

WEBVTT

NOTE duration:"01:09:16"

NOTE language:en-us

NOTE Confidence: 0.728924265

00:00:00.000 --> 00:00:01.720 I'm John Crystal, chair of the

NOTE Confidence: 0.728924265

00:00:01.720 --> 00:00:03.184 Department of Psychiatry at Yale.

NOTE Confidence: 0.728924265

00:00:03.184 --> 00:00:05.146 I'm very pleased to welcome you

NOTE Confidence: 0.728924265

00:00:05.146 --> 00:00:08.635 to the inaugural T Byram Karasu.

NOTE Confidence: 0.728924265

00:00:08.635 --> 00:00:11.430 Psychosocial studies lecture

NOTE Confidence: 0.728924265

00:00:11.430 --> 00:00:13.302 which will be an annual lecture

NOTE Confidence: 0.728924265

00:00:13.302 --> 00:00:14.960 that has been established through

NOTE Confidence: 0.728924265

00:00:14.960 --> 00:00:16.520 the generosity and support

NOTE Confidence: 0.813006726

00:00:16.880 --> 00:00:19.140 of honor. One of our department's

NOTE Confidence: 0.813006726

00:00:19.140 --> 00:00:21.190 most distinguished alumni. Doctor

NOTE Confidence: 0.75019828

00:00:21.200 --> 00:00:22.715 T Byram. Karasu.

NOTE Confidence: 0.75019828

00:00:22.715 --> 00:00:25.615 He is the distinguished Professor

NOTE Confidence: 0.75019828

00:00:25.615 --> 00:00:28.446 Emeritus Dorothean Marty Silverman,

NOTE Confidence: 0.75019828

00:00:28.446 --> 00:00:30.402 professor emeritus in

NOTE Confidence: 0.75019828

00:00:30.402 --> 00:00:32.358 university chairman emeritus.

NOTE Confidence: 0.75019828

00:00:32.360 --> 00:00:34.200 For the Department of Psychiatry

NOTE Confidence: 0.75019828

00:00:34.200 --> 00:00:36.255 and Behavioral Sciences at the

NOTE Confidence: 0.75019828

00:00:36.255 --> 00:00:38.167 Albert Einstein College of Medicine.

NOTE Confidence: 0.75019828

00:00:38.167 --> 00:00:42.703 A post that he held for 23 years.

NOTE Confidence: 0.75019828

00:00:42.710 --> 00:00:45.523 The karasu psychosocial studies lecture

NOTE Confidence: 0.75019828

00:00:45.523 --> 00:00:47.366 will identify leading speakers from

NOTE Confidence: 0.75019828

00:00:47.366 --> 00:00:49.830 around the world to address a wide

NOTE Confidence: 0.75019828

00:00:49.830 --> 00:00:52.232 variety of research and practice

NOTE Confidence: 0.75019828

00:00:52.232 --> 00:00:54.616 subjects such as psychotherapies,

NOTE Confidence: 0.75019828

00:00:54.620 --> 00:00:55.900 social issues,

NOTE Confidence: 0.75019828

00:00:55.900 --> 00:00:58.716 including addictions and biases,

NOTE Confidence: 0.75019828

00:00:58.716 --> 00:01:03.000 literature, philosophy, and humanities.

NOTE Confidence: 0.75019828

00:01:03.000 --> 00:01:05.060 I'd like to say a few words about our friend.

NOTE Confidence: 0.75019828

00:01:05.060 --> 00:01:08.640 An alumnus, doctor Karasu.

NOTE Confidence: 0.75019828

00:01:08.640 --> 00:01:10.746 After graduating from the Yale
NOTE Confidence: 0.75019828

00:01:10.746 --> 00:01:12.592 Psychiatry Residency in 1969,
NOTE Confidence: 0.75019828

00:01:12.592 --> 00:01:14.884 Doctor Karasu emerged as a leading
NOTE Confidence: 0.75019828

00:01:14.884 --> 00:01:17.728 expert on the practice of psychiatry.
NOTE Confidence: 0.75019828

00:01:17.730 --> 00:01:19.715 He chaired the Apas Commission
NOTE Confidence: 0.75019828

00:01:19.715 --> 00:01:20.906 on Psychiatric Therapies,
NOTE Confidence: 0.75019828

00:01:20.910 --> 00:01:23.760 which produced a monograph called
NOTE Confidence: 0.75019828

00:01:23.760 --> 00:01:26.234 the Psychiatric Therapies and Shared
NOTE Confidence: 0.75019828

00:01:26.234 --> 00:01:28.526 another task for National Task Force,
NOTE Confidence: 0.75019828

00:01:28.530 --> 00:01:31.080 comprised of over 400 scholars,
NOTE Confidence: 0.75019828

00:01:31.080 --> 00:01:33.380 researchers and clinicians seeking
NOTE Confidence: 0.75019828

00:01:33.380 --> 00:01:36.255 to produce a Seminole document
NOTE Confidence: 0.75019828

00:01:36.255 --> 00:01:39.199 on each psychiatric disorders.
NOTE Confidence: 0.75019828

00:01:39.200 --> 00:01:41.220 This four volume report,
NOTE Confidence: 0.75019828

00:01:41.220 --> 00:01:43.240 called the Treatments of
NOTE Confidence: 0.75019828

00:01:43.240 --> 00:01:44.250 Psychiatric Disorders.

NOTE Confidence: 0.75019828
00:01:44.250 --> 00:01:48.426 Was praised as being in its time 25 years
NOTE Confidence: 0.75019828
00:01:48.426 --> 00:01:51.142 ahead of its time by Atlantic Monthly.
NOTE Confidence: 0.75019828
00:01:51.150 --> 00:01:53.850 And the best psychiatric book
NOTE Confidence: 0.75019828
00:01:53.850 --> 00:01:56.010 ever by contemporary psychiatry.
NOTE Confidence: 0.75019828
00:01:56.010 --> 00:01:56.714 Doctor Karas,
NOTE Confidence: 0.75019828
00:01:56.714 --> 00:02:00.090 who also chaired the AP a task force in
NOTE Confidence: 0.75019828
00:02:00.090 --> 00:02:02.520 producing the practice guideline for
NOTE Confidence: 0.75019828
00:02:02.520 --> 00:02:05.030 major depressive disorders in adults.
NOTE Confidence: 0.75019828
00:02:05.030 --> 00:02:08.262 He wrote a total of 21 books including
NOTE Confidence: 0.75019828
00:02:08.262 --> 00:02:09.940 psychotherapy for depression,
NOTE Confidence: 0.75019828
00:02:09.940 --> 00:02:11.794 deconstruction of psychotherapy,
NOTE Confidence: 0.75019828
00:02:11.794 --> 00:02:16.230 the art of Serenity, of God and Madness.
NOTE Confidence: 0.75019828
00:02:16.230 --> 00:02:19.660 Gotham chronicles the culture of sociopathy,
NOTE Confidence: 0.75019828
00:02:19.660 --> 00:02:20.964 maxims, minimas,
NOTE Confidence: 0.75019828
00:02:20.964 --> 00:02:24.224 reflections and microstyle and life.
NOTE Confidence: 0.75019828

00:02:24.230 --> 00:02:28.220 Witness evolution of the psychotherapist.
NOTE Confidence: 0.75019828

00:02:28.220 --> 00:02:30.422 We're very proud to have Electra that
NOTE Confidence: 0.75019828

00:02:30.422 --> 00:02:32.110 celebrates both the contributions of
NOTE Confidence: 0.75019828

00:02:32.110 --> 00:02:34.798 Doctor Karasu to the field of psychiatry,
NOTE Confidence: 0.75019828

00:02:34.800 --> 00:02:37.518 in which also celebrates the humanistic.
NOTE Confidence: 0.75019828

00:02:37.520 --> 00:02:40.838 Aspects of the practice of psychiatry
NOTE Confidence: 0.75019828

00:02:40.838 --> 00:02:43.050 and mental health treatment.
NOTE Confidence: 0.75019828

00:02:43.050 --> 00:02:46.224 Doctor David Ross will now introduce
NOTE Confidence: 0.75019828

00:02:46.224 --> 00:02:48.340 our inaugural carouso psychosocial
NOTE Confidence: 0.75019828

00:02:48.340 --> 00:02:51.800 studies lecture Doctor Irvin Yalom
NOTE Confidence: 0.923048

00:02:54.050 --> 00:02:55.845 It is my distinct pleasure and
NOTE Confidence: 0.923048

00:02:55.845 --> 00:02:57.450 honor to introduce our inaugural
NOTE Confidence: 0.839974866666667

00:02:57.510 --> 00:02:59.440 recipient of the Karasu Lectureship,
NOTE Confidence: 0.839974866666667

00:02:59.440 --> 00:03:00.670 Doctor Irvine Yellow.
NOTE Confidence: 0.839974866666667

00:03:00.670 --> 00:03:02.720 Doctor Allen graduated from Boston
NOTE Confidence: 0.839974866666667

00:03:02.720 --> 00:03:04.566 University School of Medicine and

NOTE Confidence: 0.839974866666667
00:03:04.566 --> 00:03:06.492 then completed his internship at the
NOTE Confidence: 0.839974866666667
00:03:06.492 --> 00:03:08.653 Mount Sinai Hospital and his residency
NOTE Confidence: 0.839974866666667
00:03:08.653 --> 00:03:10.428 in psychiatry at Johns Hopkins.
NOTE Confidence: 0.839974866666667
00:03:10.430 --> 00:03:11.886 After two years of service in the army,
NOTE Confidence: 0.839974866666667
00:03:11.890 --> 00:03:13.458 he moved to Palo Alto to join
NOTE Confidence: 0.839974866666667
00:03:13.458 --> 00:03:14.650 the faculty at Stanford,
NOTE Confidence: 0.839974866666667
00:03:14.650 --> 00:03:16.390 where he's remained ever since.
NOTE Confidence: 0.839974866666667
00:03:16.390 --> 00:03:18.504 He's the author of the Seminole Textbooks,
NOTE Confidence: 0.839974866666667
00:03:18.510 --> 00:03:20.358 the theory and practice of group
NOTE Confidence: 0.839974866666667
00:03:20.358 --> 00:03:22.920 psychotherapy, now in its 6th edition
NOTE Confidence: 0.839974866666667
00:03:22.920 --> 00:03:24.270 and existential psychotherapy.
NOTE Confidence: 0.839974866666667
00:03:24.270 --> 00:03:25.398 He's perhaps even better
NOTE Confidence: 0.839974866666667
00:03:25.398 --> 00:03:26.526 known for his fiction,
NOTE Confidence: 0.839974866666667
00:03:26.530 --> 00:03:28.350 including several collections of short
NOTE Confidence: 0.839974866666667
00:03:28.350 --> 00:03:29.806 stories about therapy encounters,
NOTE Confidence: 0.839974866666667

00:03:29.810 --> 00:03:31.970 including loves executioner and Mama,
NOTE Confidence: 0.839974866666667

00:03:31.970 --> 00:03:33.986 in the meaning of life and
NOTE Confidence: 0.839974866666667

00:03:33.986 --> 00:03:34.994 three teaching novels,
NOTE Confidence: 0.839974866666667

00:03:35.000 --> 00:03:36.020 when Nietzsche wept.
NOTE Confidence: 0.839974866666667

00:03:36.020 --> 00:03:38.750 Lying on the couch and the Schopenhauer cure,
NOTE Confidence: 0.839974866666667

00:03:38.750 --> 00:03:40.622 each is designed to bring core
NOTE Confidence: 0.839974866666667

00:03:40.622 --> 00:03:41.870 clinical concepts to life.
NOTE Confidence: 0.839974866666667

00:03:41.870 --> 00:03:43.725 For trainees who are learning
NOTE Confidence: 0.839974866666667

00:03:43.725 --> 00:03:45.580 how to conduct psychotherapy as
NOTE Confidence: 0.839974866666667

00:03:45.650 --> 00:03:47.540 well As for a broader audience.
NOTE Confidence: 0.839974866666667

00:03:47.540 --> 00:03:48.688 His most recent book,
NOTE Confidence: 0.839974866666667

00:03:48.688 --> 00:03:50.410 A Matter of Death and Life,
NOTE Confidence: 0.839974866666667

00:03:50.410 --> 00:03:51.946 combines his lifelong interests
NOTE Confidence: 0.839974866666667

00:03:51.946 --> 00:03:53.866 in writing an existential ISM
NOTE Confidence: 0.839974866666667

00:03:53.866 --> 00:03:55.757 in a uniquely personal way.
NOTE Confidence: 0.839974866666667

00:03:55.760 --> 00:03:57.212 The book is Co written with

NOTE Confidence: 0.839974866666667
00:03:57.212 --> 00:03:58.180 his wife Marilyn Yalom,
NOTE Confidence: 0.839974866666667
00:03:58.180 --> 00:04:00.078 who was herself an author, Anna Scholar.
NOTE Confidence: 0.839974866666667
00:04:00.078 --> 00:04:02.136 She was a professor of French and
NOTE Confidence: 0.839974866666667
00:04:02.136 --> 00:04:03.358 comparative literature and the
NOTE Confidence: 0.839974866666667
00:04:03.358 --> 00:04:05.116 director of an Institute on Women.
NOTE Confidence: 0.839974866666667
00:04:05.120 --> 00:04:07.017 The book begins from the time of
NOTE Confidence: 0.839974866666667
00:04:07.017 --> 00:04:08.198 Maryland's diagnosis of terminal
NOTE Confidence: 0.839974866666667
00:04:08.198 --> 00:04:09.773 cancer and consists of alternating
NOTE Confidence: 0.839974866666667
00:04:09.773 --> 00:04:11.849 chapters by Earth and Marilyn as they
NOTE Confidence: 0.839974866666667
00:04:11.849 --> 00:04:13.641 move through the process of her dying
NOTE Confidence: 0.839974866666667
00:04:13.650 --> 00:04:16.395 and what it means to die a good death.
NOTE Confidence: 0.839974866666667
00:04:16.400 --> 00:04:18.647 The last portion of the book document
NOTE Confidence: 0.839974866666667
00:04:18.647 --> 00:04:21.187 serves process of continuing on without her.
NOTE Confidence: 0.839974866666667
00:04:21.190 --> 00:04:22.394 This intimate and courageous
NOTE Confidence: 0.839974866666667
00:04:22.394 --> 00:04:24.200 account of their journey creates a
NOTE Confidence: 0.839974866666667

00:04:24.254 --> 00:04:25.929 powerful experience for the reader,
NOTE Confidence: 0.839974866666667

00:04:25.930 --> 00:04:26.514 one that,
NOTE Confidence: 0.839974866666667

00:04:26.514 --> 00:04:28.558 in the spirit of Doctor Yalom's work,
NOTE Confidence: 0.839974866666667

00:04:28.560 --> 00:04:30.188 instills clarity about what
NOTE Confidence: 0.839974866666667

00:04:30.188 --> 00:04:32.630 truly matters and how we can
NOTE Confidence: 0.839974866666667

00:04:32.705 --> 00:04:34.960 all experience life more fully.
NOTE Confidence: 0.839974866666667

00:04:34.960 --> 00:04:36.382 Will now share excerpts of a
NOTE Confidence: 0.839974866666667

00:04:36.382 --> 00:04:37.889 conversation that I had last week
NOTE Confidence: 0.839974866666667

00:04:37.889 --> 00:04:39.164 with Doctor Yalom following which
NOTE Confidence: 0.839974866666667

00:04:39.164 --> 00:04:41.030 will join us for a live Q&A session.
NOTE Confidence: 0.839974866666667

00:04:41.030 --> 00:04:42.098 So if you have any questions,
NOTE Confidence: 0.839974866666667

00:04:42.100 --> 00:04:43.996 please chat them directly to me via zoom.
NOTE Confidence: 0.829691898461538

00:04:50.760 --> 00:04:53.651 As a reader, the beauty of your
NOTE Confidence: 0.829691898461538

00:04:53.651 --> 00:04:56.118 fiction has has been that it.
NOTE Confidence: 0.829691898461538

00:04:56.120 --> 00:04:57.890 It allows the reader to feel
NOTE Confidence: 0.829691898461538

00:04:57.890 --> 00:04:59.924 like they are in the room

NOTE Confidence: 0.829691898461538
00:04:59.924 --> 00:05:01.496 while therapy is happening.
NOTE Confidence: 0.829691898461538
00:05:01.500 --> 00:05:03.690 And that it brings to life
NOTE Confidence: 0.829691898461538
00:05:03.690 --> 00:05:05.150 some of these core.
NOTE Confidence: 0.829691898461538
00:05:05.150 --> 00:05:06.707 Conceptual frameworks for
NOTE Confidence: 0.829691898461538
00:05:06.707 --> 00:05:08.264 existential psychotherapy and
NOTE Confidence: 0.829691898461538
00:05:08.264 --> 00:05:11.159 makes them alive for the reader.
NOTE Confidence: 0.888940477
00:05:13.600 --> 00:05:15.730 Yeah, I I don't quite know
NOTE Confidence: 0.888940477
00:05:15.730 --> 00:05:17.150 how I accomplished that.
NOTE Confidence: 0.888940477
00:05:17.150 --> 00:05:19.096 I never had a course in writing.
NOTE Confidence: 0.888940477
00:05:19.100 --> 00:05:22.118 I've always asked to do that.
NOTE Confidence: 0.888940477
00:05:22.120 --> 00:05:25.576 I had no electives in pre Med school,
NOTE Confidence: 0.888940477
00:05:25.580 --> 00:05:28.418 so I read all my life,
NOTE Confidence: 0.888940477
00:05:28.420 --> 00:05:31.214 but I I've never approached it in
NOTE Confidence: 0.888940477
00:05:31.214 --> 00:05:32.798 some sort of a student fashion.
NOTE Confidence: 0.888940477
00:05:32.800 --> 00:05:34.060 Learn how to write novels.
NOTE Confidence: 0.888940477

00:05:34.060 --> 00:05:37.908 I just I just plunged into it myself.
NOTE Confidence: 0.888940477

00:05:37.910 --> 00:05:39.986 Sometimes I feel sorry for myself
NOTE Confidence: 0.888940477

00:05:39.986 --> 00:05:42.439 for not having had that education.
NOTE Confidence: 0.888940477

00:05:42.440 --> 00:05:43.980 Sometimes I feel proud of.
NOTE Confidence: 0.888940477

00:05:43.980 --> 00:05:45.900 Not having not having done it,
NOTE Confidence: 0.888940477

00:05:45.900 --> 00:05:48.160 then going about it on my own,
NOTE Confidence: 0.888940477

00:05:48.160 --> 00:05:50.815 I really didn't know how I was doing this,
NOTE Confidence: 0.888940477

00:05:50.820 --> 00:05:53.100 but it just just flowed.
NOTE Confidence: 0.888940477

00:05:53.100 --> 00:05:55.250 Yeah, and I wonder if you could
NOTE Confidence: 0.8368883275

00:05:55.260 --> 00:05:58.724 just set up 'cause as much of your
NOTE Confidence: 0.8368883275

00:05:58.724 --> 00:06:00.920 work describes these central.
NOTE Confidence: 0.8368883275

00:06:00.920 --> 00:06:05.407 Tensions and struggles with death anxiety an.
NOTE Confidence: 0.8368883275

00:06:05.410 --> 00:06:07.762 Both how individuals struggle with it and
NOTE Confidence: 0.8368883275

00:06:07.762 --> 00:06:10.129 a path forward that can be therapeutic,
NOTE Confidence: 0.8368883275

00:06:10.130 --> 00:06:12.272 and I wonder if you could just
NOTE Confidence: 0.8368883275

00:06:12.272 --> 00:06:14.371 sort of describe how that plays

NOTE Confidence: 0.8368883275

00:06:14.371 --> 00:06:15.859 out for some individuals.

NOTE Confidence: 0.7802150875

00:06:17.110 --> 00:06:20.224 Well, I I've accompanied a great

NOTE Confidence: 0.7802150875

00:06:20.224 --> 00:06:23.650 many people to to their death.

NOTE Confidence: 0.7802150875

00:06:23.650 --> 00:06:25.174 Working with them is

NOTE Confidence: 0.7802150875

00:06:25.174 --> 00:06:27.999 always part of my practice.

NOTE Confidence: 0.7802150875

00:06:28.000 --> 00:06:32.107 And tried to overcome my own fear as

NOTE Confidence: 0.7802150875

00:06:32.107 --> 00:06:34.403 I worked with them and I still see

NOTE Confidence: 0.7802150875

00:06:34.403 --> 00:06:36.906 people with with a lot of death anxiety.

NOTE Confidence: 0.7802150875

00:06:36.910 --> 00:06:39.000 Even in these single consultations

NOTE Confidence: 0.7802150875

00:06:39.000 --> 00:06:41.845 and a large number of them were

NOTE Confidence: 0.7802150875

00:06:41.845 --> 00:06:43.753 dealing with death anxiety.

NOTE Confidence: 0.7802150875

00:06:43.760 --> 00:06:47.575 And in the last couple of years.

NOTE Confidence: 0.7802150875

00:06:47.580 --> 00:06:48.830 And in dealing with patients

NOTE Confidence: 0.7802150875

00:06:48.830 --> 00:06:50.080 who present with their things,

NOTE Confidence: 0.7802150875

00:06:50.080 --> 00:06:51.640 and that's what they want to work on,

NOTE Confidence: 0.7802150875

00:06:51.640 --> 00:06:54.041 I began to fashion a kind of
NOTE Confidence: 0.7802150875

00:06:54.041 --> 00:06:56.785 formula that I don't think it's
NOTE Confidence: 0.7802150875

00:06:56.785 --> 00:06:58.420 really totally original.
NOTE Confidence: 0.7802150875

00:06:58.420 --> 00:07:00.790 But it's been working for me.
NOTE Confidence: 0.7802150875

00:07:00.790 --> 00:07:03.485 It seems to me that that that
NOTE Confidence: 0.7802150875

00:07:03.485 --> 00:07:06.546 people who have a great deal of
NOTE Confidence: 0.7802150875

00:07:06.546 --> 00:07:08.816 concerns or feeling that they
NOTE Confidence: 0.7802150875

00:07:08.816 --> 00:07:11.240 haven't fully live their life,
NOTE Confidence: 0.7802150875

00:07:11.240 --> 00:07:13.809 that they're full of regrets about about
NOTE Confidence: 0.7802150875

00:07:13.809 --> 00:07:16.920 the way they about the way they've lived,
NOTE Confidence: 0.7802150875

00:07:16.920 --> 00:07:17.392 their life,
NOTE Confidence: 0.7802150875

00:07:17.392 --> 00:07:19.044 and what they haven't done in life.
NOTE Confidence: 0.7802150875

00:07:19.050 --> 00:07:21.493 I think these are the individuals who
NOTE Confidence: 0.7802150875

00:07:21.493 --> 00:07:24.397 have the most anxiety about about dying.
NOTE Confidence: 0.7802150875

00:07:24.400 --> 00:07:27.160 I can say that personally for
NOTE Confidence: 0.7802150875

00:07:27.160 --> 00:07:30.488 myself that I as I've I'm growing

NOTE Confidence: 0.7802150875

00:07:30.488 --> 00:07:34.120 old now I'm I'm I've outgrown.

NOTE Confidence: 0.7802150875

00:07:34.120 --> 00:07:38.053 I'm all my friends had died who I went

NOTE Confidence: 0.7802150875

00:07:38.053 --> 00:07:42.440 to medical school at George Washington.

NOTE Confidence: 0.7802150875

00:07:42.440 --> 00:07:44.012 At that time there was a

NOTE Confidence: 0.7802150875

00:07:44.012 --> 00:07:45.060 shortage of that year.

