00:57:54.440 Oh, good. Thanks so much.  
NOTE Confidence: 0.428605826

00:57:54.440 --> 00:57:56.036 We are, yeah, we are at time.  
NOTE Confidence: 0.428605826

00:57:56.040 --> 00:57:58.756 This has been great and and broadening.  
NOTE Confidence: 0.428605826

00:57:58.760 --> 00:58:01.316 So thank you for spending this time with us.  
NOTE Confidence: 0.428605826

00:58:01.320 --> 00:58:02.240 Thank you all for joining.  
NOTE Confidence: 0.262194063333333

00:58:03.000 --> 00:58:04.680 Oh, so we contacted me if you  
NOTE Confidence: 0.8168846

00:58:04.840 --> 00:58:06.118 have any questions.  
NOTE Confidence: 0.845626134090909

00:58:07.000 --> 00:58:08.528 Great. Take care everyone.  
NOTE Confidence: 0.845626134090909

00:58:08.528 --> 00:58:11.306 Have a good weekend and we'll be  
NOTE Confidence: 0.845626134090909

00:58:11.306 --> 00:58:13.356 coordinating whether our our schedule  
NOTE Confidence: 0.845626134090909

00:58:13.356 --> 00:58:16.120 for the seminars in the fall. OK.  
NOTE Confidence: 0.7002432975

00:58:16.680 --> 00:58:21.000 Thank you. Thank you. Thank you.