NOTE Confidence: 0.7802150875

00:07:45.060 --> 00:07:46.626 There was a shortage of cadavers

NOTE Confidence: 0.7802150875

00:07:46.626 --> 00:07:48.660 that we had six of us dissecting.

NOTE Confidence: 0.7802150875

00:07:48.660 --> 00:07:50.580 They could never, rather than four,

NOTE Confidence: 0.7802150875

00:07:50.580 --> 00:07:52.560 and they have only recently.

NOTE Confidence: 0.7802150875

00:07:52.560 --> 00:07:53.956 Just several months ago

NOTE Confidence: 0.7802150875

00:07:53.956 --> 00:07:56.050 it began to dawn on me.

NOTE Confidence: 0.7802150875

00:07:56.050 --> 00:07:58.858 That was thinking as I thought about this.

NOTE Confidence: 0.7802150875

00:07:58.860 --> 00:08:00.630 This unforgettable year,

NOTE Confidence: 0.7802150875

00:08:00.630 --> 00:08:04.170 I said thing that could ever.

NOTE Confidence: 0.7802150875

00:08:04.170 --> 00:08:06.284 That all the other five had died.

NOTE Confidence: 0.7802150875

00:08:06.290 --> 00:08:08.082 I was the only only one left
NOTE Confidence: 0.7802150875

00:08:08.082 --> 00:08:09.610 alive is rather frightening.
NOTE Confidence: 0.7802150875

00:08:09.610 --> 00:08:11.308 Kind of feeling that you see
NOTE Confidence: 0.7802150875

00:08:11.308 --> 00:08:13.190 all your all your companions,
NOTE Confidence: 0.7802150875

00:08:13.190 --> 00:08:15.136 all the people who are with you
NOTE Confidence: 0.7802150875

00:08:15.136 --> 00:08:16.708 during your education who are dead.
NOTE Confidence: 0.7802150875

00:08:16.710 --> 00:08:19.086 So I am experiencing that now.
NOTE Confidence: 0.7802150875

00:08:19.090 --> 00:08:21.578 And I'm also I can tell you this,
NOTE Confidence: 0.7802150875

00:08:21.580 --> 00:08:24.240 that as I think about death and
NOTE Confidence: 0.7802150875

00:08:24.240 --> 00:08:26.569 I think about my own death,
NOTE Confidence: 0.7802150875

00:08:26.570 --> 00:08:27.608 which is approaching.
NOTE Confidence: 0.7802150875

00:08:27.608 --> 00:08:30.590 I'll be 90 in in a few weeks,
NOTE Confidence: 0.7802150875

00:08:30.590 --> 00:08:32.912 but I have very very little
NOTE Confidence: 0.7802150875

00:08:32.912 --> 00:08:35.450 death anxiety and I do believe.
NOTE Confidence: 0.7802150875

00:08:35.450 --> 00:08:38.594 That is closely related to my sense of
NOTE Confidence: 0.7802150875

00:08:38.594 --> 00:08:42.108 having few regrets about how I live my life.

NOTE Confidence: 0.7802150875

00:08:42.110 --> 00:08:44.616 I lived my life since I was

NOTE Confidence: 0.7802150875

00:08:44.616 --> 00:08:46.949 14 with with with Marilyn,

NOTE Confidence: 0.7802150875

00:08:46.950 --> 00:08:48.204 my wife,

NOTE Confidence: 0.7802150875

00:08:48.204 --> 00:08:50.712 who's extraordinary woman and

NOTE Confidence: 0.7802150875

00:08:50.712 --> 00:08:54.289 felt fortunate to be with her.

NOTE Confidence: 0.7802150875

00:08:54.290 --> 00:08:57.394 And almost all times,

NOTE Confidence: 0.7802150875

00:08:57.394 --> 00:09:00.429 and as I as I look back on my life,

NOTE Confidence: 0.7802150875

00:09:00.430 --> 00:09:02.190 I have so few regrets.

NOTE Confidence: 0.7802150875

00:09:02.190 --> 00:09:05.018 One thing that I was doing after

NOTE Confidence: 0.7802150875

00:09:05.018 --> 00:09:07.729 after she died and I was in

NOTE Confidence: 0.7802150875

00:09:07.729 --> 00:09:09.841 deep grief and lying in bed.

NOTE Confidence: 0.7802150875

00:09:09.850 --> 00:09:13.090 Just feeling very numb and my eyes caught.

NOTE Confidence: 0.7802150875

00:09:13.090 --> 00:09:14.938 This row of books that I had

NOTE Confidence: 0.7802150875

00:09:14.938 --> 00:09:16.928 written and I thought for the and

NOTE Confidence: 0.7802150875

00:09:16.928 --> 00:09:18.967 then for the first time I started

NOTE Confidence: 0.7802150875

00:09:18.967 --> 00:09:21.175 to reread my my own books and it
NOTE Confidence: 0.7802150875

00:09:21.175 --> 00:09:22.798 was quite an experience.
NOTE Confidence: 0.7802150875

00:09:22.798 --> 00:09:25.920 It was extremely good therapy for me.
NOTE Confidence: 0.7802150875

00:09:25.920 --> 00:09:31.050 I was more or less pleased with the books.
NOTE Confidence: 0.7802150875

00:09:31.050 --> 00:09:32.650 I was also very startled.
NOTE Confidence: 0.7802150875

00:09:32.650 --> 00:09:33.388 I came to
NOTE Confidence: 0.87694206

00:09:33.390 --> 00:09:36.880 a book called Momma and the Meaning of Life.
NOTE Confidence: 0.87694206

00:09:36.880 --> 00:09:39.517 It was the early book and one of the
NOTE Confidence: 0.87694206

00:09:39.517 --> 00:09:41.806 stories I just almost fainted when I
NOTE Confidence: 0.87694206

00:09:41.806 --> 00:09:44.404 saw this with about the third story in
NOTE Confidence: 0.87694206

00:09:44.404 --> 00:09:46.402 there was something like 8 advanced
NOTE Confidence: 0.87694206

00:09:46.402 --> 00:09:48.830 lessons in the therapy of grief here.
NOTE Confidence: 0.87694206

00:09:48.830 --> 00:09:51.050 I was mired in grief and I see I wrote
NOTE Confidence: 0.87694206

00:09:51.109 --> 00:09:53.329 a striper totally forgotten this story
NOTE Confidence: 0.87694206

00:09:53.330 --> 00:09:56.634 and I read it from Mendis interest.
NOTE Confidence: 0.87694206

00:09:56.640 --> 00:09:59.952 It was a story of a professor at Stanford,

NOTE Confidence: 0.87694206

00:09:59.960 --> 00:10:02.354 a woman who had just lost her husband and.

NOTE Confidence: 0.87694206

00:10:02.360 --> 00:10:05.150 Couple years before that had lost

NOTE Confidence: 0.87694206

00:10:05.150 --> 00:10:07.933 her beloved brother and therapy was

NOTE Confidence: 0.87694206

00:10:07.933 --> 00:10:10.805 difficult with her, she was angry.

NOTE Confidence: 0.87694206

00:10:10.805 --> 00:10:14.036 Angry at Fate, but got angry with me too,

NOTE Confidence: 0.87694206

00:10:14.040 --> 00:10:16.358 saying she should say things like, oh,

NOTE Confidence: 0.87694206

00:10:16.358 --> 00:10:19.580 you sit there in that nice try pink shirt.

NOTE Confidence: 0.87694206

00:10:19.580 --> 00:10:20.900 Nothing's ever happened to you.

NOTE Confidence: 0.87694206

00:10:20.900 --> 00:10:23.620 Nothing bad is ever happened to you.

NOTE Confidence: 0.87694206

00:10:23.620 --> 00:10:25.660 You don't know how I feel and I

NOTE Confidence: 0.87694206

00:10:25.733 --> 00:10:27.695 would start to argue with her.

NOTE Confidence: 0.87694206

00:10:27.700 --> 00:10:29.520 We get into arguments, I'd say, oh,

NOTE Confidence: 0.87694206

00:10:29.520 --> 00:10:31.635 I have to be depressive, period.

NOTE Confidence: 0.87694206

00:10:31.635 --> 00:10:32.265 Depressed patient.

NOTE Confidence: 0.87694206

00:10:32.265 --> 00:10:33.840 I have to be schizophrenic,

NOTE Confidence: 0.87694206

00:10:33.840 --> 00:10:34.890 the treated schizophrenic.
NOTE Confidence: 0.87694206

00:10:34.890 --> 00:10:36.990 Should be shouting back at me,
NOTE Confidence: 0.87694206

00:10:36.990 --> 00:10:39.030 but a gradually oh maybe,
NOTE Confidence: 0.87694206

00:10:39.030 --> 00:10:41.766 maybe over the course of a year and a
NOTE Confidence: 0.87694206

00:10:41.766 --> 00:10:44.818 half she gradually began began to improve.
NOTE Confidence: 0.87694206

00:10:44.820 --> 00:10:48.565 But now as I think of her,
NOTE Confidence: 0.87694206

00:10:48.570 --> 00:10:51.873 I think I realized that she was really right,
NOTE Confidence: 0.87694206

00:10:51.880 --> 00:10:54.368 that that I I could work with her
NOTE Confidence: 0.87694206

00:10:54.368 --> 00:10:56.450 much better now than I did then.
NOTE Confidence: 0.87694206

00:10:56.450 --> 00:10:57.887 Having experienced what,
NOTE Confidence: 0.87694206

00:10:57.887 --> 00:11:00.761 it's like to feel this numbness
NOTE Confidence: 0.87694206

00:11:00.761 --> 00:11:02.548 of Greek of grief.
NOTE Confidence: 0.87694206

00:11:02.550 --> 00:11:04.755 This inability to kind of
NOTE Confidence: 0.87694206

00:11:04.755 --> 00:11:06.519 forget your your less.
NOTE Confidence: 0.87694206

00:11:06.520 --> 00:11:09.117 Images of the person who you've lost,
NOTE Confidence: 0.87694206

00:11:09.120 --> 00:11:11.710 so I think I'd be there a

NOTE Confidence: 0.87694206

00:11:11.710 --> 00:11:13.261 better therapist for grief

NOTE Confidence: 0.87694206

00:11:13.261 --> 00:11:15.725 now than I was at that point.

NOTE Confidence: 0.87694206

00:11:15.730 --> 00:11:15.987 OK,

NOTE Confidence: 0.87694206

00:11:15.987 --> 00:11:16.758 well maybe we

NOTE Confidence: 0.8606973675

00:11:16.770 --> 00:11:18.390 can talk about the new book

NOTE Confidence: 0.8606973675

00:11:18.390 --> 00:11:20.080 a Matter of Death and Life,

NOTE Confidence: 0.8606973675

00:11:20.080 --> 00:11:23.072 and from the beginning of the book we

NOTE Confidence: 0.8606973675

00:11:23.072 --> 00:11:26.177 know How It's going to end that that.

NOTE Confidence: 0.8606973675

00:11:26.180 --> 00:11:28.959 That Marilyn is is dying of a

NOTE Confidence: 0.8606973675

00:11:28.959 --> 00:11:31.472 terminal illness an and it's a

NOTE Confidence: 0.8606973675

00:11:31.472 --> 00:11:33.950 story that's about the journey and

NOTE Confidence: 0.8606973675

00:11:33.950 --> 00:11:36.794 about how you get there and how you

NOTE Confidence: 0.8606973675

00:11:36.800 --> 00:11:39.920 how you move through that process.

NOTE Confidence: 0.8606973675

00:11:39.920 --> 00:11:41.888 And maybe you can start by telling us

NOTE Confidence: 0.8606973675

00:11:41.888 --> 00:11:44.416 what was the was the initial impetus,

NOTE Confidence: 0.8606973675

00:11:44.416 --> 00:11:46.449 like like what was the moment that
NOTE Confidence: 0.8606973675

00:11:46.449 --> 00:11:48.172 said that the book came to be that
NOTE Confidence: 0.8606973675

00:11:48.172 --> 00:11:49.508 you said we should write about this.
NOTE Confidence: 0.821744973333333

00:11:49.970 --> 00:11:52.421 Oh I can, I can tell you answer that
NOTE Confidence: 0.821744973333333

00:11:52.421 --> 00:11:56.352 just precisely Myrtle and I are just a
NOTE Confidence: 0.821744973333333

00:11:56.352 --> 00:11:59.704 block for nice park away, often walking.
NOTE Confidence: 0.821744973333333

00:11:59.704 --> 00:12:03.085 That park and one day Melon said
NOTE Confidence: 0.821744973333333

00:12:03.085 --> 00:12:05.970 to me she had multiple myeloma,
NOTE Confidence: 0.821744973333333

00:12:05.970 --> 00:12:09.640 and as you as you know, treatment of
NOTE Confidence: 0.821744973333333

00:12:09.640 --> 00:12:11.665 that sometimes be pretty successful.
NOTE Confidence: 0.821744973333333

00:12:11.670 --> 00:12:14.606 People can be kept alive for 10-15 years.
NOTE Confidence: 0.821744973333333

00:12:14.606 --> 00:12:16.382 Some people can't, and she was one
NOTE Confidence: 0.821744973333333

00:12:16.382 --> 00:12:17.910 of those who fell into that category.
NOTE Confidence: 0.821744973333333

00:12:17.910 --> 00:12:20.724 All the medications that were that were
NOTE Confidence: 0.821744973333333

00:12:20.724 --> 00:12:23.767 that were tried were not helpful to her,
NOTE Confidence: 0.821744973333333

00:12:23.770 --> 00:12:26.506 and so we were walking along and she was

NOTE Confidence: 0.8217449733333333
00:12:26.506 --> 00:12:29.166 saying to me, you know, I've been thinking I.
NOTE Confidence: 0.8217449733333333
00:12:29.170 --> 00:12:30.198 I think we should.
NOTE Confidence: 0.8217449733333333
00:12:30.198 --> 00:12:32.070 We should write a book about what's
NOTE Confidence: 0.8217449733333333
00:12:32.070 --> 00:12:33.666 going on here in our lives.
NOTE Confidence: 0.8217449733333333
00:12:33.670 --> 00:12:35.430 You and me already chapter.
NOTE Confidence: 0.8217449733333333
00:12:35.430 --> 00:12:36.610 Then you write. A chapter.
NOTE Confidence: 0.8217449733333333
00:12:36.610 --> 00:12:39.598 Will alternate chapters.
NOTE Confidence: 0.8217449733333333
00:12:39.600 --> 00:12:41.792 And I said to her, you know very well.
NOTE Confidence: 0.8217449733333333
00:12:41.792 --> 00:12:43.457 That's really a wonderful idea.
NOTE Confidence: 0.8217449733333333
00:12:43.460 --> 00:12:45.180 I think it's a book you should write.
NOTE Confidence: 0.8217449733333333
00:12:45.180 --> 00:12:47.164 As you know, I'm just I've already started
NOTE Confidence: 0.8217449733333333
00:12:47.164 --> 00:12:49.378 in her book of stories that I'm writing,
NOTE Confidence: 0.8217449733333333
00:12:49.380 --> 00:12:50.466 and she says,
NOTE Confidence: 0.8217449733333333
00:12:50.466 --> 00:12:53.000 and she was a very powerful woman.
NOTE Confidence: 0.8217449733333333
00:12:53.000 --> 00:12:55.916 She was all about 98 pounds,
NOTE Confidence: 0.8217449733333333

00:12:55.920 --> 00:12:59.370 rarely over 100, and not quite.

NOTE Confidence: 0.8217449733333333

00:12:59.370 --> 00:13:00.710 She called herself 5 foot,

NOTE Confidence: 0.8217449733333333

00:13:00.710 --> 00:13:03.076 but she was about four feet 11,

NOTE Confidence: 0.8217449733333333

00:13:03.080 --> 00:13:04.088 so she was tiny.

NOTE Confidence: 0.8217449733333333

00:13:04.088 --> 00:13:06.489 But she was very tough and very powerful.

NOTE Confidence: 0.8217449733333333

00:13:06.490 --> 00:13:08.600 And she said, Oh no, you're not writing.

NOTE Confidence: 0.8217449733333333

00:13:08.600 --> 00:13:09.620 You're not ready.

NOTE Confidence: 0.8217449733333333

00:13:09.620 --> 00:13:11.306 That book is going to be

NOTE Confidence: 0.8217449733333333

00:13:11.306 --> 00:13:12.670 writing this book with me,

NOTE Confidence: 0.8217449733333333

00:13:12.670 --> 00:13:13.639 and sure enough,

NOTE Confidence: 0.8217449733333333

00:13:13.639 --> 00:13:15.254 we started writing that book,

NOTE Confidence: 0.8217449733333333

00:13:15.260 --> 00:13:18.820 and so the book is is really a

NOTE Confidence: 0.8217449733333333

00:13:18.820 --> 00:13:22.952 book about about her death and we

NOTE Confidence: 0.8217449733333333

00:13:22.952 --> 00:13:24.880 call it a matter of death and life.

NOTE Confidence: 0.8217449733333333

00:13:24.880 --> 00:13:26.952 That reason I call it that I called

NOTE Confidence: 0.8217449733333333

00:13:26.952 --> 00:13:29.341 it that because it's a book about her

NOTE Confidence: 0.8217449733333333

00:13:29.341 --> 00:13:31.759 death and then about my life afterwards.

NOTE Confidence: 0.8217449733333333

00:13:31.760 --> 00:13:32.858 The second half of the book,

NOTE Confidence: 0.8217449733333333

00:13:32.860 --> 00:13:35.114 which I of course wrote by myself.

NOTE Confidence: 0.8217449733333333

00:13:35.120 --> 00:13:37.664 So our life really ended with are working

NOTE Confidence: 0.8217449733333333

00:13:37.664 --> 00:13:40.868 on a book I've often thought of the fact.

NOTE Confidence: 0.8217449733333333

00:13:40.870 --> 00:13:44.080 That her life began and ended

NOTE Confidence: 0.8217449733333333

00:13:44.080 --> 00:13:46.504 with books I met, Marilyn.

NOTE Confidence: 0.8217449733333333

00:13:46.504 --> 00:13:49.060 I wrote about this in a memoir that I

NOTE Confidence: 0.8217449733333333

00:13:49.128 --> 00:13:51.478 wrote called Becoming becoming myself.

NOTE Confidence: 0.8217449733333333

00:13:51.480 --> 00:13:54.104 I I met Marilyn when I was 14.

NOTE Confidence: 0.8217449733333333

00:13:54.110 --> 00:13:56.648 I just moved out the out of this very

NOTE Confidence: 0.8217449733333333

00:13:56.648 --> 00:13:59.554 rough neighborhood into a nicer part of town.

NOTE Confidence: 0.8217449733333333

00:13:59.560 --> 00:14:02.536 And I just I just as the school

NOTE Confidence: 0.8217449733333333

00:14:02.536 --> 00:14:04.220 year was starting.

NOTE Confidence: 0.8217449733333333

00:14:04.220 --> 00:14:04.457 I,

NOTE Confidence: 0.8217449733333333

00:14:04.457 --> 00:14:06.353 I heard from somebody that I knew he
NOTE Confidence: 0.8217449733333333

00:14:06.353 --> 00:14:08.340 came to me and so you know there's
NOTE Confidence: 0.8217449733333333

00:14:08.340 --> 00:14:10.418 there's a party at Maryland Codex House.
NOTE Confidence: 0.8217449733333333

00:14:10.420 --> 00:14:12.160 Let's let's go on over there.
NOTE Confidence: 0.8217449733333333

00:14:12.160 --> 00:14:14.601 I said what I didn't get invited, he
NOTE Confidence: 0.8217449733333333

00:14:14.601 --> 00:14:17.249 thought was not necessary so they came over.
NOTE Confidence: 0.8217449733333333

00:14:17.250 --> 00:14:19.998 There was a big.
NOTE Confidence: 0.8217449733333333

00:14:20.000 --> 00:14:21.638 Mob of students right outside the
NOTE Confidence: 0.8217449733333333

00:14:21.638 --> 00:14:23.449 house trying to get in the house
NOTE Confidence: 0.8217449733333333

00:14:23.449 --> 00:14:25.210 is totally full and he said to me,
NOTE Confidence: 0.8217449733333333

00:14:25.210 --> 00:14:28.042 let's climb through the window so
NOTE Confidence: 0.8217449733333333

00:14:28.042 --> 00:14:30.760 I did and I saw her at the other
NOTE Confidence: 0.8217449733333333

00:14:30.855 --> 00:14:32.239 end of the room.
NOTE Confidence: 0.8217449733333333

00:14:32.240 --> 00:14:34.040 I immediately just this thought
NOTE Confidence: 0.8217449733333333

00:14:34.040 --> 00:14:36.965 so well of her and I hardly ever
NOTE Confidence: 0.8217449733333333

00:14:36.965 --> 00:14:38.720 talked to a woman before.

NOTE Confidence: 0.8217449733333333

00:14:38.720 --> 00:14:40.589 But anyway, I got up my nerve.

NOTE Confidence: 0.850269448

00:14:40.590 --> 00:14:44.080 I went over to her and said, I'm Irv Young.

NOTE Confidence: 0.850269448

00:14:44.080 --> 00:14:46.126 I just crawled through your window.

NOTE Confidence: 0.829047434

00:14:47.740 --> 00:14:49.120 That's the kind of social

NOTE Confidence: 0.872613765

00:14:49.130 --> 00:14:52.254 skills I had at that point, but gradually,

NOTE Confidence: 0.872613765

00:14:52.254 --> 00:14:54.186 we talked for a few minutes.

NOTE Confidence: 0.872613765

00:14:54.190 --> 00:14:55.430 He was very busy then,

NOTE Confidence: 0.872613765

00:14:55.430 --> 00:14:57.607 but I got her phone number and

NOTE Confidence: 0.872613765

00:14:57.607 --> 00:14:59.827 called her back and we had a date.

NOTE Confidence: 0.872613765

00:14:59.830 --> 00:15:02.854 My first date with a woman and a day

NOTE Confidence: 0.872613765

00:15:02.854 --> 00:15:05.752 or two later and she told me the fact

NOTE Confidence: 0.872613765

00:15:05.752 --> 00:15:07.948 that she had skipped school that day,

NOTE Confidence: 0.872613765

00:15:07.950 --> 00:15:11.430 and I wish astounded by that.

NOTE Confidence: 0.872613765

00:15:11.430 --> 00:15:13.140 Skip school that day, why?

NOTE Confidence: 0.872613765

00:15:13.140 --> 00:15:15.196 Well, she had skip school because she had

NOTE Confidence: 0.872613765

00:15:15.196 --> 00:15:17.528 stayed up the night before reading all night.

NOTE Confidence: 0.872613765

00:15:17.530 --> 00:15:20.080 Long gone with the wind.

NOTE Confidence: 0.872613765

00:15:20.080 --> 00:15:23.027 And so as soon as I heard

NOTE Confidence: 0.872613765

00:15:23.027 --> 00:15:25.580 that I was astounded,

NOTE Confidence: 0.872613765

00:15:25.580 --> 00:15:27.390 here's someone who loves books,

NOTE Confidence: 0.872613765

00:15:27.390 --> 00:15:29.665 is as much as I do so.

NOTE Confidence: 0.872613765

00:15:29.670 --> 00:15:30.810 In a sense,

NOTE Confidence: 0.872613765

00:15:30.810 --> 00:15:32.330 our relationship really started

NOTE Confidence: 0.872613765

00:15:32.330 --> 00:15:34.501 with with books and hearing it

NOTE Confidence: 0.872613765

00:15:34.501 --> 00:15:36.433 and ended with books and books

NOTE Confidence: 0.872613765

00:15:36.433 --> 00:15:38.482 have been so important to us over

NOTE Confidence: 0.872613765

00:15:38.482 --> 00:15:40.278 like she was a wonderful writer

NOTE Confidence: 0.872613765

00:15:40.278 --> 00:15:41.998 and always my first editor.

NOTE Confidence: 0.874102275

00:15:43.660 --> 00:15:46.356 And through the first third of the book,

NOTE Confidence: 0.874102275

00:15:46.360 --> 00:15:48.904 there's some degree of optimism that

NOTE Confidence: 0.874102275

00:15:48.904 --> 00:15:50.930 she's getting new treatments and,

NOTE Confidence: 0.874102275

00:15:50.930 --> 00:15:52.695 and there's hope that things

NOTE Confidence: 0.874102275

00:15:52.695 --> 00:15:54.460 may may turn around and,

NOTE Confidence: 0.874102275

00:15:54.460 --> 00:15:57.605 and you also convey the struggles of

NOTE Confidence: 0.874102275

00:15:57.605 --> 00:16:00.323 that time period and what it was like to

NOTE Confidence: 0.874102275

00:16:00.323 --> 00:16:02.490 have death feels so close for you both.

NOTE Confidence: 0.874102275

00:16:02.490 --> 00:16:03.624 And I wonder if you can talk

NOTE Confidence: 0.874102275

00:16:03.624 --> 00:16:04.590 a little bit about that.

NOTE Confidence: 0.860340201904762

00:16:05.370 --> 00:16:08.226 Well, we went to the went to hospital

NOTE Confidence: 0.860340201904762

00:16:08.226 --> 00:16:11.795 one day a week where she get infusions

NOTE Confidence: 0.860340201904762

00:16:11.795 --> 00:16:14.040 with the various treatments for.

NOTE Confidence: 0.860340201904762

00:16:14.040 --> 00:16:17.659 Alphapoint myeloma, or as I mentioned before,

NOTE Confidence: 0.860340201904762

00:16:17.660 --> 00:16:18.928 they they all failed,

NOTE Confidence: 0.860340201904762

00:16:18.928 --> 00:16:20.830 but she would often have to

NOTE Confidence: 0.860340201904762

00:16:20.901 --> 00:16:22.776 be infused for several hours.

NOTE Confidence: 0.860340201904762

00:16:22.780 --> 00:16:24.718 I would sit by her bed,

NOTE Confidence: 0.860340201904762

00:16:24.720 --> 00:16:27.415 read it was with her during all
NOTE Confidence: 0.860340201904762

00:16:27.415 --> 00:16:30.370 that time and never left her side.
NOTE Confidence: 0.860340201904762

00:16:30.370 --> 00:16:35.059 And so we went there one day a week
NOTE Confidence: 0.860340201904762

00:16:35.059 --> 00:16:38.750 until the time came when it was
NOTE Confidence: 0.860340201904762

00:16:38.750 --> 00:16:40.625 apparent that it wasn't working.
NOTE Confidence: 0.860340201904762

00:16:40.630 --> 00:16:44.166 She began having pain in her back should.
NOTE Confidence: 0.860340201904762

00:16:44.170 --> 00:16:45.583 Begin to weaken.
NOTE Confidence: 0.860340201904762

00:16:45.583 --> 00:16:48.409 It was my sport by alarm,
NOTE Confidence: 0.860340201904762

00:16:48.410 --> 00:16:51.304 as as you know is a is a cancer of the
NOTE Confidence: 0.860340201904762

00:16:51.304 --> 00:16:53.686 blood cells and plasma blood cells,
NOTE Confidence: 0.860340201904762

00:16:53.690 --> 00:16:55.820 white blood cells and she became
NOTE Confidence: 0.860340201904762

00:16:55.820 --> 00:16:58.376 weaker and weaker and soon became so
NOTE Confidence: 0.860340201904762

00:16:58.376 --> 00:17:00.506 weak that she really couldn't even
NOTE Confidence: 0.860340201904762

00:17:00.506 --> 00:17:02.839 walk out the house to the mailbox,
NOTE Confidence: 0.860340201904762

00:17:02.840 --> 00:17:07.784 which is about 150 feet away until
NOTE Confidence: 0.860340201904762

00:17:07.784 --> 00:17:11.716 finally she and she talked to the

NOTE Confidence: 0.860340201904762

00:17:11.716 --> 00:17:14.606 people at Stanford and ask them.

NOTE Confidence: 0.860340201904762

00:17:14.606 --> 00:17:17.258 If they would help her die,

NOTE Confidence: 0.860340201904762

00:17:17.260 --> 00:17:20.326 and California is one of the states

NOTE Confidence: 0.860340201904762

00:17:20.326 --> 00:17:22.679 in which physician assisted death

NOTE Confidence: 0.860340201904762

00:17:22.679 --> 00:17:26.025 is is possible with required is 2

NOTE Confidence: 0.860340201904762

00:17:26.025 --> 00:17:28.292 physicians who will attest to the

NOTE Confidence: 0.860340201904762

00:17:28.292 --> 00:17:31.509 fact that she has a fatal illness and

NOTE Confidence: 0.860340201904762

00:17:31.509 --> 00:17:35.700 they're allowed to to help her face death.

NOTE Confidence: 0.860340201904762

00:17:35.700 --> 00:17:37.653 It varies from state to state as

NOTE Confidence: 0.860340201904762

00:17:37.653 --> 00:17:39.679 it varies from country to country.

NOTE Confidence: 0.860340201904762

00:17:39.680 --> 00:17:42.404 Many people go to Switzerland to

NOTE Confidence: 0.860340201904762

00:17:42.404 --> 00:17:44.899 go through the Netherlands for

NOTE Confidence: 0.860340201904762

00:17:44.899 --> 00:17:46.690 physician assisted suicide.

NOTE Confidence: 0.860340201904762

00:17:46.690 --> 00:17:50.798 So she went first to A to a Hospice,

NOTE Confidence: 0.860340201904762

00:17:50.798 --> 00:17:51.930 or which,

NOTE Confidence: 0.860340201904762

00:17:51.930 --> 00:17:54.492 which is a quite a wonderful help
NOTE Confidence: 0.860340201904762

00:17:54.492 --> 00:17:57.526 for her with a physician who it is
NOTE Confidence: 0.860340201904762

00:17:57.526 --> 00:18:00.090 cystid so many patients who are dying.
NOTE Confidence: 0.860340201904762

00:18:00.090 --> 00:18:02.282 And when she got to the point she's
NOTE Confidence: 0.860340201904762

00:18:02.282 --> 00:18:04.518 saying this is not worth living anymore,
NOTE Confidence: 0.860340201904762

00:18:04.520 --> 00:18:06.340 the pain is too much.
NOTE Confidence: 0.860340201904762

00:18:06.340 --> 00:18:10.300 She she asked the physician to to help
NOTE Confidence: 0.860340201904762

00:18:10.300 --> 00:18:14.005 her die and she said that he came
NOTE Confidence: 0.860340201904762

00:18:14.005 --> 00:18:16.796 over with with. With medications.
NOTE Confidence: 0.860340201904762

00:18:16.796 --> 00:18:18.222 There's a.
NOTE Confidence: 0.860340201904762

00:18:18.222 --> 00:18:21.491 Assortment of medications including digits,
NOTE Confidence: 0.860340201904762

00:18:21.491 --> 00:18:22.724 ***** Alice drugs,
NOTE Confidence: 0.860340201904762

00:18:22.724 --> 00:18:26.196 as well as a lot of working and
NOTE Confidence: 0.860340201904762

00:18:26.196 --> 00:18:28.926 grounded up into a liquid that
NOTE Confidence: 0.860340201904762

00:18:28.926 --> 00:18:31.770 she could suck through a straw.
NOTE Confidence: 0.860340201904762

00:18:31.770 --> 00:18:32.847 Patients must administer.

NOTE Confidence: 0.860340201904762
00:18:32.847 --> 00:18:35.701 This must be awake enough to take the
NOTE Confidence: 0.860340201904762
00:18:35.701 --> 00:18:38.167 to suck it up rather than getting an Ivy,
NOTE Confidence: 0.860340201904762
00:18:38.170 --> 00:18:40.100 which is is not permitted,
NOTE Confidence: 0.860340201904762
00:18:40.100 --> 00:18:42.384 and so and so.
NOTE Confidence: 0.860340201904762
00:18:42.384 --> 00:18:45.239 I was by her side,
NOTE Confidence: 0.860340201904762
00:18:45.240 --> 00:18:49.405 or four children were by her side
NOTE Confidence: 0.860340201904762
00:18:49.405 --> 00:18:51.190 and watched her.
NOTE Confidence: 0.860340201904762
00:18:51.190 --> 00:18:53.390 I take this medication I all I could
NOTE Confidence: 0.860340201904762
00:18:53.390 --> 00:18:55.723 do is stand next to her and hold
NOTE Confidence: 0.860340201904762
00:18:55.723 --> 00:18:58.570 her hand and I counted her breaths.
NOTE Confidence: 0.860340201904762
00:18:58.570 --> 00:19:04.570 I counted 17 breaths and then she stopped.
NOTE Confidence: 0.860340201904762
00:19:04.570 --> 00:19:07.330 I leaned over and kissed her
NOTE Confidence: 0.860340201904762
00:19:07.330 --> 00:19:10.680 forehead and she was already called.
NOTE Confidence: 0.860340201904762
00:19:10.680 --> 00:19:12.890 Strongest sentence in the book
NOTE Confidence: 0.860340201904762
00:19:12.890 --> 00:19:16.584 for me is is that that I'll never
NOTE Confidence: 0.860340201904762

00:19:16.584 --> 00:19:19.285 forget that AC kiss and that's true.
NOTE Confidence: 0.860340201904762

00:19:19.285 --> 00:19:21.830 I I don't forget it. I don't forget that.
NOTE Confidence: 0.860340201904762

00:19:21.830 --> 00:19:24.041 Seen it just it stays in my says
NOTE Confidence: 0.860340201904762

00:19:24.041 --> 00:19:25.196 my head it was it.
NOTE Confidence: 0.860340201904762

00:19:25.200 --> 00:19:27.069 Was it a good thing is there's
NOTE Confidence: 0.860340201904762

00:19:27.069 --> 00:19:28.891 certainly a good thing for her that
NOTE Confidence: 0.860340201904762

00:19:28.891 --> 00:19:31.083 I was there not so sure it was a
NOTE Confidence: 0.860340201904762

00:19:31.083 --> 00:19:32.714 good thing for me because like I
NOTE Confidence: 0.927689342857143

00:19:32.720 --> 00:19:35.390 can't get it out of my mind even now.
NOTE Confidence: 0.927689342857143

00:19:35.390 --> 00:19:38.085 Even all all these months have passed.
NOTE Confidence: 0.80291185

00:19:40.850 --> 00:19:42.920 And what was it like in in
NOTE Confidence: 0.80291185

00:19:42.920 --> 00:19:44.760 in the wake of this for you?
NOTE Confidence: 0.914044546666667

00:19:46.530 --> 00:19:47.880 After she died.
NOTE Confidence: 0.774092351666667

00:19:50.660 --> 00:19:53.636 Is a horrible time. I'm not.
NOTE Confidence: 0.774092351666667

00:19:53.640 --> 00:19:54.890 I'm not through it yet.
NOTE Confidence: 0.774092351666667

00:19:54.890 --> 00:19:58.778 I knew that when Maryland died,

NOTE Confidence: 0.774092351666667

00:19:58.780 --> 00:20:01.828 my prognosis was not going to be good

NOTE Confidence: 0.774092351666667

00:20:01.828 --> 00:20:04.533 because I've worked with a lot of

NOTE Confidence: 0.774092351666667

00:20:04.533 --> 00:20:06.860 people whose spouses had had died,

NOTE Confidence: 0.774092351666667

00:20:06.860 --> 00:20:08.675 but I've never encountered anyone

NOTE Confidence: 0.774092351666667

00:20:08.675 --> 00:20:10.950 who's had as long as deeper

NOTE Confidence: 0.774092351666667

00:20:10.950 --> 00:20:13.260 relationship that I had with her.

NOTE Confidence: 0.774092351666667

00:20:13.260 --> 00:20:15.160 I mean, since we're 14,

NOTE Confidence: 0.774092351666667

00:20:15.160 --> 00:20:19.400 and when she died as 89, you know that's it.

NOTE Confidence: 0.774092351666667

00:20:19.400 --> 00:20:21.514 A long time to be with someone.

NOTE Confidence: 0.774092351666667

00:20:21.520 --> 00:20:26.299 I married when I was still in medical school.

NOTE Confidence: 0.774092351666667

00:20:26.300 --> 00:20:29.520 In fact, she she went to Wellesley and I was

NOTE Confidence: 0.774092351666667

00:20:29.597 --> 00:20:32.819 accepted to to George Washington University.

NOTE Confidence: 0.774092351666667

00:20:32.820 --> 00:20:36.628 I grew up in Washington DC and

NOTE Confidence: 0.774092351666667

00:20:36.628 --> 00:20:40.674 there was a quota at that point.

NOTE Confidence: 0.774092351666667

00:20:40.680 --> 00:20:45.006 Very public quote of 5% for Jewish students,

NOTE Confidence: 0.774092351666667

00:20:45.006 --> 00:20:49.111 and so I felt I had to is
NOTE Confidence: 0.774092351666667

00:20:49.111 --> 00:20:51.446 only one way I could.
NOTE Confidence: 0.774092351666667

00:20:51.450 --> 00:20:54.194 I could handle this, which is that
NOTE Confidence: 0.774092351666667

00:20:54.194 --> 00:20:56.819 I'll just once GW undergraduate.
NOTE Confidence: 0.774092351666667

00:20:56.820 --> 00:20:58.824 Get all A's and they have
NOTE Confidence: 0.774092351666667

00:20:58.824 --> 00:21:00.940 to accept the and that was.
NOTE Confidence: 0.774092351666667

00:21:00.940 --> 00:21:01.996 That was what happened.
NOTE Confidence: 0.774092351666667

00:21:01.996 --> 00:21:04.480 So I I came in after three years of
NOTE Confidence: 0.774092351666667

00:21:04.480 --> 00:21:07.196 school rather than their other than four.
NOTE Confidence: 0.774092351666667

00:21:07.200 --> 00:21:09.960 And after my first year at George Washington,
NOTE Confidence: 0.774092351666667

00:21:09.960 --> 00:21:12.066 I Maryland was up at Wellesley.
NOTE Confidence: 0.774092351666667

00:21:12.070 --> 00:21:14.962 At that point she just started
NOTE Confidence: 0.774092351666667

00:21:14.962 --> 00:21:17.574 undergraduate school Wellesley I and I.
NOTE Confidence: 0.774092351666667

00:21:17.574 --> 00:21:19.902 I learned that there was a
NOTE Confidence: 0.774092351666667

00:21:19.902 --> 00:21:22.858 place open at Boston University,
NOTE Confidence: 0.774092351666667

00:21:22.860 --> 00:21:25.137 so I transferred there just to be with her.

NOTE Confidence: 0.774092351666667
00:21:25.140 --> 00:21:27.228 And then the third year medical
NOTE Confidence: 0.774092351666667
00:21:27.228 --> 00:21:28.272 school we married.
NOTE Confidence: 0.84930205
00:21:34.430 --> 00:21:37.042 Yeah, what's helped you get
NOTE Confidence: 0.84930205
00:21:37.042 --> 00:21:38.546 through this this period.
NOTE Confidence: 0.6967185
00:21:40.920 --> 00:21:44.888 Writing. Writing has helped enormously.
NOTE Confidence: 0.6967185
00:21:44.888 --> 00:21:49.430 It's all that I'm really doing now. I
NOTE Confidence: 0.660094256666667
00:21:49.430 --> 00:21:51.900 I I my schedule for
NOTE Confidence: 0.823802805
00:21:52.030 --> 00:21:53.955 the last. My professional schedule
NOTE Confidence: 0.823802805
00:21:53.955 --> 00:21:57.198 for the last year or so has been.
NOTE Confidence: 0.823802805
00:21:57.198 --> 00:22:00.448 I see one patient, one consultation today
NOTE Confidence: 0.823802805
00:22:00.450 --> 00:22:02.468 and the rest of the time I'm writing.
NOTE Confidence: 0.823802805
00:22:02.468 --> 00:22:06.910 I wrote the last of the end of that book. Of
NOTE Confidence: 0.88826131125
00:22:07.190 --> 00:22:09.032 the book that I wrote with
NOTE Confidence: 0.88826131125
00:22:09.032 --> 00:22:10.520 with Marilyn, and then after
NOTE Confidence: 0.892962244285714
00:22:10.530 --> 00:22:12.350 that I've been writing a book of
NOTE Confidence: 0.892962244285714

00:22:12.350 --> 00:22:14.902 stories that have emanated from
NOTE Confidence: 0.892962244285714

00:22:14.902 --> 00:22:17.230 some of the consultations. I
NOTE Confidence: 0.86547065

00:22:17.240 --> 00:22:20.312 mean this to be a book of rather
NOTE Confidence: 0.86547065

00:22:20.312 --> 00:22:23.250 short stories that will be used for
NOTE Confidence: 0.86547065

00:22:23.250 --> 00:22:25.467 teaching therapists in training.
NOTE Confidence: 0.86547065

00:22:25.467 --> 00:22:29.061 So the writing is is tremendously
NOTE Confidence: 0.86547065

00:22:29.061 --> 00:22:31.980 engaging to me. And you know,
NOTE Confidence: 0.86547065

00:22:31.980 --> 00:22:34.166 I'll come to this office sometimes,
NOTE Confidence: 0.86547065

00:22:34.166 --> 00:22:36.578 and suddenly I sit down at
NOTE Confidence: 0.86547065

00:22:36.578 --> 00:22:38.769 8:00 o'clock in the morning.
NOTE Confidence: 0.86547065

00:22:38.770 --> 00:22:40.722 And next thing I know it's noon already
NOTE Confidence: 0.86547065

00:22:40.722 --> 00:22:42.202 haven't even got out of my chair
NOTE Confidence: 0.86547065

00:22:42.202 --> 00:22:46.020 that I'm zooms by the Book of stories
NOTE Confidence: 0.86547065

00:22:46.020 --> 00:22:48.702 that I'm doing is almost book length,
NOTE Confidence: 0.86547065

00:22:48.702 --> 00:22:51.510 and I'm I'm a little frightened.
NOTE Confidence: 0.86547065

00:22:51.510 --> 00:22:53.722 You know, I do not want this book to end.

NOTE Confidence: 0.86547065
00:22:53.722 --> 00:22:54.700 I don't know what I'll do
NOTE Confidence: 0.86547065
00:22:54.738 --> 00:22:56.219 with myself after that.
NOTE Confidence: 0.86547065
00:22:56.220 --> 00:22:59.360 I just have to have this this, this,
NOTE Confidence: 0.723699418
00:22:59.430 --> 00:23:01.720 this work that I'm doing
NOTE Confidence: 0.852943644666667
00:23:01.730 --> 00:23:03.690 and I loved. I love doing this so
NOTE Confidence: 0.852943644666667
00:23:03.690 --> 00:23:05.641 I'll be this will be a long book
NOTE Confidence: 0.852943644666667
00:23:05.641 --> 00:23:07.737 I think is I'm not about to stop
NOTE Confidence: 0.852943644666667
00:23:07.737 --> 00:23:09.680 into this side to stop doing it.
NOTE Confidence: 0.852943644666667
00:23:09.680 --> 00:23:11.130 But that's that's my schedule.
NOTE Confidence: 0.852943644666667
00:23:11.130 --> 00:23:12.780 I'm writing all day long and
NOTE Confidence: 0.852943644666667
00:23:12.780 --> 00:23:14.400 you talk about that creative
NOTE Confidence: 0.877962706666667
00:23:14.410 --> 00:23:16.600 process of of how you
NOTE Confidence: 0.877962706666667
00:23:16.600 --> 00:23:18.352 approach writing a story.
NOTE Confidence: 0.834625416666667
00:23:19.170 --> 00:23:22.488 Oh, that's really a hard question.
NOTE Confidence: 0.834625416666667
00:23:22.490 --> 00:23:24.702 It's very difficult for me to to
NOTE Confidence: 0.834625416666667

00:23:24.702 --> 00:23:26.694 think about that, but you know?
NOTE Confidence: 0.875304645

00:23:29.650 --> 00:23:32.866 The stories emerged from the consultations,
NOTE Confidence: 0.875304645

00:23:32.870 --> 00:23:35.488 maybe one out of every used to be
NOTE Confidence: 0.875304645

00:23:35.488 --> 00:23:37.577 about one out of every 10 I saw.
NOTE Confidence: 0.875304645

00:23:37.580 --> 00:23:40.790 Now it's about 1:00 every 20 or 30 I see,
NOTE Confidence: 0.875304645

00:23:40.790 --> 00:23:42.875 but suddenly it feels like there's a.
NOTE Confidence: 0.875304645

00:23:42.875 --> 00:23:44.778 There's a, you know,
NOTE Confidence: 0.875304645

00:23:44.778 --> 00:23:46.598 there's there's an interesting story
NOTE Confidence: 0.875304645

00:23:46.598 --> 00:23:49.132 in here that I begin to think. I.
NOTE Confidence: 0.875304645

00:23:49.132 --> 00:23:51.386 Then I gradually begin to shape it.
NOTE Confidence: 0.875304645

00:23:51.390 --> 00:23:56.799 I mean, I'll give you an example I wrote.
NOTE Confidence: 0.875304645

00:23:56.800 --> 00:23:58.712 I saw a patient.
NOTE Confidence: 0.875304645

00:23:58.712 --> 00:24:05.214 On zone and I I simply could not reach her I.
NOTE Confidence: 0.875304645

00:24:05.220 --> 00:24:07.061 I I every time I see a
NOTE Confidence: 0.875304645

00:24:07.061 --> 00:24:07.850 patient in consultation,
NOTE Confidence: 0.875304645

00:24:07.850 --> 00:24:09.518 I'll spend part of that section,

NOTE Confidence: 0.875304645

00:24:09.520 --> 00:24:10.652 maybe half the session,

NOTE Confidence: 0.875304645

00:24:10.652 --> 00:24:12.620 even dealing with the here and now.

NOTE Confidence: 0.875304645

00:24:12.620 --> 00:24:14.699 What's happening here between you and me?

NOTE Confidence: 0.875304645

00:24:14.700 --> 00:24:15.660 What are you feeling about,

NOTE Confidence: 0.875304645

00:24:15.660 --> 00:24:16.840 how how we're talking?

NOTE Confidence: 0.875304645

00:24:16.840 --> 00:24:18.947 What are my questions make you feel

NOTE Confidence: 0.875304645

00:24:18.947 --> 00:24:20.615 what questions you have of me?

NOTE Confidence: 0.875304645

00:24:20.620 --> 00:24:22.772 So I'll work very much in here I

NOTE Confidence: 0.875304645

00:24:22.772 --> 00:24:24.656 could not reach her she simply

NOTE Confidence: 0.875304645

00:24:24.656 --> 00:24:26.256 would not engage at all.

NOTE Confidence: 0.875304645

00:24:26.260 --> 00:24:29.319 So after the session I I dictated

NOTE Confidence: 0.875304645

00:24:29.319 --> 00:24:32.779 into my phone would you can dictate?

NOTE Confidence: 0.875304645

00:24:32.780 --> 00:24:33.504 Of course,

NOTE Confidence: 0.875304645

00:24:33.504 --> 00:24:36.400 since your iPhone I dictate into my phone.

NOTE Confidence: 0.875304645

00:24:36.400 --> 00:24:38.728 And talked about that and then

NOTE Confidence: 0.875304645

00:24:38.728 --> 00:24:41.289 start off by saying this is the.
NOTE Confidence: 0.875304645

00:24:41.290 --> 00:24:43.420 This is the least successful
NOTE Confidence: 0.875304645

00:24:43.420 --> 00:24:45.124 consultation I've ever done.
NOTE Confidence: 0.875304645

00:24:45.130 --> 00:24:45.726 It it,
NOTE Confidence: 0.875304645

00:24:45.726 --> 00:24:47.514 I just couldn't reach this woman
NOTE Confidence: 0.875304645

00:24:47.514 --> 00:24:48.909 and I wrote this.
NOTE Confidence: 0.875304645

00:24:48.910 --> 00:24:49.342 You know,
NOTE Confidence: 0.875304645

00:24:49.342 --> 00:24:50.854 it's a page or two I'm writing
NOTE Confidence: 0.875304645

00:24:50.854 --> 00:24:52.446 to myself because what I do then
NOTE Confidence: 0.875304645

00:24:52.446 --> 00:24:54.357 is I I emailed to myself so it
NOTE Confidence: 0.875304645

00:24:54.357 --> 00:24:55.333 appears on my computer.
NOTE Confidence: 0.875304645

00:24:55.340 --> 00:24:55.725 OK,
NOTE Confidence: 0.875304645

00:24:55.725 --> 00:24:59.190 well I get a letter from her a day
NOTE Confidence: 0.875304645

00:24:59.295 --> 00:25:02.943 or two later saying to her that I
NOTE Confidence: 0.875304645

00:25:02.943 --> 00:25:06.899 mailed this to her rather than to myself.
NOTE Confidence: 0.875304645

00:25:06.900 --> 00:25:08.340 So there's a story here.

NOTE Confidence: 0.875304645

00:25:08.340 --> 00:25:09.028 Of course,

NOTE Confidence: 0.875304645

00:25:09.028 --> 00:25:11.780 she tells me she's never been so upset

NOTE Confidence: 0.875304645

00:25:11.858 --> 00:25:14.246 you couldn't sleep all night long.

NOTE Confidence: 0.875304645

00:25:14.250 --> 00:25:17.298 I AM modified I I'm so I'm so anxious

NOTE Confidence: 0.875304645

00:25:17.298 --> 00:25:20.185 about that I asked her if we could

NOTE Confidence: 0.875304645

00:25:20.185 --> 00:25:22.583 meet again and she she said she'd

NOTE Confidence: 0.875304645

00:25:22.583 --> 00:25:26.284 like to do that so we we met again

NOTE Confidence: 0.875304645

00:25:26.284 --> 00:25:31.478 and we talked about that and then

NOTE Confidence: 0.875304645

00:25:31.478 --> 00:25:34.896 gradually it ended up being a very

NOTE Confidence: 0.875304645

00:25:34.896 --> 00:25:37.035 interesting story for one thing.

NOTE Confidence: 0.875304645

00:25:37.035 --> 00:25:39.525 I had totally forgotten that was

NOTE Confidence: 0.875304645

00:25:39.525 --> 00:25:41.652 my memory leaking away already,

NOTE Confidence: 0.875304645

00:25:41.652 --> 00:25:43.896 but I've totally forgotten that letter.

NOTE Confidence: 0.875304645

00:25:43.900 --> 00:25:46.348 She had written me saying that

NOTE Confidence: 0.875304645

00:25:46.348 --> 00:25:48.844 she was in training in social

NOTE Confidence: 0.875304645

00:25:48.844 --> 00:25:51.541 work school by not in person,
NOTE Confidence: 0.875304645

00:25:51.541 --> 00:25:53.668 but but just just zoom.
NOTE Confidence: 0.875304645

00:25:53.668 --> 00:25:56.692 So she was in training in social work
NOTE Confidence: 0.875304645

00:25:56.692 --> 00:25:59.416 school and they use my textbook and
NOTE Confidence: 0.875304645

00:25:59.416 --> 00:26:01.880 group therapy and the teachers revered
NOTE Confidence: 0.875304645

00:26:01.880 --> 00:26:04.939 me so much and gradually it became.
NOTE Confidence: 0.875304645

00:26:04.940 --> 00:26:07.236 I became aware she's talking to me.
NOTE Confidence: 0.875304645

00:26:07.240 --> 00:26:09.792 That this woman is terrified of me and
NOTE Confidence: 0.875304645

00:26:09.792 --> 00:26:12.679 and that was really what was responsible.
NOTE Confidence: 0.875304645

00:26:12.680 --> 00:26:14.000 So we worked that out,
NOTE Confidence: 0.875304645

00:26:14.000 --> 00:26:18.109 and it came up in interesting fashion.
NOTE Confidence: 0.875304645

00:26:18.110 --> 00:26:19.727 Towards the end of the session is
NOTE Confidence: 0.875304645

00:26:19.727 --> 00:26:21.095 where someone said you have any
NOTE Confidence: 0.875304645

00:26:21.095 --> 00:26:22.558 last questions you want to ask me.
NOTE Confidence: 0.875304645

00:26:22.560 --> 00:26:24.120 She says yes I do.
NOTE Confidence: 0.875304645

00:26:24.120 --> 00:26:26.520 I wanna know about this.

NOTE Confidence: 0.875304645
00:26:26.520 --> 00:26:28.120 Emailing this to yourself.
NOTE Confidence: 0.875304645
00:26:28.120 --> 00:26:29.720 Tell me about that.
NOTE Confidence: 0.875304645
00:26:29.720 --> 00:26:30.550 Why are you doing that?
NOTE Confidence: 0.875304645
00:26:30.550 --> 00:26:31.135 And I said,
NOTE Confidence: 0.875304645
00:26:31.135 --> 00:26:32.500 well I I all I do is
NOTE Confidence: 0.868573342105263
00:26:32.562 --> 00:26:33.890 dictating the phone and
NOTE Confidence: 0.868573342105263
00:26:33.890 --> 00:26:35.550 then I emailed to myself.
NOTE Confidence: 0.868573342105263
00:26:35.550 --> 00:26:37.783 Problem solved is right on my computer
NOTE Confidence: 0.868573342105263
00:26:37.783 --> 00:26:40.312 so she said well listen let's get off
NOTE Confidence: 0.868573342105263
00:26:40.312 --> 00:26:42.969 the zoom and let's go to the telephone.
NOTE Confidence: 0.868573342105263
00:26:42.970 --> 00:26:45.610 We went to the phone and then she
NOTE Confidence: 0.868573342105263
00:26:45.610 --> 00:26:48.170 guided me through to my computer.
NOTE Confidence: 0.868573342105263
00:26:48.170 --> 00:26:49.680 And she says she she,
NOTE Confidence: 0.868573342105263
00:26:49.680 --> 00:26:52.200 she wanted me to go to notes on
NOTE Confidence: 0.868573342105263
00:26:52.200 --> 00:26:54.376 my computer and I went to notes,
NOTE Confidence: 0.868573342105263

00:26:54.380 --> 00:26:56.310 and I suddenly realized that
NOTE Confidence: 0.868573342105263

00:26:56.310 --> 00:26:57.468 all the dictation,
NOTE Confidence: 0.868573342105263

00:26:57.470 --> 00:26:59.610 the hundreds of device was
NOTE Confidence: 0.868573342105263

00:26:59.610 --> 00:27:01.322 already on my computer.
NOTE Confidence: 0.868573342105263

00:27:01.330 --> 00:27:04.890 So we had a good time talking to me about.
NOTE Confidence: 0.868573342105263

00:27:04.890 --> 00:27:05.838 She's so frightening me.
NOTE Confidence: 0.868573342105263

00:27:05.838 --> 00:27:07.664 And here I am a real bonehead
NOTE Confidence: 0.868573342105263

00:27:07.664 --> 00:27:09.722 thinking I had made this wonderful
NOTE Confidence: 0.868573342105263

00:27:09.722 --> 00:27:11.548 discovery about email you to myself.
NOTE Confidence: 0.868573342105263

00:27:11.550 --> 00:27:13.804 So it was amusing story to me.
NOTE Confidence: 0.868573342105263

00:27:13.810 --> 00:27:15.406 That's that's one of the stories.
NOTE Confidence: 0.778872777333333

00:27:16.940 --> 00:27:19.803 Buddy, you gravitate immediately to a story
NOTE Confidence: 0.778872777333333

00:27:19.803 --> 00:27:22.710 of failure rather than a story of triumph.
NOTE Confidence: 0.842721178

00:27:24.020 --> 00:27:25.854 Well, it's a. It's the failures of
NOTE Confidence: 0.842721178

00:27:25.854 --> 00:27:29.318 probably the most interesting one.
NOTE Confidence: 0.842721178

00:27:29.320 --> 00:27:31.777 Well, I turned out to be not a failure.

NOTE Confidence: 0.842721178

00:27:31.780 --> 00:27:33.352 It turned out to be it

NOTE Confidence: 0.842721178

00:27:33.352 --> 00:27:34.910 always for the best we had.

NOTE Confidence: 0.842721178

00:27:34.910 --> 00:27:37.668 We had a a wonderful another

NOTE Confidence: 0.842721178

00:27:37.668 --> 00:27:39.708 session that was quite interesting.

NOTE Confidence: 0.862493344375

00:27:39.920 --> 00:27:41.522 Yeah, I don't. I don't mean that in any

NOTE Confidence: 0.862493344375

00:27:41.522 --> 00:27:43.117 way to reflect on the therapy itself,

NOTE Confidence: 0.862493344375

00:27:43.120 --> 00:27:45.739 but if your personal experience of Oh my God,

NOTE Confidence: 0.862493344375

00:27:45.740 --> 00:27:47.066 I I wasn't connecting with this

NOTE Confidence: 0.862493344375

00:27:47.066 --> 00:27:48.568 patient in the way I wanted to

NOTE Confidence: 0.862493344375

00:27:48.568 --> 00:27:49.714 and then I send this email.

NOTE Confidence: 0.862493344375

00:27:49.720 --> 00:27:52.152 I think it's one of the things that's

NOTE Confidence: 0.862493344375

00:27:52.152 --> 00:27:54.728 so lovely about your work is is the

NOTE Confidence: 0.862493344375

00:27:54.728 --> 00:27:57.220 openness with the entire T of the process.

NOTE Confidence: 0.843358355

00:27:58.870 --> 00:28:01.410 Yeah, I I tend to be quite open if

NOTE Confidence: 0.843358355

00:28:01.410 --> 00:28:03.202 you're gonna work in the here and now

NOTE Confidence: 0.843358355

00:28:03.202 --> 00:28:05.690 as I think every therapist should do it.

NOTE Confidence: 0.843358355

00:28:05.690 --> 00:28:06.650 It's always wear.

NOTE Confidence: 0.843358355

00:28:06.650 --> 00:28:09.369 The paydirt is but you you have to be.

NOTE Confidence: 0.843358355

00:28:09.370 --> 00:28:12.313 You have to be open to yourself and I

NOTE Confidence: 0.843358355

00:28:12.313 --> 00:28:15.066 tend to be pretty self revelatory in

NOTE Confidence: 0.843358355

00:28:15.066 --> 00:28:18.187 my writing as well as my therapy work.

NOTE Confidence: 0.843358355

00:28:18.190 --> 00:28:21.150 I know that's it's.

NOTE Confidence: 0.843358355

00:28:21.150 --> 00:28:24.492 Shonda doubted by a lot of

NOTE Confidence: 0.843358355

00:28:24.492 --> 00:28:26.163 experiencing practicing therapists,

NOTE Confidence: 0.843358355

00:28:26.170 --> 00:28:30.727 but I feel pretty strongly about that.

NOTE Confidence: 0.843358355

00:28:30.730 --> 00:28:32.534 But my first when I started

NOTE Confidence: 0.843358355

00:28:32.534 --> 00:28:34.042 my residency at Hopkins,

NOTE Confidence: 0.843358355

00:28:34.042 --> 00:28:37.084 I was told that you know it's good

NOTE Confidence: 0.843358355

00:28:37.084 --> 00:28:39.574 idea for the residents being analysis.

NOTE Confidence: 0.843358355

00:28:39.574 --> 00:28:43.159 I entered analysis with a.

NOTE Confidence: 0.843358355

00:28:43.160 --> 00:28:45.860 An analyst who was a senior

NOTE Confidence: 0.843358355

00:28:45.860 --> 00:28:47.210 analyst in Baltimore.

NOTE Confidence: 0.843358355

00:28:47.210 --> 00:28:49.874 She was in an office of six other

NOTE Confidence: 0.843358355

00:28:49.874 --> 00:28:52.698 analysts had analyzed the other five and

NOTE Confidence: 0.843358355

00:28:52.698 --> 00:28:55.962 she was an older woman and of course,

NOTE Confidence: 0.843358355

00:28:55.970 --> 00:28:57.400 I never really couldn't see

NOTE Confidence: 0.843358355

00:28:57.400 --> 00:28:58.544 her during the session.

NOTE Confidence: 0.843358355

00:28:58.550 --> 00:29:00.296 Once I strained my neck issues

NOTE Confidence: 0.843358355

00:29:00.296 --> 00:29:01.169 behind the couch,

NOTE Confidence: 0.843358355

00:29:01.170 --> 00:29:03.230 there's no relationship really between

NOTE Confidence: 0.843358355

00:29:03.230 --> 00:29:06.089 the tools that we could talk about.

NOTE Confidence: 0.843358355

00:29:06.090 --> 00:29:08.862 She was very distant and very non

NOTE Confidence: 0.843358355

00:29:08.862 --> 00:29:11.907 disclosing an I had them four times a

NOTE Confidence: 0.843358355

00:29:11.907 --> 00:29:14.362 week with her for three years and 600 hours.

NOTE Confidence: 0.843358355

00:29:14.362 --> 00:29:16.770 It was a hard an expensive lesson

NOTE Confidence: 0.843358355

00:29:16.842 --> 00:29:19.346 for me about how not to do therapy.

NOTE Confidence: 0.843358355

00:29:19.350 --> 00:29:19.972 It was,
NOTE Confidence: 0.843358355

00:29:19.972 --> 00:29:22.149 I felt was a wrong approach to
NOTE Confidence: 0.843358355

00:29:22.149 --> 00:29:24.310 therapy and gradually I got
NOTE Confidence: 0.843358355

00:29:24.310 --> 00:29:26.710 into a position where I was,
NOTE Confidence: 0.843358355

00:29:26.710 --> 00:29:28.895 especially perhaps helped by my
NOTE Confidence: 0.843358355

00:29:28.895 --> 00:29:31.548 work with group therapy that it
NOTE Confidence: 0.843358355

00:29:31.548 --> 00:29:33.918 was much more self self revelatory.
NOTE Confidence: 0.843358355

00:29:33.920 --> 00:29:35.328 That's how long course.
NOTE Confidence: 0.843358355

00:29:35.330 --> 00:29:37.238 When I when I started working
NOTE Confidence: 0.843358355

00:29:37.238 --> 00:29:40.628 at teaching it at Stanford,
NOTE Confidence: 0.843358355

00:29:40.630 --> 00:29:42.975 I was teaching group therapy just as
NOTE Confidence: 0.843358355

00:29:42.975 --> 00:29:45.589 had been taught to me with my residence.
NOTE Confidence: 0.843358355

00:29:45.590 --> 00:29:47.080 And some house medical students.
NOTE Confidence: 0.843358355

00:29:47.080 --> 00:29:49.845 So behind this two way mirror they could
NOTE Confidence: 0.843358355

00:29:49.845 --> 00:29:51.700 look in patients just so a mirror.
NOTE Confidence: 0.843358355

00:29:51.700 --> 00:29:53.591 But of course the group had to

NOTE Confidence: 0.843358355

00:29:53.591 --> 00:29:55.256 know their students behind there.

NOTE Confidence: 0.843358355

00:29:55.260 --> 00:29:56.980 I had to tell them that of course,

NOTE Confidence: 0.843358355

00:29:56.980 --> 00:30:00.320 and so they, the patients,

NOTE Confidence: 0.843358355

00:30:00.320 --> 00:30:01.710 all knew that there were students

NOTE Confidence: 0.843358355

00:30:01.710 --> 00:30:02.582 behind the mirror.

NOTE Confidence: 0.843358355

00:30:02.582 --> 00:30:04.448 But they still were a little

NOTE Confidence: 0.843358355

00:30:04.448 --> 00:30:06.111 uncomfortable with these people that

NOTE Confidence: 0.843358355

00:30:06.111 --> 00:30:07.756 they couldn't see watching them.

NOTE Confidence: 0.843358355

00:30:07.760 --> 00:30:10.648 And I I just decided to try a

NOTE Confidence: 0.843358355

00:30:10.648 --> 00:30:11.370 bold experiment.

NOTE Confidence: 0.843358355

00:30:11.370 --> 00:30:13.050 I say, well, listen,

NOTE Confidence: 0.843358355

00:30:13.050 --> 00:30:15.570 I'm I'm going to suggest another.

NOTE Confidence: 0.843358355

00:30:15.570 --> 00:30:16.156 But alas,

NOTE Confidence: 0.843358355

00:30:16.156 --> 00:30:17.914 that after the group the residents

NOTE Confidence: 0.843358355

00:30:17.914 --> 00:30:19.689 come into this room and we

NOTE Confidence: 0.843358355

00:30:19.689 --> 00:30:21.104 talk about the group meetings.
NOTE Confidence: 0.843358355

00:30:21.110 --> 00:30:22.937 But I'm going to suggest now that
NOTE Confidence: 0.843358355

00:30:22.937 --> 00:30:24.994 you all the group members you can
NOTE Confidence: 0.843358355

00:30:24.994 --> 00:30:26.806 go in the observation room and
NOTE Confidence: 0.843358355

00:30:26.869 --> 00:30:28.090 watch our discussion.
NOTE Confidence: 0.843358355

00:30:28.090 --> 00:30:30.770 So just as we watched you, you can.
NOTE Confidence: 0.843358355

00:30:30.770 --> 00:30:32.210 You can watch us discuss this.
NOTE Confidence: 0.843358355

00:30:32.210 --> 00:30:33.880 Freaked out the residents for
NOTE Confidence: 0.843358355

00:30:33.880 --> 00:30:35.550 for half hour or so,
NOTE Confidence: 0.843358355

00:30:35.550 --> 00:30:37.307 but they gradually got used to it.
NOTE Confidence: 0.843358355

00:30:37.310 --> 00:30:40.586 It was a wonderful experience for
NOTE Confidence: 0.843358355

00:30:40.586 --> 00:30:42.890 the patients and they talked about
NOTE Confidence: 0.843358355

00:30:42.890 --> 00:30:44.745 the residents and some of them who
NOTE Confidence: 0.843358355

00:30:44.745 --> 00:30:47.349 are way off base and why they're all facing.
NOTE Confidence: 0.843358355

00:30:47.350 --> 00:30:49.086 So it got to be quite a quite
NOTE Confidence: 0.843358355

00:30:49.086 --> 00:30:50.250 a good experience,

NOTE Confidence: 0.843358355

00:30:50.250 --> 00:30:52.644 so that was my first real

NOTE Confidence: 0.843358355

00:30:52.644 --> 00:30:54.240 attempt with self disclosure.

NOTE Confidence: 0.843358355

00:30:54.240 --> 00:30:57.354 I don't know why I how I did this.

NOTE Confidence: 0.843358355

00:30:57.360 --> 00:31:00.720 It was not because I felt so self assured I

NOTE Confidence: 0.871761456538461

00:31:00.807 --> 00:31:03.488 was always a doubting myself and I've

NOTE Confidence: 0.871761456538461

00:31:03.488 --> 00:31:06.757 had a rough 14 early years in my life.

NOTE Confidence: 0.871761456538461

00:31:06.760 --> 00:31:07.944 Then yeah, so there.

NOTE Confidence: 0.871761456538461

00:31:07.944 --> 00:31:10.143 So that was one of the first

NOTE Confidence: 0.871761456538461

00:31:10.143 --> 00:31:11.868 experience that I had with

NOTE Confidence: 0.871761456538461

00:31:11.868 --> 00:31:14.080 that sort of self revelation,

NOTE Confidence: 0.871761456538461

00:31:14.080 --> 00:31:15.956 and I've done that ever since then.

NOTE Confidence: 0.871761456538461

00:31:15.960 --> 00:31:18.634 I probably even, especially in Group therapy.

NOTE Confidence: 0.871761456538461

00:31:18.640 --> 00:31:20.750 I think, yeah, coming coming

NOTE Confidence: 0.850500835384616

00:31:20.760 --> 00:31:22.445 back you started talking about

NOTE Confidence: 0.850500835384616

00:31:22.445 --> 00:31:25.006 the process of how you write these

NOTE Confidence: 0.850500835384616

00:31:25.006 --> 00:31:27.364 stories and from an encounter that
NOTE Confidence: 0.850500835384616

00:31:27.364 --> 00:31:29.260 strikes you in a particular way
NOTE Confidence: 0.850500835384616

00:31:29.321 --> 00:31:30.917 and then can you walk me through
NOTE Confidence: 0.850500835384616

00:31:30.917 --> 00:31:32.996 the process so you see a patient,
NOTE Confidence: 0.850500835384616

00:31:33.000 --> 00:31:37.050 you take these notes and what happens?
NOTE Confidence: 0.850500835384616

00:31:37.050 --> 00:31:39.524 Come. How does that?
NOTE Confidence: 0.850500835384616

00:31:39.524 --> 00:31:41.072 What are the next steps by
NOTE Confidence: 0.850500835384616

00:31:41.072 --> 00:31:42.653 which that finally becomes the
NOTE Confidence: 0.850500835384616

00:31:42.653 --> 00:31:44.238 polished product in a book?
NOTE Confidence: 0.88271666

00:31:46.120 --> 00:31:50.192 Well. Maybe that's most evident
NOTE Confidence: 0.88271666

00:31:50.192 --> 00:31:51.810 in some of the books of stories
NOTE Confidence: 0.88271666

00:31:51.810 --> 00:31:52.820 that I've written, 'cause they're
NOTE Confidence: 0.788298025

00:31:52.830 --> 00:31:55.190 they're shorter pieces, so
NOTE Confidence: 0.790786215714286

00:31:55.220 --> 00:31:56.864 you know, I will.
NOTE Confidence: 0.790786215714286

00:31:56.864 --> 00:31:59.129 I will agitate, I may invent
NOTE Confidence: 0.914075111

00:31:59.140 --> 00:32:00.640 a couple of things to make

NOTE Confidence: 0.914075111

00:32:00.640 --> 00:32:01.640 the story more interesting.

NOTE Confidence: 0.85607373

00:32:01.760 --> 00:32:04.328 I always, always send

NOTE Confidence: 0.917137593333333

00:32:04.340 --> 00:32:06.380 it to the patient for permission.

NOTE Confidence: 0.917137593333333

00:32:06.380 --> 00:32:09.330 I absolutely cannot publish anything

NOTE Confidence: 0.917137593333333

00:32:09.330 --> 00:32:11.642 without without that happening,

NOTE Confidence: 0.917137593333333

00:32:11.642 --> 00:32:14.400 and I do that to this day.

NOTE Confidence: 0.917137593333333

00:32:14.400 --> 00:32:18.140 All the consultations I've done,

NOTE Confidence: 0.917137593333333

00:32:18.140 --> 00:32:20.480 if I write a story about that, I.

NOTE Confidence: 0.850492898571429

00:32:20.780 --> 00:32:23.020 I do everything I can to disguise

NOTE Confidence: 0.82960858

00:32:23.030 --> 00:32:25.820 the patient if I'm if I'm seeing a patient

NOTE Confidence: 0.91095379

00:32:25.830 --> 00:32:29.900 who may be in the UK and Ireland.

NOTE Confidence: 0.91095379

00:32:29.900 --> 00:32:33.260 Let's say I put her into New Zealand or

NOTE Confidence: 0.904980613333333

00:32:33.270 --> 00:32:34.885 some other place disguised,

NOTE Confidence: 0.904980613333333

00:32:34.885 --> 00:32:36.930 identity changed, identity survival,

NOTE Confidence: 0.904980613333333

00:32:36.930 --> 00:32:39.349 change the gender if it if it's possible.

NOTE Confidence: 0.904980613333333

00:32:39.350 --> 00:32:41.326 So I disguised them extremely well
NOTE Confidence: 0.9049806133333333

00:32:41.326 --> 00:32:43.494 so no one could recognize them and
NOTE Confidence: 0.9049806133333333

00:32:43.494 --> 00:32:45.239 then send this story to the patient
NOTE Confidence: 0.9049806133333333

00:32:45.239 --> 00:32:46.654 and and get their permission.
NOTE Confidence: 0.8827295

00:32:48.120 --> 00:32:49.770 Because those are the two biggest
NOTE Confidence: 0.8827295

00:32:49.770 --> 00:32:50.900 questions I had about that
NOTE Confidence: 0.858833735

00:32:50.944 --> 00:32:52.192 is is is to what extent
NOTE Confidence: 0.858833735

00:32:52.192 --> 00:32:53.024 the details are changed,
NOTE Confidence: 0.858833735

00:32:53.030 --> 00:32:54.962 which it sounds like as much as
NOTE Confidence: 0.858833735

00:32:54.962 --> 00:32:56.269 possible to preserve the core
NOTE Confidence: 0.858833735

00:32:56.270 --> 00:32:58.908 and then that you do communicate
NOTE Confidence: 0.858833735

00:32:58.908 --> 00:33:00.980 with the individual. Always
NOTE Confidence: 0.782874642

00:33:01.050 --> 00:33:02.475 I couldn't. I couldn't possibly
NOTE Confidence: 0.782874642

00:33:02.475 --> 00:33:03.900 write his story with that.
NOTE Confidence: 0.872501273703704

00:33:04.120 --> 00:33:05.908 Yeah, and I wonder what those
NOTE Confidence: 0.872501273703704

00:33:05.908 --> 00:33:07.690 conversations are like when you reach

NOTE Confidence: 0.872501273703704
00:33:07.690 --> 00:33:09.826 out to somebody to say I'm thinking about
NOTE Confidence: 0.872501273703704
00:33:09.878 --> 00:33:11.915 writing a piece based on our encounter.
NOTE Confidence: 0.872501273703704
00:33:11.920 --> 00:33:14.027 Does that come before you start writing?
NOTE Confidence: 0.872501273703704
00:33:14.030 --> 00:33:15.120 Just come once you've written.
NOTE Confidence: 0.821985451
00:33:15.130 --> 00:33:17.122 I don't say that to them
NOTE Confidence: 0.821985451
00:33:17.122 --> 00:33:18.450 before I right afterwards.
NOTE Confidence: 0.821985451
00:33:18.450 --> 00:33:19.650 Actually write the story,
NOTE Confidence: 0.821985451
00:33:19.650 --> 00:33:23.140 and then I send it to them and ask
NOTE Confidence: 0.880684904444444
00:33:23.150 --> 00:33:25.355 him about how they how they feel about this.
NOTE Confidence: 0.875083445833333
00:33:25.610 --> 00:33:27.626 You know, it's amazing to me how
NOTE Confidence: 0.875083445833333
00:33:27.626 --> 00:33:29.443 many patients I sent this to.
NOTE Confidence: 0.875083445833333
00:33:29.443 --> 00:33:31.800 Who say you disguise me too much.
NOTE Confidence: 0.875083445833333
00:33:31.800 --> 00:33:33.608 You know, I'd rather you use my real
NOTE Confidence: 0.875083445833333
00:33:33.608 --> 00:33:35.605 or my real name or something like
NOTE Confidence: 0.875083445833333
00:33:35.605 --> 00:33:37.830 that of the of the many, many that
NOTE Confidence: 0.905171471666667

00:33:37.840 --> 00:33:40.168 I've sent out of these consultations.
NOTE Confidence: 0.847098962857143

00:33:40.180 --> 00:33:43.750 Only one has refused and I understand
NOTE Confidence: 0.80959719625

00:33:43.760 --> 00:33:45.808 her point no matter how much this Kaiser,
NOTE Confidence: 0.87407544

00:33:45.980 --> 00:33:47.150 it's still a point where
NOTE Confidence: 0.919828814

00:33:47.160 --> 00:33:48.752 she was having an
NOTE Confidence: 0.919828814

00:33:48.752 --> 00:33:50.410 extramarital affair. Anan, she
NOTE Confidence: 0.797157784444444

00:33:50.420 --> 00:33:51.804 had too much concern,
NOTE Confidence: 0.797157784444444

00:33:51.804 --> 00:33:53.534 fears that their husband met
NOTE Confidence: 0.797157784444444

00:33:53.540 --> 00:33:56.920 somehow somehow find find that out,
NOTE Confidence: 0.797157784444444

00:33:56.920 --> 00:33:58.740 and I understood that perfectly.
NOTE Confidence: 0.797157784444444

00:33:58.740 --> 00:34:00.903 So I've not published in that story,
NOTE Confidence: 0.797157784444444

00:34:00.903 --> 00:34:04.142 of course. Yeah, I always honor
NOTE Confidence: 0.797157784444444

00:34:04.142 --> 00:34:05.598 the patient's wishes in that.
NOTE Confidence: 0.905015224

00:34:10.500 --> 00:34:11.590 You know I have moved
NOTE Confidence: 0.85249079

00:34:11.620 --> 00:34:14.050 far away from the medical
NOTE Confidence: 0.856309423333333

00:34:14.060 --> 00:34:15.419 side of psychiatry.

NOTE Confidence: 0.856309423333333

00:34:15.420 --> 00:34:17.180 I haven't prescribed medications

NOTE Confidence: 0.856309423333333

00:34:17.180 --> 00:34:19.478 for a long, long, long time.

NOTE Confidence: 0.856309423333333

00:34:19.480 --> 00:34:23.242 I'm really a psychotherapist now.

NOTE Confidence: 0.856309423333333

00:34:23.242 --> 00:34:24.610 I work with people

NOTE Confidence: 0.892371047777778

00:34:24.620 --> 00:34:26.695 coming with many different kinds

NOTE Confidence: 0.892371047777778

00:34:26.695 --> 00:34:30.310 of kinds of degrees, so that's

NOTE Confidence: 0.9095078

00:34:30.320 --> 00:34:31.676 been my position now.

NOTE Confidence: 0.9095078

00:34:31.676 --> 00:34:34.159 But I still have a group of my

NOTE Confidence: 0.849526098571429

00:34:34.170 --> 00:34:36.305 ex students that I still meet with.

NOTE Confidence: 0.7726022875

00:34:36.520 --> 00:34:39.616 You know, there are two groups that I

NOTE Confidence: 0.901058202

00:34:39.630 --> 00:34:41.080 attended for a long time.

NOTE Confidence: 0.901058202

00:34:41.080 --> 00:34:42.320 I mean for decades.

NOTE Confidence: 0.901058202

00:34:42.320 --> 00:34:45.770 One is a group of people of

NOTE Confidence: 0.901058202

00:34:45.770 --> 00:34:49.180 psychiatrist that I had worked with.

NOTE Confidence: 0.901058202

00:34:49.180 --> 00:34:51.120 Got together and we decided

NOTE Confidence: 0.901058202

00:34:51.120 --> 00:34:53.754 to form a therapy group for us
NOTE Confidence: 0.901058202

00:34:53.754 --> 00:34:55.839 with a leaderless therapy group.
NOTE Confidence: 0.901058202

00:34:55.840 --> 00:34:58.334 So I met with this group of about
NOTE Confidence: 0.901058202

00:34:58.334 --> 00:35:00.769 eight students, a ex students
NOTE Confidence: 0.749973001428571

00:35:00.900 --> 00:35:04.218 of mine and we met for oh
NOTE Confidence: 0.749973001428571

00:35:04.220 --> 00:35:07.550 maybe close to 40 years meeting
NOTE Confidence: 0.85410281

00:35:07.560 --> 00:35:11.858 meeting meeting once every every other week.
NOTE Confidence: 0.85410281

00:35:11.860 --> 00:35:13.399 And we met for an hour and a half.
NOTE Confidence: 0.859140827692308

00:35:13.410 --> 00:35:15.160 There was no leader to the group
NOTE Confidence: 0.859140827692308

00:35:15.160 --> 00:35:17.309 and it was an absolutely wonderful
NOTE Confidence: 0.883770663333333

00:35:17.510 --> 00:35:19.916 experience. I finally stopped it after.
NOTE Confidence: 0.883770663333333

00:35:19.920 --> 00:35:22.248 At the time my wife was very ill and I
NOTE Confidence: 0.883770663333333

00:35:22.248 --> 00:35:23.916 just couldn't continue. At that point,
NOTE Confidence: 0.883770663333333

00:35:23.916 --> 00:35:25.248 the group still going on though.
NOTE Confidence: 0.873465035

00:35:26.550 --> 00:35:29.046 And there's another group I met when Eric
NOTE Confidence: 0.873465035

00:35:29.046 --> 00:35:32.978 Lindemann from Harvard had came come out to

NOTE Confidence: 0.82454276

00:35:32.990 --> 00:35:35.769 the West Coast and it was was

NOTE Confidence: 0.82454276

00:35:35.770 --> 00:35:37.563 teaching at Stanford a little bit.

NOTE Confidence: 0.82454276

00:35:37.563 --> 00:35:38.880 During that time, we formed

NOTE Confidence: 0.702175546666667

00:35:38.990 --> 00:35:39.998 a Lindaman group,

NOTE Confidence: 0.90112857

00:35:40.010 --> 00:35:42.290 which is a case presentation group

NOTE Confidence: 0.796698365

00:35:42.290 --> 00:35:44.178 there about 8:00 or nine of us,

NOTE Confidence: 0.796698365

00:35:44.178 --> 00:35:46.194 and we presented turns presenting cases.

NOTE Confidence: 0.86715839

00:35:46.230 --> 00:35:48.298 I still go to that group. I mean at least

NOTE Confidence: 0.892927704

00:35:48.310 --> 00:35:51.530 40 years of past and we meet once a month.

NOTE Confidence: 0.892927704

00:35:51.530 --> 00:35:53.200 And these are all close

NOTE Confidence: 0.892927704

00:35:53.200 --> 00:35:54.870 colleagues and friends of mine.

NOTE Confidence: 0.892927704

00:35:54.870 --> 00:35:57.750 They were all once once students.

NOTE Confidence: 0.892927704

00:35:57.750 --> 00:36:01.090 It take turns presenting cases.

NOTE Confidence: 0.892927704

00:36:01.090 --> 00:36:02.548 Now when I present a case,

NOTE Confidence: 0.892927704

00:36:02.550 --> 00:36:05.600 I'll read a story that I'm working on.

NOTE Confidence: 0.892927704

00:36:05.600 --> 00:36:06.620 Something like that,
NOTE Confidence: 0.69729348

00:36:06.730 --> 00:36:10.316 and so they're close together and I
NOTE Confidence: 0.69729348

00:36:10.316 --> 00:36:12.150 feel very close to this. This group
NOTE Confidence: 0.906438533

00:36:12.160 --> 00:36:13.490 of people I've worked with
NOTE Confidence: 0.906438533

00:36:13.490 --> 00:36:14.820 all these all these years.
NOTE Confidence: 0.906438533

00:36:14.820 --> 00:36:17.270 It's been very moving experience for me.
NOTE Confidence: 0.855613410909091

00:36:18.680 --> 00:36:21.880 You wrote a book, The gift of therapy
NOTE Confidence: 0.855613410909091

00:36:21.880 --> 00:36:25.537 that was a collection of pearls to pass
NOTE Confidence: 0.855613410909091

00:36:25.537 --> 00:36:28.689 on to next generations of therapists.
NOTE Confidence: 0.855613410909091

00:36:28.690 --> 00:36:31.595 And it's lovely and practical and accessible.
NOTE Confidence: 0.855613410909091

00:36:31.600 --> 00:36:34.169 And I wonder if there any particular
NOTE Confidence: 0.855613410909091

00:36:34.169 --> 00:36:36.583 elements of that or themes that stand
NOTE Confidence: 0.855613410909091

00:36:36.583 --> 00:36:39.284 out that you think is as most central
NOTE Confidence: 0.855613410909091

00:36:39.284 --> 00:36:41.564 to the identity of a therapist.
NOTE Confidence: 0.739878006666667

00:36:42.640 --> 00:36:44.845 Here, that's one of the
NOTE Confidence: 0.739878006666667

00:36:44.845 --> 00:36:46.609 books I haven't reread.

NOTE Confidence: 0.739878006666667

00:36:46.610 --> 00:36:48.892 But I think I edited a couple of

NOTE Confidence: 0.739878006666667

00:36:48.892 --> 00:36:50.669 times and added more and more.

NOTE Confidence: 0.739878006666667

00:36:50.670 --> 00:36:52.329 I've always thought it was a very.

NOTE Confidence: 0.739878006666667

00:36:52.330 --> 00:36:54.080 I've got a lot of feedback over

NOTE Confidence: 0.739878006666667

00:36:54.080 --> 00:36:55.864 the years that it's a valuable

NOTE Confidence: 0.739878006666667

00:36:55.864 --> 00:36:57.168 book for three therapists.

NOTE Confidence: 0.739878006666667

00:36:57.170 --> 00:36:59.252 I was going to call it, you know,

NOTE Confidence: 0.739878006666667

00:36:59.252 --> 00:37:00.425 100 tips for therapist,

NOTE Confidence: 0.739878006666667

00:37:00.425 --> 00:37:02.110 but somebody else had that name and

NOTE Confidence: 0.739878006666667

00:37:02.110 --> 00:37:03.650 there was a book published by that.

NOTE Confidence: 0.739878006666667

00:37:03.650 --> 00:37:06.548 So we settled for gift to therapy.

NOTE Confidence: 0.739878006666667

00:37:06.550 --> 00:37:08.657 But I I think probably that I've

NOTE Confidence: 0.739878006666667

00:37:08.657 --> 00:37:11.229 always felt that it's one of the more

NOTE Confidence: 0.739878006666667

00:37:11.229 --> 00:37:13.200 effective teaching books that I read,

NOTE Confidence: 0.739878006666667

00:37:13.200 --> 00:37:15.524 and it's used in a lot of

NOTE Confidence: 0.739878006666667

00:37:15.524 --> 00:37:16.836 different professions, I mean.

NOTE Confidence: 0.739878006666667

00:37:16.836 --> 00:37:18.451 Not only psychiatrist but psychologists

NOTE Confidence: 0.739878006666667

00:37:18.451 --> 00:37:21.438 and social work schools, but it's it's a.

NOTE Confidence: 0.739878006666667

00:37:21.438 --> 00:37:23.004 It's a widely read book.

NOTE Confidence: 0.739878006666667

00:37:23.004 --> 00:37:25.188 If I had to say that assumes

NOTE Confidence: 0.739878006666667

00:37:25.188 --> 00:37:26.998 anyone book of mine to read,

NOTE Confidence: 0.739878006666667

00:37:27.000 --> 00:37:29.940 I think it would be that one.

NOTE Confidence: 0.739878006666667

00:37:29.940 --> 00:37:32.495 I've I haven't re edited for

NOTE Confidence: 0.739878006666667

00:37:32.495 --> 00:37:34.260 the last 10 or 15 years,

NOTE Confidence: 0.739878006666667

00:37:34.260 --> 00:37:36.610 but each time I re edited I added a few

NOTE Confidence: 0.739878006666667

00:37:36.672 --> 00:37:39.025 more that I thought were essential.

NOTE Confidence: 0.739878006666667

00:37:39.025 --> 00:37:41.138 If maybe that's a book I can go back

NOTE Confidence: 0.739878006666667

00:37:41.138 --> 00:37:42.606 to and see if there's anything new.

NOTE Confidence: 0.739878006666667

00:37:42.606 --> 00:37:43.836 I want to add something.

NOTE Confidence: 0.739878006666667

00:37:43.840 --> 00:37:44.920 Thanks for reminding

NOTE Confidence: 0.9346841925

00:37:44.930 --> 00:37:45.630 me of that one

NOTE Confidence: 0.87262883

00:37:45.990 --> 00:37:47.150 is well worth the read.

NOTE Confidence: 0.51770216

00:37:53.600 --> 00:38:00.026 Yeah. Yes, you described through the book.

NOTE Confidence: 0.51770216

00:38:00.030 --> 00:38:05.550 Your own. Coming to terms with with.

NOTE Confidence: 0.51770216

00:38:05.550 --> 00:38:09.190 Your your health and an.

NOTE Confidence: 0.51770216

00:38:09.190 --> 00:38:11.870 Illness and starting with the

NOTE Confidence: 0.51770216

00:38:11.870 --> 00:38:13.598 arrhythmia in the pacemaker

NOTE Confidence: 0.51770216

00:38:13.598 --> 00:38:15.326 and then feeling progressively

NOTE Confidence: 0.51770216

00:38:15.326 --> 00:38:16.882 physically disabled and talking

NOTE Confidence: 0.51770216

00:38:16.882 --> 00:38:18.462 about struggling with your memory

NOTE Confidence: 0.51770216

00:38:18.462 --> 00:38:20.737 as well and and and the challenges.

NOTE Confidence: 0.51770216

00:38:20.740 --> 00:38:22.000 And I was curious if you could

NOTE Confidence: 0.51770216

00:38:22.000 --> 00:38:23.125 reflect on that a little bit

NOTE Confidence: 0.51770216

00:38:23.125 --> 00:38:24.199 what it's been like for you.

NOTE Confidence: 0.85528378

00:38:25.050 --> 00:38:28.611 Well I sometimes I feel like I could

NOTE Confidence: 0.85528378

00:38:28.611 --> 00:38:30.449 write a book about someone who's still

NOTE Confidence: 0.85528378

00:38:30.450 --> 00:38:33.620 got his mind intact and and write about
NOTE Confidence: 0.85528378

00:38:33.620 --> 00:38:35.410 what's happening to me in this world,
NOTE Confidence: 0.85528378

00:38:35.410 --> 00:38:37.230 what it's like growing old
NOTE Confidence: 0.85528378

00:38:37.230 --> 00:38:38.801 it's it's quite remarkable.
NOTE Confidence: 0.85528378

00:38:38.801 --> 00:38:41.480 As I watched my memory fade away,
NOTE Confidence: 0.85528378

00:38:41.480 --> 00:38:43.230 you know I get a letter from
NOTE Confidence: 0.85528378

00:38:43.230 --> 00:38:44.754 someone I said who is this?
NOTE Confidence: 0.85528378

00:38:44.754 --> 00:38:46.362 I know this person and sometimes
NOTE Confidence: 0.85528378

00:38:46.362 --> 00:38:47.808 have to guess my daughter.
NOTE Confidence: 0.85528378

00:38:47.810 --> 00:38:50.888 You know who this is or looking up on Google.
NOTE Confidence: 0.85528378

00:38:50.888 --> 00:38:54.872 So I see these things like away are
NOTE Confidence: 0.85528378

00:38:54.880 --> 00:38:58.485 forgetting losing things in the House
NOTE Confidence: 0.85528378

00:38:58.485 --> 00:39:02.480 so that's that's the shocking to me.
NOTE Confidence: 0.85528378

00:39:02.480 --> 00:39:04.695 Curry. Curiously enough though,
NOTE Confidence: 0.85528378

00:39:04.695 --> 00:39:06.635 I one thing I'm not experiencing
NOTE Confidence: 0.85528378

00:39:06.635 --> 00:39:10.340 as well is a lot of death anxiety.

NOTE Confidence: 0.85528378

00:39:10.340 --> 00:39:13.140 Well, 11 phenomenon I've been noticing

NOTE Confidence: 0.85528378

00:39:13.140 --> 00:39:16.152 lately is that sometimes I will

NOTE Confidence: 0.85528378

00:39:16.152 --> 00:39:18.736 think about and I think about death,

NOTE Confidence: 0.85528378

00:39:18.736 --> 00:39:21.959 and then I will say then I'll think

NOTE Confidence: 0.85528378

00:39:21.960 --> 00:39:25.544 about the fact that I'll be joining

NOTE Confidence: 0.85528378

00:39:25.544 --> 00:39:28.615 Maryland and I suddenly feel a

NOTE Confidence: 0.85528378

00:39:28.615 --> 00:39:32.200 wave of a comfort sweep over me.

NOTE Confidence: 0.85528378

00:39:32.200 --> 00:39:37.541 And that's that's a fascinating event for me,

NOTE Confidence: 0.85528378

00:39:37.541 --> 00:39:41.440 because the rational part of my mind.

NOTE Confidence: 0.85528378

00:39:41.440 --> 00:39:43.768 Is that this is pure nonsense?

NOTE Confidence: 0.85528378

00:39:43.770 --> 00:39:44.696 You know.

NOTE Confidence: 0.85528378

00:39:44.696 --> 00:39:47.474 I've been a pretty developed atheist

NOTE Confidence: 0.85528378

00:39:47.474 --> 00:39:50.469 since I was very early in life.

NOTE Confidence: 0.85528378

00:39:50.470 --> 00:39:53.950 And I'm saying Brown is not here anymore.

NOTE Confidence: 0.85528378

00:39:53.950 --> 00:39:55.610 She doesn't exist any longer.

NOTE Confidence: 0.85528378

00:39:55.610 --> 00:39:58.844 She's she's just bones at this point,
NOTE Confidence: 0.85528378

00:39:58.850 --> 00:40:00.730 but nonetheless, you know,
NOTE Confidence: 0.85528378

00:40:00.730 --> 00:40:03.550 I still get this comfort is.
NOTE Confidence: 0.85528378

00:40:03.550 --> 00:40:05.350 I think I'll be joining Maryland.
NOTE Confidence: 0.85528378

00:40:05.350 --> 00:40:08.034 It gives me much,
NOTE Confidence: 0.85528378

00:40:08.034 --> 00:40:11.612 much more clear idea of what religion has
NOTE Confidence: 0.85528378

00:40:11.612 --> 00:40:14.790 offered to us since the beginning of time.
NOTE Confidence: 0.85528378

00:40:14.790 --> 00:40:17.136 It offers that kind of come.
NOTE Confidence: 0.85528378

00:40:17.140 --> 00:40:18.382 You know the idea that the
NOTE Confidence: 0.85528378

00:40:18.382 --> 00:40:19.440 death won't be the end,
NOTE Confidence: 0.85528378

00:40:19.440 --> 00:40:22.218 that somehow will be rejoining it.
NOTE Confidence: 0.85528378

00:40:22.220 --> 00:40:24.712 So the idea of my joining Maryland
NOTE Confidence: 0.85528378

00:40:24.712 --> 00:40:26.968 still I feel some some wave
NOTE Confidence: 0.85528378

00:40:26.968 --> 00:40:28.813 of comfort come over me.
NOTE Confidence: 0.85528378

00:40:28.820 --> 00:40:32.216 It's a fascinating phenomenon as I,
NOTE Confidence: 0.85528378

00:40:32.220 --> 00:40:33.030 as I observed,

NOTE Confidence: 0.85528378

00:40:33.030 --> 00:40:33.300 that.

NOTE Confidence: 0.52305064

00:40:34.890 --> 00:40:39.400 Carolyn described in. Well, her.

NOTE Confidence: 0.73527703

00:40:43.780 --> 00:40:46.408 Our own comfort at the imminence

NOTE Confidence: 0.73527703

00:40:46.408 --> 00:40:48.580 of death towards the end,

NOTE Confidence: 0.73527703

00:40:48.580 --> 00:40:51.808 where she describes having.

NOTE Confidence: 0.73527703

00:40:51.810 --> 00:40:54.228 Feeling like she lived a full,

NOTE Confidence: 0.73527703

00:40:54.230 --> 00:40:56.265 rich, meaningful life with wonderful

NOTE Confidence: 0.73527703

00:40:56.265 --> 00:40:57.893 relationships and having accomplished

NOTE Confidence: 0.73527703

00:40:57.893 --> 00:40:59.826 the things and that she wanted to

NOTE Confidence: 0.73527703

00:40:59.826 --> 00:41:01.489 do and not having any regrets.

NOTE Confidence: 0.73527703

00:41:01.490 --> 00:41:04.409 And as as the time came close

NOTE Confidence: 0.73527703

00:41:04.409 --> 00:41:06.730 that she says I'm she's,

NOTE Confidence: 0.73527703

00:41:06.730 --> 00:41:09.146 she's clearly grateful to pass in the way

NOTE Confidence: 0.73527703

00:41:09.146 --> 00:41:11.770 and at the time that she was ready to.

NOTE Confidence: 0.91289808

00:41:12.500 --> 00:41:15.464 Yes, yes she was living in in a lot

NOTE Confidence: 0.91289808

00:41:15.464 --> 00:41:17.916 of pain and then and said to me,
NOTE Confidence: 0.91289808

00:41:17.920 --> 00:41:20.576 you know I it's not worth going on.
NOTE Confidence: 0.91289808

00:41:20.580 --> 00:41:23.289 I'm the days are too awful for
NOTE Confidence: 0.91289808

00:41:23.289 --> 00:41:25.276 me and you know. And I had to.
NOTE Confidence: 0.91289808

00:41:25.280 --> 00:41:26.720 I had to agree with her.
NOTE Confidence: 0.91289808

00:41:26.720 --> 00:41:28.504 I I could see what she was going
NOTE Confidence: 0.91289808

00:41:28.504 --> 00:41:30.347 through and I would have made I would
NOTE Confidence: 0.91289808

00:41:30.347 --> 00:41:32.010 have made the same choice myself.
NOTE Confidence: 0.876527

00:41:35.290 --> 00:41:38.354 Well, I think one of the comments that
NOTE Confidence: 0.909382892

00:41:38.370 --> 00:41:39.890 I was talking about earlier.
NOTE Confidence: 0.921743303333333

00:41:39.900 --> 00:41:40.938 I just want
NOTE Confidence: 0.6672871925

00:41:41.170 --> 00:41:43.468 maybe press only trainees that
NOTE Confidence: 0.6672871925

00:41:43.468 --> 00:41:45.436 when I talk about the here and now,
NOTE Confidence: 0.6672871925

00:41:45.436 --> 00:41:47.215 I know that many of you don't
NOTE Confidence: 0.6672871925

00:41:47.215 --> 00:41:48.890 quite know what I mean,
NOTE Confidence: 0.6672871925

00:41:48.890 --> 00:41:51.752 but but what I mean is that I want

NOTE Confidence: 0.6672871925

00:41:51.752 --> 00:41:54.172 you to explore the relationship

NOTE Confidence: 0.6672871925

00:41:54.172 --> 00:41:57.190 that you have with your patient.

NOTE Confidence: 0.6672871925

00:41:57.190 --> 00:42:00.718 You know what, what?

NOTE Confidence: 0.6672871925

00:42:00.720 --> 00:42:02.468 It can be so helpful.

NOTE Confidence: 0.6672871925

00:42:02.468 --> 00:42:05.017 This is the richest and most alive part

NOTE Confidence: 0.6672871925

00:42:05.017 --> 00:42:07.579 of what's happening between the two links.

NOTE Confidence: 0.6672871925

00:42:07.580 --> 00:42:09.500 The same in what's what's happening,

NOTE Confidence: 0.6672871925

00:42:09.500 --> 00:42:12.128 and it it can give you inroads to so

NOTE Confidence: 0.6672871925

00:42:12.128 --> 00:42:15.069 many different different kinds of issues.

NOTE Confidence: 0.6672871925

00:42:15.070 --> 00:42:18.704 I saw a lovely woman who was

NOTE Confidence: 0.6672871925

00:42:18.704 --> 00:42:21.680 a physician and she was doing

NOTE Confidence: 0.6672871925

00:42:21.784 --> 00:42:25.158 research and she was coming to me.

NOTE Confidence: 0.6672871925

00:42:25.160 --> 00:42:26.200 I saw

NOTE Confidence: 0.765247968

00:42:26.210 --> 00:42:27.250 her in zoom. She was

NOTE Confidence: 0.89239541

00:42:27.260 --> 00:42:28.538 in another continent,

NOTE Confidence: 0.909353121666667

00:42:28.680 --> 00:42:30.282 but she had come to this
NOTE Confidence: 0.909353121666667

00:42:30.282 --> 00:42:31.920 place and she told me that.
NOTE Confidence: 0.909353121666667

00:42:31.920 --> 00:42:36.060 She's a researcher and her first,
NOTE Confidence: 0.909353121666667

00:42:36.060 --> 00:42:38.400 maybe eight or nine years
NOTE Confidence: 0.909353121666667

00:42:38.400 --> 00:42:40.272 out of medical school.
NOTE Confidence: 0.909353121666667

00:42:40.280 --> 00:42:42.570 And she was saying to me, contact her.
NOTE Confidence: 0.909353121666667

00:42:42.570 --> 00:42:45.580 She simply would not would not talk.
NOTE Confidence: 0.909353121666667

00:42:45.580 --> 00:42:46.812 So after a while,
NOTE Confidence: 0.909353121666667

00:42:46.812 --> 00:42:50.268 you know I began to express this to
NOTE Confidence: 0.909353121666667

00:42:50.268 --> 00:42:52.198 her and I began to and she didn't
NOTE Confidence: 0.909353121666667

00:42:52.198 --> 00:42:53.840 know quite what I was talking about.
NOTE Confidence: 0.909353121666667

00:42:53.840 --> 00:42:55.380 Why was I doing this for me?
NOTE Confidence: 0.909353121666667

00:42:55.380 --> 00:42:56.820 Like talking about her and
NOTE Confidence: 0.909353121666667

00:42:56.820 --> 00:42:58.760 me and I kept saying to her,
NOTE Confidence: 0.909353121666667

00:42:58.760 --> 00:43:00.160 you know what's happening
NOTE Confidence: 0.909353121666667

00:43:00.160 --> 00:43:01.910 here between you and me?

NOTE Confidence: 0.909353121666667

00:43:01.910 --> 00:43:04.758 Is a microcosm of what's typing you in

NOTE Confidence: 0.909353121666667

00:43:04.758 --> 00:43:07.709 the world between you and other people.

NOTE Confidence: 0.909353121666667

00:43:07.710 --> 00:43:11.462 And I I can see why people might

NOTE Confidence: 0.909353121666667

00:43:11.462 --> 00:43:14.245 be attracted to you because

NOTE Confidence: 0.909353121666667

00:43:14.245 --> 00:43:16.565 of your physical beauty,

NOTE Confidence: 0.909353121666667

00:43:16.570 --> 00:43:18.466 but I can also see why they weren't

NOTE Confidence: 0.909353121666667

00:43:18.466 --> 00:43:20.170 coming back because it's so hard to

NOTE Confidence: 0.909353121666667

00:43:20.170 --> 00:43:22.961 make contact with you and that was

NOTE Confidence: 0.909353121666667

00:43:22.961 --> 00:43:24.946 extremely important lesson for her.

NOTE Confidence: 0.909353121666667

00:43:24.950 --> 00:43:26.770 I don't think she'll ever forget that,

NOTE Confidence: 0.909353121666667

00:43:26.770 --> 00:43:28.772 so I feel that working on what's

NOTE Confidence: 0.909353121666667

00:43:28.772 --> 00:43:31.176 happening here in the room not only in

NOTE Confidence: 0.909353121666667

00:43:31.176 --> 00:43:33.270 Group therapy but in individual therapy.

NOTE Confidence: 0.909353121666667

00:43:33.270 --> 00:43:35.568 Is is there a most powerful message?

NOTE Confidence: 0.909353121666667

00:43:35.570 --> 00:43:37.005 I want to give to students that

NOTE Confidence: 0.909353121666667

00:43:37.005 --> 00:43:38.319 they may not get elsewhere?
NOTE Confidence: 0.753750780833333

00:43:41.360 --> 00:43:42.828 It's a fantastic tip.
NOTE Confidence: 0.753750780833333

00:43:42.828 --> 00:43:44.296 Get something that it
NOTE Confidence: 0.753750780833333

00:43:44.296 --> 00:43:45.890 isn't taught well enough.
NOTE Confidence: 0.753750780833333

00:43:45.890 --> 00:43:47.190 It's probably not learned well
NOTE Confidence: 0.753750780833333

00:43:47.190 --> 00:43:49.040 enough that it takes a long time.
NOTE Confidence: 0.753750780833333

00:43:49.040 --> 00:43:50.456 I think you have remarkable confidence
NOTE Confidence: 0.753750780833333

00:43:50.456 --> 00:43:52.160 in yourself to be able to practice,
NOTE Confidence: 0.753750780833333

00:43:52.160 --> 00:43:53.950 and in this particular way,
NOTE Confidence: 0.82675380125

00:43:54.220 --> 00:43:56.220 well, I never had much confidence in myself,
NOTE Confidence: 0.82675380125

00:43:56.220 --> 00:43:58.117 but I managed to do it anyway.
NOTE Confidence: 0.82675380125

00:43:58.120 --> 00:44:01.876 It was scary at first, but you know,
NOTE Confidence: 0.82675380125

00:44:01.880 --> 00:44:05.120 I I did manage to to do that.
NOTE Confidence: 0.7942274325

00:44:06.420 --> 00:44:09.348 It's like very conferences.
NOTE Confidence: 0.7942274325

00:44:09.350 --> 00:44:12.310 It takes some sort of willingness
NOTE Confidence: 0.7942274325

00:44:12.310 --> 00:44:14.875 to put yourself out there and

NOTE Confidence: 0.7942274325

00:44:14.875 --> 00:44:16.380 to be willing to make a mistake.

NOTE Confidence: 0.880932822857143

00:44:16.640 --> 00:44:18.316 Yeah, and you know,

NOTE Confidence: 0.880932822857143

00:44:18.316 --> 00:44:20.411 I feel comfortable talking about

NOTE Confidence: 0.880932822857143

00:44:20.411 --> 00:44:22.647 therapy talking about my therapy.

NOTE Confidence: 0.880932822857143

00:44:22.650 --> 00:44:24.030 I'm in therapy now.

NOTE Confidence: 0.880932822857143

00:44:24.030 --> 00:44:25.065 You know someone.

NOTE Confidence: 0.880932822857143

00:44:25.070 --> 00:44:27.015 I've got saying therapist who's

NOTE Confidence: 0.880932822857143

00:44:27.015 --> 00:44:29.450 who's helping me with my grief,

NOTE Confidence: 0.880932822857143

00:44:29.450 --> 00:44:31.417 and it's been very useful for me.

NOTE Confidence: 0.880932822857143

00:44:31.420 --> 00:44:32.590 And once again,

NOTE Confidence: 0.880932822857143

00:44:32.590 --> 00:44:35.638 I have so much you know, you know,

NOTE Confidence: 0.880932822857143

00:44:35.638 --> 00:44:38.470 I I see how important therapy can be.

NOTE Confidence: 0.880932822857143

00:44:38.470 --> 00:44:39.307 And I I.

NOTE Confidence: 0.880932822857143

00:44:39.307 --> 00:44:41.260 I get a lot still out of

NOTE Confidence: 0.880932822857143

00:44:41.349 --> 00:44:43.719 out of my sessions with her,

NOTE Confidence: 0.880932822857143

00:44:43.720 --> 00:44:45.766 and fortunately she's someone who will
NOTE Confidence: 0.880932822857143

00:44:45.766 --> 00:44:48.569 do the same things that I'm talking about.
NOTE Confidence: 0.880932822857143

00:44:48.570 --> 00:44:50.580 She she works the way I did,
NOTE Confidence: 0.880932822857143

00:44:50.580 --> 00:44:51.748 and so it's it's.
NOTE Confidence: 0.880932822857143

00:44:51.748 --> 00:44:54.314 It's quite important for me and I'm hearing
NOTE Confidence: 0.880932822857143

00:44:54.314 --> 00:44:58.700 all kinds of interesting things, for example.
NOTE Confidence: 0.880932822857143

00:44:58.700 --> 00:45:01.106 A couple of sessions ago we
NOTE Confidence: 0.880932822857143

00:45:01.106 --> 00:45:03.410 were talking about, you know,
NOTE Confidence: 0.880932822857143

00:45:03.410 --> 00:45:05.060 resolving, resolving grief,
NOTE Confidence: 0.880932822857143

00:45:05.060 --> 00:45:07.550 getting through grief, going passing,
NOTE Confidence: 0.880932822857143

00:45:07.550 --> 00:45:09.286 and she was saying to me something that
NOTE Confidence: 0.880932822857143

00:45:09.286 --> 00:45:11.099 should be picked up from another person.
NOTE Confidence: 0.880932822857143

00:45:11.100 --> 00:45:13.988 You know the idea that you know that
NOTE Confidence: 0.880932822857143

00:45:13.988 --> 00:45:16.798 grief is is is like an amputation.
NOTE Confidence: 0.880932822857143

00:45:16.800 --> 00:45:19.296 You know it, you've lost a part of
NOTE Confidence: 0.880932822857143

00:45:19.296 --> 00:45:21.360 something you don't get over grief.

NOTE Confidence: 0.880932822857143
00:45:21.360 --> 00:45:23.727 You know, you just learn to live with it.
NOTE Confidence: 0.880932822857143
00:45:23.730 --> 00:45:25.782 You learn to live with the with you can.
NOTE Confidence: 0.880932822857143
00:45:25.790 --> 00:45:27.530 You don't get over an amputation,
NOTE Confidence: 0.880932822857143
00:45:27.530 --> 00:45:29.049 you just learn to live with it.
NOTE Confidence: 0.880932822857143
00:45:29.050 --> 00:45:30.578 That's that's a very
NOTE Confidence: 0.880932822857143
00:45:30.578 --> 00:45:32.488 important lesson to for me.
NOTE Confidence: 0.880932822857143
00:45:32.490 --> 00:45:33.210 Yeah, because I'm.
NOTE Confidence: 0.880932822857143
00:45:33.210 --> 00:45:34.890 I'm not going to get over this.
NOTE Confidence: 0.880932822857143
00:45:34.890 --> 00:45:37.130 I mean, my every time I think of
NOTE Confidence: 0.880932822857143
00:45:37.130 --> 00:45:39.905 her I see such richness in my mind,
NOTE Confidence: 0.880932822857143
00:45:39.910 --> 00:45:41.170 says comfort in my mind.
NOTE Confidence: 0.880932822857143
00:45:41.170 --> 00:45:41.632 I'm not.
NOTE Confidence: 0.880932822857143
00:45:41.632 --> 00:45:43.249 I'm not going to get over that,
NOTE Confidence: 0.880932822857143
00:45:43.250 --> 00:45:45.797 but I I have to learn to live with.
NOTE Confidence: 0.880932822857143
00:45:45.800 --> 00:45:48.138 And gradually that that's coming to pass.
NOTE Confidence: 0.926626585

00:45:53.070 --> 00:45:53.750 Thank you.
NOTE Confidence: 0.8177478

00:45:56.270 --> 00:45:59.032 It's it's really. It's wonderful
NOTE Confidence: 0.8177478

00:45:59.032 --> 00:46:01.750 to speak with you and I'm
NOTE Confidence: 0.830112396666667

00:46:01.837 --> 00:46:06.030 so grateful for your work. Yeah.
NOTE Confidence: 0.830112396666667

00:46:06.030 --> 00:46:08.298 It's hard to say to describe,
NOTE Confidence: 0.830112396666667

00:46:08.300 --> 00:46:10.752 but I could tell you the the
NOTE Confidence: 0.830112396666667

00:46:10.752 --> 00:46:11.958 existential psychotherapy text
NOTE Confidence: 0.830112396666667

00:46:11.958 --> 00:46:13.968 was just foundational for me
NOTE Confidence: 0.830112396666667

00:46:13.968 --> 00:46:16.270 in my own training before,
NOTE Confidence: 0.830112396666667

00:46:16.270 --> 00:46:19.392 and all of the fiction and another
NOTE Confidence: 0.830112396666667

00:46:19.392 --> 00:46:22.170 work since we've used for teaching
NOTE Confidence: 0.830112396666667

00:46:22.170 --> 00:46:25.630 all of our trainees for many years.
NOTE Confidence: 0.830112396666667

00:46:25.630 --> 00:46:26.266 It's invaluable,
NOTE Confidence: 0.830112396666667

00:46:26.266 --> 00:46:28.174 and it's it's something that will
NOTE Confidence: 0.830112396666667

00:46:28.174 --> 00:46:30.120 ripple forward for many, many years.
NOTE Confidence: 0.8909589325

00:46:30.150 --> 00:46:33.060 Thank you. I love hearing you say that, good.

NOTE Confidence: 0.91075546

00:46:35.780 --> 00:46:38.032 Alright man, I am very

NOTE Confidence: 0.91075546

00:46:38.032 --> 00:46:40.180 pleased to now get to welcome

NOTE Confidence: 0.80916111

00:46:40.264 --> 00:46:42.299 live to our group Doctor

NOTE Confidence: 0.80916111

00:46:42.299 --> 00:46:44.660 Yalam I see you've joined us.

NOTE Confidence: 0.80916111

00:46:44.660 --> 00:46:45.716 You wanna come on screen and

NOTE Confidence: 0.80916111

00:46:45.716 --> 00:46:47.370 we can do a quick sound check.

NOTE Confidence: 0.8387422

00:46:51.490 --> 00:46:53.340 Not seeing you in my current

NOTE Confidence: 0.8387422

00:46:53.340 --> 00:46:58.360 view, oh. Iberico hello

NOTE Confidence: 0.849604866666667

00:46:58.360 --> 00:46:59.720 good morning, good morning.

NOTE Confidence: 0.849604866666667

00:46:59.720 --> 00:47:01.280 It's good to see you again.

NOTE Confidence: 0.849604866666667

00:47:01.280 --> 00:47:04.728 Welcome you look so there have been

NOTE Confidence: 0.849604866666667

00:47:04.728 --> 00:47:06.894 lots of questions showing up in the

NOTE Confidence: 0.849604866666667

00:47:06.894 --> 00:47:09.000 chat throughout the talk this morning.

NOTE Confidence: 0.849604866666667

00:47:09.000 --> 00:47:10.976 So we will try to try to get

NOTE Confidence: 0.849604866666667

00:47:10.976 --> 00:47:12.988 through at least a couple of them.

NOTE Confidence: 0.849604866666667

00:47:12.990 --> 00:47:13.676 Starting with.
NOTE Confidence: 0.849604866666667

00:47:13.676 --> 00:47:16.420 Could you say a little bit about who
NOTE Confidence: 0.849604866666667

00:47:16.496 --> 00:47:18.800 have been your inspirations both in
NOTE Confidence: 0.849604866666667

00:47:18.800 --> 00:47:21.618 your therapy work and also as an author?
NOTE Confidence: 0.789251992

00:47:22.650 --> 00:47:26.000 No, those are big questions, you know.
NOTE Confidence: 0.796641830909091

00:47:28.140 --> 00:47:31.941 My therapy work. I think roller may
NOTE Confidence: 0.796641830909091

00:47:31.941 --> 00:47:35.852 was a person that I tried to emulate.
NOTE Confidence: 0.796641830909091

00:47:35.852 --> 00:47:38.916 I imagine he's wrong right where my
NOTE Confidence: 0.796641830909091

00:47:38.916 --> 00:47:41.810 real models. Yes, I tell you roll.
NOTE Confidence: 0.8257296775

00:47:43.370 --> 00:47:44.858 In terms of people,
NOTE Confidence: 0.831951255

00:47:44.870 --> 00:47:48.470 I've personally come into contact with.
NOTE Confidence: 0.831951255

00:47:48.470 --> 00:47:50.711 Yeah, we're allowed David Hamburg,
NOTE Confidence: 0.831951255

00:47:50.711 --> 00:47:52.577 who's chairman of my department was,
NOTE Confidence: 0.831951255

00:47:52.580 --> 00:47:54.816 was a magnificent soul.
NOTE Confidence: 0.831951255

00:47:54.816 --> 00:47:58.170 He was very important to me,
NOTE Confidence: 0.831951255

00:47:58.170 --> 00:47:59.920 but the therapist and people

NOTE Confidence: 0.831951255

00:47:59.920 --> 00:48:01.670 that I've seen doing therapy.

NOTE Confidence: 0.831951255

00:48:01.670 --> 00:48:03.782 I think my work is something

NOTE Confidence: 0.831951255

00:48:03.782 --> 00:48:05.470 like like Rolos, and I've gotten

NOTE Confidence: 0.831951255

00:48:05.470 --> 00:48:06.910 a lot of inspiration from him.

NOTE Confidence: 0.747054322857143

00:48:08.760 --> 00:48:11.175 And authors who have inspired your writing.

NOTE Confidence: 0.810058548333333

00:48:14.060 --> 00:48:16.496 You know almost my entire life.

NOTE Confidence: 0.810058548333333

00:48:16.500 --> 00:48:19.279 I've been reading a book and they're

NOTE Confidence: 0.810058548333333

00:48:19.279 --> 00:48:21.619 almost every every every imaginable

NOTE Confidence: 0.810058548333333

00:48:21.619 --> 00:48:24.697 good writer I've seen I've read,

NOTE Confidence: 0.810058548333333

00:48:24.700 --> 00:48:28.766 so it's hard to choose out some right now.

NOTE Confidence: 0.810058548333333

00:48:28.766 --> 00:48:33.194 People I'm reading are David Bancroft,

NOTE Confidence: 0.810058548333333

00:48:33.200 --> 00:48:36.525 British writer. Oh, I love his work.

NOTE Confidence: 0.810058548333333

00:48:36.530 --> 00:48:37.386 I love his sentences.

NOTE Confidence: 0.810058548333333

00:48:37.386 --> 00:48:38.792 Here's a few, many characters

NOTE Confidence: 0.810058548333333

00:48:38.792 --> 00:48:42.310 in it for a man is in his 80s,

NOTE Confidence: 0.810058548333333

00:48:42.310 --> 00:48:44.830 but you'll see when you get to be 80,
NOTE Confidence: 0.810058548333333

00:48:44.830 --> 00:48:46.522 you don't want to make characters
NOTE Confidence: 0.810058548333333

00:48:46.522 --> 00:48:48.144 and sometimes you have to start
NOTE Confidence: 0.810058548333333

00:48:48.144 --> 00:48:49.691 writing him down in the book so
NOTE Confidence: 0.810058548333333

00:48:49.691 --> 00:48:51.427 you won't forget it in the queue.
NOTE Confidence: 0.810058548333333

00:48:51.430 --> 00:48:52.357 And I've been,
NOTE Confidence: 0.810058548333333

00:48:52.357 --> 00:48:53.902 I've been reading and rereading
NOTE Confidence: 0.810058548333333

00:48:53.902 --> 00:48:55.530 a lot of his material.
NOTE Confidence: 0.810058548333333

00:48:55.530 --> 00:48:57.300 I like him very much.
NOTE Confidence: 0.822631686666667

00:49:01.830 --> 00:49:05.244 So I think those are the fiction writers I
NOTE Confidence: 0.822631686666667

00:49:05.244 --> 00:49:08.359 really most admire who are writing today.
NOTE Confidence: 0.822631686666667

00:49:08.360 --> 00:49:11.384 Like Sal Bellows, he's a magnificent
NOTE Confidence: 0.822631686666667

00:49:11.384 --> 00:49:15.241 American writer and I'm just about ready to
NOTE Confidence: 0.822631686666667

00:49:15.241 --> 00:49:18.710 start rereading some of his work together.
NOTE Confidence: 0.822631686666667

00:49:18.710 --> 00:49:19.847 Currently writing Arthur's.
NOTE Confidence: 0.822631686666667

00:49:19.847 --> 00:49:21.742 There's not many that I'm

NOTE Confidence: 0.822631686666667

00:49:21.742 --> 00:49:22.780 following right now.

NOTE Confidence: 0.822631686666667

00:49:22.780 --> 00:49:25.548 And when you get to be my age,

NOTE Confidence: 0.822631686666667

00:49:25.550 --> 00:49:27.384 you will need to look for characters

NOTE Confidence: 0.822631686666667

00:49:27.384 --> 00:49:28.939 for books with relative ease.

NOTE Confidence: 0.822631686666667

00:49:28.940 --> 00:49:30.608 You characters in it.

NOTE Confidence: 0.822631686666667

00:49:30.608 --> 00:49:33.246 That you'll see for dessert, skim books

NOTE Confidence: 0.822631686666667

00:49:33.246 --> 00:49:35.430 in the 1st place is here right there.

NOTE Confidence: 0.822631686666667

00:49:35.430 --> 00:49:36.534 'cause I will get.

NOTE Confidence: 0.822631686666667

00:49:36.534 --> 00:49:37.638 I will get confused.

NOTE Confidence: 0.813671798333333

00:49:38.960 --> 00:49:40.465 Paired up, we have a couple of

NOTE Confidence: 0.813671798333333

00:49:40.465 --> 00:49:41.585 wonderful questions that are coming

NOTE Confidence: 0.813671798333333

00:49:41.585 --> 00:49:42.875 in from residents in the program.

NOTE Confidence: 0.813671798333333

00:49:42.880 --> 00:49:47.840 Right now. One of them is.

NOTE Confidence: 0.813671798333333

00:49:47.840 --> 00:49:50.426 I'm going to read it and it

NOTE Confidence: 0.813671798333333

00:49:50.426 --> 00:49:51.450 starts with reference that

NOTE Confidence: 0.813671798333333

00:49:51.450 --> 00:49:52.730 this may be overly granular,
NOTE Confidence: 0.813671798333333

00:49:52.730 --> 00:49:54.319 but do you have any practical advice
NOTE Confidence: 0.813671798333333

00:49:54.319 --> 00:49:56.635 on how to introduce the here and now
NOTE Confidence: 0.813671798333333

00:49:56.635 --> 00:49:58.215 into conversation with your patients?
NOTE Confidence: 0.813671798333333

00:49:58.220 --> 00:49:58.826 Like any like?
NOTE Confidence: 0.813671798333333

00:49:58.826 --> 00:50:00.240 Like how do you actually say it?
NOTE Confidence: 0.813671798333333

00:50:00.240 --> 00:50:01.605 How did the words come out of
NOTE Confidence: 0.813671798333333

00:50:01.605 --> 00:50:02.674 your mouth when you're going
NOTE Confidence: 0.813671798333333

00:50:02.674 --> 00:50:03.976 to move into that work well
NOTE Confidence: 0.838094130666667

00:50:04.010 --> 00:50:06.670 for the list, I feel most two years now I'm
NOTE Confidence: 0.838094130666667

00:50:06.739 --> 00:50:09.219 only doing single session consultations,
NOTE Confidence: 0.838094130666667

00:50:09.220 --> 00:50:12.770 and frankly I don't particularly
NOTE Confidence: 0.838094130666667

00:50:12.770 --> 00:50:16.320 do it skillfully or only,
NOTE Confidence: 0.838094130666667

00:50:16.320 --> 00:50:17.812 but at some point I said, you know,
NOTE Confidence: 0.838094130666667

00:50:17.812 --> 00:50:19.686 I wonder if we could take a look at
NOTE Confidence: 0.838094130666667

00:50:19.686 --> 00:50:21.443 what's going on between the tools today.

NOTE Confidence: 0.838094130666667
00:50:21.450 --> 00:50:25.167 You know what's the session felt like to you?
NOTE Confidence: 0.838094130666667
00:50:25.170 --> 00:50:28.510 What feelings got a raise?
NOTE Confidence: 0.838094130666667
00:50:28.510 --> 00:50:30.806 We're not where I said such and such
NOTE Confidence: 0.838094130666667
00:50:30.806 --> 00:50:33.018 a thing can we talk about what's
NOTE Confidence: 0.838094130666667
00:50:33.018 --> 00:50:34.964 going on right here and that's
NOTE Confidence: 0.838094130666667
00:50:34.964 --> 00:50:37.420 the whole I do and then then I'll
NOTE Confidence: 0.838094130666667
00:50:37.420 --> 00:50:39.930 follow wherever the patient goes but
NOTE Confidence: 0.838094130666667
00:50:39.930 --> 00:50:42.130 it's rather it's rather brusque.
NOTE Confidence: 0.838094130666667
00:50:42.130 --> 00:50:44.950 It's not terribly not terribly graceful,
NOTE Confidence: 0.838094130666667
00:50:44.950 --> 00:50:48.181 but I'll say how I mentioned a few minutes
NOTE Confidence: 0.838094130666667
00:50:48.181 --> 00:50:51.595 ago as I was talking about this woman who.
NOTE Confidence: 0.838094130666667
00:50:51.600 --> 00:50:53.052 Had lots of first dates and
NOTE Confidence: 0.838094130666667
00:50:53.052 --> 00:50:54.020 never any second day,
NOTE Confidence: 0.838094130666667
00:50:54.020 --> 00:50:56.270 so that was important thing for her.
NOTE Confidence: 0.838094130666667
00:50:56.270 --> 00:50:57.150 You know.
NOTE Confidence: 0.838094130666667

00:50:57.150 --> 00:50:59.398 And believe in saying to her,
NOTE Confidence: 0.838094130666667

00:50:59.398 --> 00:51:02.044 you know what's going on right here
NOTE Confidence: 0.838094130666667

00:51:02.044 --> 00:51:03.890 is is really microcosm of what's
NOTE Confidence: 0.838094130666667

00:51:03.890 --> 00:51:05.730 going on in your outside world.
NOTE Confidence: 0.838094130666667

00:51:05.730 --> 00:51:07.823 What I'm feeling toward you is what
NOTE Confidence: 0.838094130666667

00:51:07.823 --> 00:51:09.460 other people feel towards you,
NOTE Confidence: 0.838094130666667

00:51:09.460 --> 00:51:12.365 so I'll bring it into the current
NOTE Confidence: 0.838094130666667

00:51:12.365 --> 00:51:15.380 hearing now, but I will do that.
NOTE Confidence: 0.838094130666667

00:51:15.380 --> 00:51:17.906 I never let a session pass.
NOTE Confidence: 0.838094130666667

00:51:17.910 --> 00:51:19.554 Never let a session pass without
NOTE Confidence: 0.838094130666667

00:51:19.554 --> 00:51:21.511 taking like how's it tells it felt
NOTE Confidence: 0.838094130666667

00:51:21.511 --> 00:51:23.125 like you today would have been
NOTE Confidence: 0.838094130666667

00:51:23.125 --> 00:51:24.428 feeling about my questions.
NOTE Confidence: 0.838094130666667

00:51:24.430 --> 00:51:26.383 Or are there any things I've said
NOTE Confidence: 0.838094130666667

00:51:26.383 --> 00:51:28.590 to you kind of felt uneasy about?
NOTE Confidence: 0.838094130666667

00:51:28.590 --> 00:51:30.910 Can we go back and take a look at that?

NOTE Confidence: 0.838094130666667
00:51:30.910 --> 00:51:32.830 It's just that simple, yeah?
NOTE Confidence: 0.79405483125
00:51:34.300 --> 00:51:35.533 Another poignant question
NOTE Confidence: 0.79405483125
00:51:35.533 --> 00:51:37.588 from one of the trainees.
NOTE Confidence: 0.79405483125
00:51:37.590 --> 00:51:38.762 As a beginning therapist,
NOTE Confidence: 0.79405483125
00:51:38.762 --> 00:51:40.227 I'm currently going through some
NOTE Confidence: 0.79405483125
00:51:40.227 --> 00:51:41.974 grief of my own of my own and
NOTE Confidence: 0.79405483125
00:51:41.974 --> 00:51:43.247 terminating with all of my clients
NOTE Confidence: 0.79405483125
00:51:43.247 --> 00:51:44.689 at the end of our training year
NOTE Confidence: 0.79405483125
00:51:44.690 --> 00:51:46.552 as well as around someone who I
NOTE Confidence: 0.79405483125
00:51:46.552 --> 00:51:48.389 work with closely who came close
NOTE Confidence: 0.79405483125
00:51:48.389 --> 00:51:49.810 to killing themselves and so,
NOTE Confidence: 0.79405483125
00:51:49.810 --> 00:51:51.957 how do you hold some of your own human
NOTE Confidence: 0.79405483125
00:51:51.957 --> 00:51:53.582 responses to working with people
NOTE Confidence: 0.79405483125
00:51:53.582 --> 00:51:55.770 and becoming tide up in their lives?
NOTE Confidence: 0.7991767
00:51:58.990 --> 00:52:02.508 I know I just been doing it so for like
NOTE Confidence: 0.876798809090909

00:52:02.510 --> 00:52:04.848 6070 years so it just it just
NOTE Confidence: 0.876798809090909
00:52:04.848 --> 00:52:06.470 feels like everyday workout.
NOTE Confidence: 0.876798809090909
00:52:06.470 --> 00:52:08.520 I don't have any problems.
NOTE Confidence: 0.876798809090909
00:52:08.520 --> 00:52:11.122 Holy what I'm hearing about
NOTE Confidence: 0.876798809090909
00:52:11.122 --> 00:52:13.550 about patience, it's it's not.
NOTE Confidence: 0.876798809090909
00:52:13.550 --> 00:52:16.150 It's not difficult for me.
NOTE Confidence: 0.876798809090909
00:52:16.150 --> 00:52:18.628 I will think about people between sessions.
NOTE Confidence: 0.876798809090909
00:52:18.630 --> 00:52:22.198 I dictate after every single session I do.
NOTE Confidence: 0.876798809090909
00:52:22.200 --> 00:52:24.230 After every session I do I will.
NOTE Confidence: 0.876798809090909
00:52:24.230 --> 00:52:26.342 I will dictate and I'll dictate
NOTE Confidence: 0.876798809090909
00:52:26.342 --> 00:52:28.269 the gutsy feelings that I have.
NOTE Confidence: 0.876798809090909
00:52:28.270 --> 00:52:31.776 Down to. Today used to be.
NOTE Confidence: 0.876798809090909
00:52:31.776 --> 00:52:34.512 You had to find dictate Dragon
NOTE Confidence: 0.876798809090909
00:52:34.512 --> 00:52:36.592 programs on your computer. Of course,
NOTE Confidence: 0.876798809090909
00:52:36.592 --> 00:52:41.200 now you just dictate into your iPhone and.
NOTE Confidence: 0.876798809090909
00:52:41.200 --> 00:52:42.346 And goes right,

NOTE Confidence: 0.876798809090909

00:52:42.346 --> 00:52:45.020 it goes right into the patients chart.

NOTE Confidence: 0.876798809090909

00:52:45.020 --> 00:52:47.756 I just learned that quite recently that you

NOTE Confidence: 0.876798809090909

00:52:47.756 --> 00:52:50.120 dictate notes into your into your iPhone.

NOTE Confidence: 0.876798809090909

00:52:50.120 --> 00:52:52.883 I then I used to email to myself and

NOTE Confidence: 0.876798809090909

00:52:52.883 --> 00:52:55.730 then I would have it in the computer

NOTE Confidence: 0.876798809090909

00:52:55.730 --> 00:52:58.505 and it happened by mistake I dictated

NOTE Confidence: 0.876798809090909

00:52:58.505 --> 00:53:00.971 a consultation summary and it was

NOTE Confidence: 0.876798809090909

00:53:00.980 --> 00:53:02.765 the worst summer Earth consultation

NOTE Confidence: 0.876798809090909

00:53:02.765 --> 00:53:06.369 I ever had and I said that in my in

NOTE Confidence: 0.876798809090909

00:53:06.369 --> 00:53:08.119 my dictation everything and then

NOTE Confidence: 0.876798809090909

00:53:08.189 --> 00:53:10.619 I tells me something about the

NOTE Confidence: 0.876798809090909

00:53:10.619 --> 00:53:12.538 difficulties he's having now with.

NOTE Confidence: 0.876798809090909

00:53:12.538 --> 00:53:14.326 With the person that she's trying,

NOTE Confidence: 0.876798809090909

00:53:14.330 --> 00:53:16.710 she's living with now and by mistake

NOTE Confidence: 0.876798809090909

00:53:16.710 --> 00:53:19.457 I mailed it to her and it was.

NOTE Confidence: 0.876798809090909

00:53:19.457 --> 00:53:23.280 It was the worst tragedy can be followed.
NOTE Confidence: 0.876798809090909

00:53:23.280 --> 00:53:25.386 Erica so, so I've written a story about that,
NOTE Confidence: 0.876798809090909

00:53:25.390 --> 00:53:27.414 so I think it's a very fun story,
NOTE Confidence: 0.876798809090909

00:53:27.420 --> 00:53:29.316 but and then eventually,
NOTE Confidence: 0.876798809090909

00:53:29.316 --> 00:53:32.160 after I gave all my apologies,
NOTE Confidence: 0.876798809090909

00:53:32.160 --> 00:53:33.976 I explained all this. She didn't hold me.
NOTE Confidence: 0.876798809090909

00:53:33.980 --> 00:53:35.902 Why were you emailing this to yourself?
NOTE Confidence: 0.876798809090909

00:53:35.902 --> 00:53:37.186 Don't you know that it's right
NOTE Confidence: 0.876798809090909

00:53:37.186 --> 00:53:38.030 or your computer?
NOTE Confidence: 0.876798809090909

00:53:38.030 --> 00:53:38.665 Anyway,
NOTE Confidence: 0.876798809090909

00:53:38.665 --> 00:53:43.252 so we talked about my my big a bit of
NOTE Confidence: 0.876798809090909

00:53:43.252 --> 00:53:45.329 a moron and how that feelings are hurt.
NOTE Confidence: 0.8218199635

00:53:46.640 --> 00:53:48.936 How much we we someone picked up on
NOTE Confidence: 0.8218199635

00:53:48.936 --> 00:53:51.607 one of the themes earlier and they
NOTE Confidence: 0.8218199635

00:53:51.607 --> 00:53:53.917 were hoping you could elaborate as
NOTE Confidence: 0.8218199635

00:53:53.917 --> 00:53:55.926 you were talking about the book and

NOTE Confidence: 0.8218199635

00:53:55.926 --> 00:53:57.443 talking about Maryland you talked

NOTE Confidence: 0.8218199635

00:53:57.443 --> 00:53:59.494 about the right time of death and

NOTE Confidence: 0.8218199635

00:53:59.553 --> 00:54:01.585 could you say a little bit more about

NOTE Confidence: 0.8218199635

00:54:01.585 --> 00:54:03.630 what you mean by the right time.

NOTE Confidence: 0.88977283125

00:54:04.980 --> 00:54:06.565 Well, that's a that's a

NOTE Confidence: 0.88977283125

00:54:06.565 --> 00:54:07.516 very personal question.

NOTE Confidence: 0.88977283125

00:54:07.520 --> 00:54:09.459 I think it was nature that said,

NOTE Confidence: 0.88977283125

00:54:09.460 --> 00:54:11.546 you know, die at the right time

NOTE Confidence: 0.88977283125

00:54:11.546 --> 00:54:13.634 and in Maryland felt she died at

NOTE Confidence: 0.88977283125

00:54:13.634 --> 00:54:16.348 the right time because she had the

NOTE Confidence: 0.88977283125

00:54:16.348 --> 00:54:18.683 advantage of physician assisted dying

NOTE Confidence: 0.88977283125

00:54:18.683 --> 00:54:21.649 at that point and a lot of people,

NOTE Confidence: 0.88977283125

00:54:21.650 --> 00:54:23.798 many states in the United States,

NOTE Confidence: 0.88977283125

00:54:23.800 --> 00:54:26.440 don't have that.

NOTE Confidence: 0.88977283125

00:54:26.440 --> 00:54:27.815 I'll say something that's a

NOTE Confidence: 0.88977283125

00:54:27.815 --> 00:54:29.040 little bit shocking to you.
NOTE Confidence: 0.88977283125

00:54:29.040 --> 00:54:32.128 I think that I sort of feel I'm
NOTE Confidence: 0.88977283125

00:54:32.128 --> 00:54:35.519 getting very close to the right time.
NOTE Confidence: 0.88977283125

00:54:35.520 --> 00:54:39.580 I'm old, my memories is flaking away.
NOTE Confidence: 0.88977283125

00:54:39.580 --> 00:54:40.657 I'm I'm alone.
NOTE Confidence: 0.88977283125

00:54:40.657 --> 00:54:43.660 I do have wonderful children the same thing,
NOTE Confidence: 0.88977283125

00:54:43.660 --> 00:54:47.053 but I'm not having a whole lot of fun
NOTE Confidence: 0.88977283125

00:54:47.053 --> 00:54:50.766 in life and so I'm approaching the time
NOTE Confidence: 0.88977283125

00:54:50.766 --> 00:54:54.437 of death and I don't have any regrets.
NOTE Confidence: 0.88977283125

00:54:54.437 --> 00:54:57.230 And I think I know what the
NOTE Confidence: 0.88977283125

00:54:57.324 --> 00:54:59.808 right time feels like to me.
NOTE Confidence: 0.88977283125

00:54:59.810 --> 00:55:01.954 It's a little shocking for all of you
NOTE Confidence: 0.88977283125

00:55:01.954 --> 00:55:03.969 know nobody in the audience is my age,
NOTE Confidence: 0.88977283125

00:55:03.970 --> 00:55:06.454 but as I look around I'm I do have
NOTE Confidence: 0.88977283125

00:55:06.454 --> 00:55:08.735 people in my life at the same time
NOTE Confidence: 0.88977283125

00:55:08.735 --> 00:55:10.648 I feel lonely because all the

NOTE Confidence: 0.88977283125

00:55:10.648 --> 00:55:13.007 people I've been close to or dead.

NOTE Confidence: 0.88977283125

00:55:13.010 --> 00:55:14.510 You know all the close friends

NOTE Confidence: 0.88977283125

00:55:14.510 --> 00:55:16.050 that I've had in the past.

NOTE Confidence: 0.88977283125

00:55:16.050 --> 00:55:18.306 Another as old as I am,

NOTE Confidence: 0.88977283125

00:55:18.310 --> 00:55:20.956 and it's always a shock to me,

NOTE Confidence: 0.88977283125

00:55:20.960 --> 00:55:22.436 and they were always thought of

NOTE Confidence: 0.88977283125

00:55:22.436 --> 00:55:24.188 myself as a young kid and can't

NOTE Confidence: 0.88977283125

00:55:24.188 --> 00:55:25.622 quite get used to that image.

NOTE Confidence: 0.88977283125

00:55:25.630 --> 00:55:29.342 But I know I'm very old now, and if it's any.

NOTE Confidence: 0.88977283125

00:55:29.342 --> 00:55:31.790 Benefit to any of you saying

NOTE Confidence: 0.88977283125

00:55:31.886 --> 00:55:34.610 it doesn't upset me very much,

NOTE Confidence: 0.88977283125

00:55:34.610 --> 00:55:36.404 whereas in the past I've had

NOTE Confidence: 0.88977283125

00:55:36.404 --> 00:55:37.600 great deal death anxiety,

NOTE Confidence: 0.88977283125

00:55:37.600 --> 00:55:39.410 but I don't at the present time.

NOTE Confidence: 0.872713414444445

00:55:41.200 --> 00:55:43.139 Yeah, you when we spoke last week

NOTE Confidence: 0.872713414444445

00:55:43.139 --> 00:55:44.847 you actually said more about that
NOTE Confidence: 0.872713414444445

00:55:44.847 --> 00:55:46.751 theme of the things that have kept
NOTE Confidence: 0.872713414444445

00:55:46.807 --> 00:55:48.625 you hear that that in immediately
NOTE Confidence: 0.872713414444445

00:55:48.625 --> 00:55:50.054 after Maryland's death that that
NOTE Confidence: 0.872713414444445

00:55:50.054 --> 00:55:51.459 you had thoughts about about
NOTE Confidence: 0.872713414444445

00:55:51.459 --> 00:55:53.077 not wanting to be here anymore.
NOTE Confidence: 0.872713414444445

00:55:53.080 --> 00:55:55.215 And could you just say a little
NOTE Confidence: 0.872713414444445

00:55:55.215 --> 00:55:57.058 more about what what kept you
NOTE Confidence: 0.872713414444445

00:55:57.058 --> 00:55:59.318 here and what keeps you going on?
NOTE Confidence: 0.817072288333333

00:55:59.870 --> 00:56:01.730 Well, for me, the first two
NOTE Confidence: 0.817072288333333

00:56:01.730 --> 00:56:03.780 things I would say two things.
NOTE Confidence: 0.817072288333333

00:56:03.780 --> 00:56:05.028 One is my writing.
NOTE Confidence: 0.817072288333333

00:56:05.028 --> 00:56:07.268 I love the writing is something that
NOTE Confidence: 0.817072288333333

00:56:07.268 --> 00:56:09.708 gives me so much pleasure when I right.
NOTE Confidence: 0.817072288333333

00:56:09.710 --> 00:56:11.558 So that's all I'm doing it mostly.
NOTE Confidence: 0.817072288333333

00:56:11.560 --> 00:56:14.960 And the 2nd way is I love my clinical work.

NOTE Confidence: 0.817072288333333
00:56:14.960 --> 00:56:16.815 So every day of the year I
NOTE Confidence: 0.817072288333333
00:56:16.815 --> 00:56:18.668 see a patient I see a single,
NOTE Confidence: 0.817072288333333
00:56:18.670 --> 00:56:21.015 it's just a single session consultation once
NOTE Confidence: 0.817072288333333
00:56:21.015 --> 00:56:23.859 in a while patient will contact me back,
NOTE Confidence: 0.817072288333333
00:56:23.860 --> 00:56:26.289 but not doing any ongoing therapy now.
NOTE Confidence: 0.817072288333333
00:56:26.290 --> 00:56:28.453 So I see a patient that's that's
NOTE Confidence: 0.817072288333333
00:56:28.453 --> 00:56:29.610 always interesting to me.
NOTE Confidence: 0.817072288333333
00:56:29.610 --> 00:56:30.612 Without exception,
NOTE Confidence: 0.817072288333333
00:56:30.612 --> 00:56:33.618 everything that comes up I think
NOTE Confidence: 0.817072288333333
00:56:33.618 --> 00:56:36.720 about for a long time dictate keep
NOTE Confidence: 0.817072288333333
00:56:36.720 --> 00:56:38.946 the lips to myself, of course.
NOTE Confidence: 0.817072288333333
00:56:38.946 --> 00:56:41.410 But so I think that that's one of
NOTE Confidence: 0.817072288333333
00:56:41.487 --> 00:56:42.609 the things that.
NOTE Confidence: 0.817072288333333
00:56:42.610 --> 00:56:44.760 That really keeps me going.
NOTE Confidence: 0.817072288333333
00:56:44.760 --> 00:56:46.570 I know that mostly audiences
NOTE Confidence: 0.817072288333333

00:56:46.570 --> 00:56:48.710 are just are just starting out,
NOTE Confidence: 0.817072288333333
00:56:48.710 --> 00:56:51.680 but it is such a year in such
NOTE Confidence: 0.817072288333333
00:56:51.680 --> 00:56:53.480 a privileged and pleasurable
NOTE Confidence: 0.817072288333333
00:56:53.480 --> 00:56:55.862 profession because I actually look
NOTE Confidence: 0.817072288333333
00:56:55.862 --> 00:56:58.247 forward to saying every patient,
NOTE Confidence: 0.817072288333333
00:56:58.250 --> 00:57:00.532 it's always exciting to me to see
NOTE Confidence: 0.817072288333333
00:57:00.532 --> 00:57:02.742 what's going to happen and in this
NOTE Confidence: 0.817072288333333
00:57:02.742 --> 00:57:04.572 in this context that we're going
NOTE Confidence: 0.817072288333333
00:57:04.572 --> 00:57:06.754 to have today are someone that I'm
NOTE Confidence: 0.817072288333333
00:57:06.754 --> 00:57:08.448 going to be seeing in an hour.
NOTE Confidence: 0.817072288333333
00:57:08.450 --> 00:57:10.286 I'll be seeing someone else for
NOTE Confidence: 0.817072288333333
00:57:10.286 --> 00:57:11.510 a patient for today.
NOTE Confidence: 0.817072288333333
00:57:11.510 --> 00:57:13.800 It's so interesting to me.
NOTE Confidence: 0.817072288333333
00:57:13.800 --> 00:57:15.752 And by this time I have so much
NOTE Confidence: 0.817072288333333
00:57:15.752 --> 00:57:17.469 life and so much experience.
NOTE Confidence: 0.817072288333333
00:57:17.470 --> 00:57:19.588 I usually get offered something from

NOTE Confidence: 0.817072288333333

00:57:19.588 --> 00:57:22.399 them and even there's not anything specific.

NOTE Confidence: 0.817072288333333

00:57:22.400 --> 00:57:24.220 They all imbued me with so much

NOTE Confidence: 0.817072288333333

00:57:24.220 --> 00:57:25.736 wisdom 'cause they read my books

NOTE Confidence: 0.817072288333333

00:57:25.736 --> 00:57:27.332 and think I know a great deal.

NOTE Confidence: 0.817072288333333

00:57:27.340 --> 00:57:29.455 And so I will if I will say things.

NOTE Confidence: 0.817072288333333

00:57:29.460 --> 00:57:31.396 If I have a sense that that person

NOTE Confidence: 0.817072288333333

00:57:31.396 --> 00:57:33.226 is going to be a good therapist,

NOTE Confidence: 0.817072288333333

00:57:33.230 --> 00:57:35.158 you know, I I, I don't hold back,

NOTE Confidence: 0.817072288333333

00:57:35.160 --> 00:57:36.942 I'll say that you know from

NOTE Confidence: 0.817072288333333

00:57:36.942 --> 00:57:38.510 things you said like this.

NOTE Confidence: 0.817072288333333

00:57:38.510 --> 00:57:39.630 And this is never feeling.

NOTE Confidence: 0.817072288333333

00:57:39.630 --> 00:57:41.597 You're going to be a good therapist.

NOTE Confidence: 0.817072288333333

00:57:41.600 --> 00:57:43.814 That that means something to the

NOTE Confidence: 0.817072288333333

00:57:43.814 --> 00:57:45.099 people that I'm speaking to.

NOTE Confidence: 0.817072288333333

00:57:45.100 --> 00:57:45.742 Because the.

NOTE Confidence: 0.817072288333333

00:57:45.742 --> 00:57:47.347 They do read my books,
NOTE Confidence: 0.817072288333333
00:57:47.350 --> 00:57:49.564 they hold me in high esteem and they they
NOTE Confidence: 0.817072288333333
00:57:49.564 --> 00:57:51.618 may not forget that for a long time,
NOTE Confidence: 0.817072288333333
00:57:52.040 --> 00:57:53.920 yeah.
NOTE Confidence: 0.80476174
00:57:53.920 --> 00:57:56.446 A tough question from someone else.
NOTE Confidence: 0.836677164117647
00:57:58.510 --> 00:58:00.256 So first thank you for speaking
NOTE Confidence: 0.836677164117647
00:58:00.256 --> 00:58:01.806 so eloquently about your personal
NOTE Confidence: 0.836677164117647
00:58:01.806 --> 00:58:03.810 grief and reading from the question.
NOTE Confidence: 0.836677164117647
00:58:03.810 --> 00:58:06.338 Do you have advice for us in the
NOTE Confidence: 0.836677164117647
00:58:06.338 --> 00:58:08.466 context of the pandemic dealing
NOTE Confidence: 0.836677164117647
00:58:08.466 --> 00:58:10.821 with our own physically distant
NOTE Confidence: 0.836677164117647
00:58:10.821 --> 00:58:13.222 losses with and helping others
NOTE Confidence: 0.836677164117647
00:58:13.222 --> 00:58:15.158 cope with enormous losses?
NOTE Confidence: 0.836677164117647
00:58:15.160 --> 00:58:16.648 An ongoing grief?
NOTE Confidence: 0.836677164117647
00:58:16.648 --> 00:58:19.624 Especially while we're while we're isolated,
NOTE Confidence: 0.793395778
00:58:19.660 --> 00:58:21.450 I you know, I don't.

NOTE Confidence: 0.793395778

00:58:21.450 --> 00:58:24.672 I'm I've been sort of lock down all this

NOTE Confidence: 0.793395778

00:58:24.672 --> 00:58:27.578 time I've been to the grocery store.

NOTE Confidence: 0.793395778

00:58:27.580 --> 00:58:29.572 I think one time like children

NOTE Confidence: 0.793395778

00:58:29.572 --> 00:58:31.482 do the shopping for me and

NOTE Confidence: 0.793395778

00:58:31.482 --> 00:58:33.288 take care of me in that way,

NOTE Confidence: 0.793395778

00:58:33.290 --> 00:58:36.060 so I don't think I it.

NOTE Confidence: 0.793395778

00:58:36.060 --> 00:58:38.144 I'm so isolated as it is.

NOTE Confidence: 0.793395778

00:58:38.144 --> 00:58:40.360 My house is empty at this point,

NOTE Confidence: 0.793395778

00:58:40.360 --> 00:58:42.372 so it's for me.

NOTE Confidence: 0.793395778

00:58:42.372 --> 00:58:46.460 It's a bit of a double whammy.

NOTE Confidence: 0.793395778

00:58:46.460 --> 00:58:48.680 And in that regard,

NOTE Confidence: 0.793395778

00:58:48.680 --> 00:58:50.772 but I I'm I'm gradually

NOTE Confidence: 0.793395778

00:58:50.772 --> 00:58:52.487 getting used to the isolation.

NOTE Confidence: 0.85672809

00:58:54.190 --> 00:58:56.890 We have one person who's clamoring,

NOTE Confidence: 0.85672809

00:58:56.890 --> 00:58:59.354 do you have any plans for another novel?

NOTE Confidence: 0.85672809

00:58:59.360 --> 00:59:01.432 Can you tell us a little more about
NOTE Confidence: 0.85672809

00:59:01.432 --> 00:59:03.477 about what you are writing currently?
NOTE Confidence: 0.81892207

00:59:05.020 --> 00:59:08.773 But I'm ready now. Is is the stories that
NOTE Confidence: 0.81892207

00:59:08.773 --> 00:59:12.007 emerged from the consultations are doing
NOTE Confidence: 0.81892207

00:59:12.010 --> 00:59:14.932 so I see a patient every day of the year.
NOTE Confidence: 0.81892207

00:59:14.940 --> 00:59:17.668 That's well over 300 each year, and maybe
NOTE Confidence: 0.81892207

00:59:17.668 --> 00:59:19.300 I don't know if I mentioned this before,
NOTE Confidence: 0.81892207

00:59:19.300 --> 00:59:22.216 but maybe one out of 10 story sessions that
NOTE Confidence: 0.81892207

00:59:22.216 --> 00:59:25.140 I have right now is about one out of 20.
NOTE Confidence: 0.81892207

00:59:25.140 --> 00:59:27.836 There's some sort of a story that begins
NOTE Confidence: 0.81892207

00:59:27.836 --> 00:59:31.290 to emerge in my in my mind, and so I those,
NOTE Confidence: 0.81892207

00:59:31.290 --> 00:59:33.948 that's what I'm writing now. I write.
NOTE Confidence: 0.81892207

00:59:33.950 --> 00:59:35.440 I'm writing short term stories,
NOTE Confidence: 0.81892207

00:59:35.440 --> 00:59:36.870 each of them about 7.
NOTE Confidence: 0.81892207

00:59:36.870 --> 00:59:41.478 A patience and I love doing that.
NOTE Confidence: 0.823538676

00:59:41.980 --> 00:59:43.234 I'm going to try to sneak

NOTE Confidence: 0.823538676

00:59:43.234 --> 00:59:44.070 in one more question.

NOTE Confidence: 0.823538676

00:59:44.070 --> 00:59:45.295 We have Doctor Karasu who's

NOTE Confidence: 0.823538676

00:59:45.295 --> 00:59:46.520 going to be actually saying

NOTE Confidence: 0.823538676

00:59:46.566 --> 00:59:47.766 a couple words in a minute,

NOTE Confidence: 0.823538676

00:59:47.770 --> 00:59:51.074 but one more question if we can,

NOTE Confidence: 0.823538676

00:59:51.080 --> 00:59:53.874 can you just speak to the role of

NOTE Confidence: 0.823538676

00:59:53.874 --> 00:59:57.042 technology and cell phones and and

NOTE Confidence: 0.823538676

00:59:57.042 --> 00:59:58.945 how the role that they're playing

NOTE Confidence: 0.823538676

00:59:58.945 --> 01:00:00.695 now for therapy for group therapy

NOTE Confidence: 0.823538676

01:00:00.695 --> 01:00:02.320 for all these different things?

NOTE Confidence: 0.823538676

01:00:02.320 --> 01:00:03.832 And I find it striking you've

NOTE Confidence: 0.823538676

01:00:03.832 --> 01:00:05.497 been well ahead of the curve

NOTE Confidence: 0.823538676

01:00:05.497 --> 01:00:06.997 office that you've been doing.

NOTE Confidence: 0.823538676

01:00:07.000 --> 01:00:09.178 Remote consultations for quite some time.

NOTE Confidence: 0.823538676

01:00:09.330 --> 01:00:10.980 Yeah, well,

NOTE Confidence: 0.8944769025

01:00:10.990 --> 01:00:12.294 I don't know if I've said this before.

NOTE Confidence: 0.8944769025

01:00:12.300 --> 01:00:14.645 I kind of hate to say this,

NOTE Confidence: 0.8944769025

01:00:14.650 --> 01:00:18.030 but when I see someone on the zoom,

NOTE Confidence: 0.8944769025

01:00:18.030 --> 01:00:20.164 I'm not seeing a lot of difference

NOTE Confidence: 0.8944769025

01:00:20.164 --> 01:00:22.076 from seeing that person one to one.

NOTE Confidence: 0.8944769025

01:00:22.076 --> 01:00:23.553 I'm so accustomed to it.

NOTE Confidence: 0.8944769025

01:00:23.553 --> 01:00:25.879 I do feel just as I feel right now.

NOTE Confidence: 0.8944769025

01:00:25.880 --> 01:00:27.278 I'm looking right into your eyes.

NOTE Confidence: 0.8944769025

01:00:27.280 --> 01:00:28.846 I think you're looking into mine.

NOTE Confidence: 0.8944769025

01:00:28.850 --> 01:00:30.134 Sometimes I'll ask patient,

NOTE Confidence: 0.8944769025

01:00:30.134 --> 01:00:31.739 would you mind looking straight

NOTE Confidence: 0.8944769025

01:00:31.739 --> 01:00:33.561 at me so I get an idea of where

NOTE Confidence: 0.8944769025

01:00:33.561 --> 01:00:35.104 we are in that so I don't see

NOTE Confidence: 0.8944769025

01:00:35.104 --> 01:00:37.201 a lot of difference in in.

NOTE Confidence: 0.8944769025

01:00:37.201 --> 01:00:39.229 Individual therapy and zoom.

NOTE Confidence: 0.8944769025

01:00:39.230 --> 01:00:41.720 And maybe they would talk about

NOTE Confidence: 0.8944769025

01:00:41.720 --> 01:00:43.000 zooms in groups before,

NOTE Confidence: 0.825688475

01:00:44.180 --> 01:00:47.210 but to do group therapy and zoom.

NOTE Confidence: 0.825688475

01:00:47.210 --> 01:00:48.720 That's a mix that's a mixed

NOTE Confidence: 0.9139855

01:00:48.730 --> 01:00:50.326 bag for me. First of all,

NOTE Confidence: 0.9139855

01:00:50.330 --> 01:00:52.830 attendance is so much better on zoom.

NOTE Confidence: 0.9139855

01:00:52.830 --> 01:00:55.500 People have town there there all

NOTE Confidence: 0.868233683636364

01:00:55.510 --> 01:00:58.710 the time. And also you do see unusual

NOTE Confidence: 0.868233683636364

01:00:58.710 --> 01:01:01.210 things you see inside of other peoples

NOTE Confidence: 0.868233683636364

01:01:01.210 --> 01:01:03.415 homes every once in awhile you see

NOTE Confidence: 0.868233683636364

01:01:03.415 --> 01:01:05.015 a child running and that things you

NOTE Confidence: 0.868233683636364

01:01:05.015 --> 01:01:06.605 don't ordinarily see in a group,

NOTE Confidence: 0.868233683636364

01:01:06.610 --> 01:01:08.420 but I have some. Feelings

NOTE Confidence: 0.8769961725

01:01:08.430 --> 01:01:09.534 about negative feelings

NOTE Confidence: 0.8769961725

01:01:09.534 --> 01:01:11.374 about doing a group use?

NOTE Confidence: 0.8769961725

01:01:11.380 --> 01:01:13.448 I'm seeing these seven eight faces

NOTE Confidence: 0.8769961725

01:01:13.448 --> 01:01:15.328 all looking straight ahead and
NOTE Confidence: 0.8769961725

01:01:15.328 --> 01:01:17.926 what I don't see is who's looking
NOTE Confidence: 0.847398497142857

01:01:17.940 --> 01:01:20.537 at who, who sitting next to who,
NOTE Confidence: 0.847398497142857

01:01:20.540 --> 01:01:22.888 sometimes with the posture might be so
NOTE Confidence: 0.873203772666667

01:01:22.900 --> 01:01:25.330 I'm missing a lot in a in a therapy
NOTE Confidence: 0.873203772666667

01:01:25.330 --> 01:01:27.047 group I I would much prefer
NOTE Confidence: 0.886970054

01:01:27.060 --> 01:01:29.130 to do therapy groups first,
NOTE Confidence: 0.886970054

01:01:29.130 --> 01:01:31.778 face to face where the individual
NOTE Confidence: 0.886970054

01:01:31.780 --> 01:01:33.869 therapy is pretty close,
NOTE Confidence: 0.807878422142857

01:01:34.120 --> 01:01:36.937 really. I I don't think I'm at a great
NOTE Confidence: 0.807878422142857

01:01:36.937 --> 01:01:38.787 disadvantage and zooming with people.
NOTE Confidence: 0.807878422142857

01:01:38.790 --> 01:01:40.698 But as you, as you say, I've done this
NOTE Confidence: 0.807878422142857

01:01:40.698 --> 01:01:42.354 probably first it some years now.
NOTE Confidence: 0.91704476

01:01:43.630 --> 01:01:46.378 Yeah, thank you so much.
NOTE Confidence: 0.91704476

01:01:46.378 --> 01:01:47.888 There are way more questions
NOTE Confidence: 0.91704476

01:01:47.888 --> 01:01:51.620 than were able to fit in. Sorry

NOTE Confidence: 0.887534822

01:01:49.810 --> 01:01:51.610 we don't have more time. No

NOTE Confidence: 0.814927401428571

01:01:51.620 --> 01:01:52.988 thank you. I do want to turn it

NOTE Confidence: 0.814927401428571

01:01:52.988 --> 01:01:54.398 over now to Doctor Karasu though,

NOTE Confidence: 0.814927401428571

01:01:54.400 --> 01:01:55.558 who I believe wants to make

NOTE Confidence: 0.814927401428571

01:01:55.558 --> 01:01:56.800 a couple of remarks here.

NOTE Confidence: 0.774678205

01:02:00.640 --> 01:02:02.568 And Chris stress you probably need to unmute.

NOTE Confidence: 0.9111421

01:02:06.190 --> 01:02:07.700 Can you hear me? Yes,

NOTE Confidence: 0.9111421

01:02:07.700 --> 01:02:10.106 now I can hear you. Hi already.

NOTE Confidence: 0.9111421

01:02:10.106 --> 01:02:12.896 Hello, delighted to see you.

NOTE Confidence: 0.9111421

01:02:12.900 --> 01:02:14.170 It's been a long time.

NOTE Confidence: 0.8715050525

01:02:14.470 --> 01:02:16.126 Thank you. It has been a long time.

NOTE Confidence: 0.842926498181818

01:02:18.340 --> 01:02:19.627 Thank you, David.

NOTE Confidence: 0.842926498181818

01:02:19.627 --> 01:02:23.340 First I would like to take John Crystal

NOTE Confidence: 0.842926498181818

01:02:23.340 --> 01:02:26.570 for your generous introduction and

NOTE Confidence: 0.842926498181818

01:02:26.570 --> 01:02:30.630 I appreciate an I'm honored by your

NOTE Confidence: 0.842926498181818

01:02:30.630 --> 01:02:32.705 disturbing upon me to distinguish
NOTE Confidence: 0.842926498181818

01:02:32.705 --> 01:02:35.095 Alumni Award and also establishing
NOTE Confidence: 0.842926498181818

01:02:35.095 --> 01:02:37.844 the lectures and this prestigious
NOTE Confidence: 0.842926498181818

01:02:37.844 --> 01:02:41.180 department that you made it as
NOTE Confidence: 0.842926498181818

01:02:41.180 --> 01:02:43.880 best department in the country.
NOTE Confidence: 0.842926498181818

01:02:43.880 --> 01:02:45.626 I am most grateful. Thank you.
NOTE Confidence: 0.793648496

01:02:48.900 --> 01:02:52.266 Thank you for accepting this invitation
NOTE Confidence: 0.793648496

01:02:52.266 --> 01:02:55.534 an inaugurating these lectures, but I
NOTE Confidence: 0.793648496

01:02:55.534 --> 01:02:59.630 couldn't see anyone even better to do that.
NOTE Confidence: 0.793648496

01:02:59.630 --> 01:03:03.084 Woman is one of Dave speaking to you now
NOTE Confidence: 0.793648496

01:03:03.084 --> 01:03:05.972 and you are one of my two psychotherapist
NOTE Confidence: 0.793648496

01:03:05.972 --> 01:03:09.024 in the country that I really admire.
NOTE Confidence: 0.793648496

01:03:09.030 --> 01:03:10.070 You being one of them.
NOTE Confidence: 0.793648496

01:03:10.070 --> 01:03:13.296 The other one is Aaron back and the
NOTE Confidence: 0.793648496

01:03:13.296 --> 01:03:16.219 Mother of Cognitive Therapy, both of you.
NOTE Confidence: 0.765989305

01:03:18.850 --> 01:03:21.655 Bring forth paradigm changes into

NOTE Confidence: 0.765989305

01:03:21.655 --> 01:03:24.460 theory and practice of psychotherapy.

NOTE Confidence: 0.865922132857143

01:03:27.920 --> 01:03:29.558 Now I can speak to the audience.

NOTE Confidence: 0.865922132857143

01:03:29.560 --> 01:03:32.360 Why do what do I have with

NOTE Confidence: 0.865922132857143

01:03:32.360 --> 01:03:34.200 these two extraordinary people?

NOTE Confidence: 0.865922132857143

01:03:34.200 --> 01:03:36.348 We are all three of U.S.

NOTE Confidence: 0.865922132857143

01:03:36.350 --> 01:03:39.370 citizens of certain times.

NOTE Confidence: 0.865922132857143

01:03:39.370 --> 01:03:42.089 That is, you are old.

NOTE Confidence: 0.839264505384615

01:03:46.290 --> 01:03:49.720 But we all still see patients give

NOTE Confidence: 0.839264505384615

01:03:49.720 --> 01:03:52.399 lectures and write at this age,

NOTE Confidence: 0.839264505384615

01:03:52.400 --> 01:03:55.150 so that is. Something common.

NOTE Confidence: 0.822555356666667

01:03:57.850 --> 01:04:00.226 One of the residents, urban ask

NOTE Confidence: 0.822555356666667

01:04:00.226 --> 01:04:02.620 you the question about the dying.

NOTE Confidence: 0.822555356666667

01:04:02.620 --> 01:04:04.240 The time of the dying,

NOTE Confidence: 0.822555356666667

01:04:04.240 --> 01:04:06.790 and as you described as

NOTE Confidence: 0.822555356666667

01:04:06.790 --> 01:04:09.340 painfully about your wife stats.

NOTE Confidence: 0.85456092375

01:04:11.790 --> 01:04:13.574 This may not go well with the audience,
NOTE Confidence: 0.85456092375

01:04:13.580 --> 01:04:17.290 but I believe that people should die
NOTE Confidence: 0.85456092375

01:04:17.290 --> 01:04:19.318 at the height of their obituaries.
NOTE Confidence: 0.870924457

01:04:22.230 --> 01:04:24.815 After that it gets little
NOTE Confidence: 0.870924457

01:04:24.815 --> 01:04:27.400 too lonely in the funerals.
NOTE Confidence: 0.870924457

01:04:27.400 --> 01:04:29.310 We're getting closer that age.
NOTE Confidence: 0.8380347

01:04:31.670 --> 01:04:36.300 With today's honor, I feel like I I have
NOTE Confidence: 0.8380347

01:04:36.300 --> 01:04:40.299 reached that point of hyltel my obituary.
NOTE Confidence: 0.8380347

01:04:40.300 --> 01:04:44.335 Now that means that I want to die. No.
NOTE Confidence: 0.8380347

01:04:44.335 --> 01:04:48.850 This is the interesting part of it.
NOTE Confidence: 0.8380347

01:04:48.850 --> 01:04:50.608 It is. Philosophy is one thing,
NOTE Confidence: 0.8380347

01:04:50.610 --> 01:04:53.430 but the reality is something else.
NOTE Confidence: 0.8380347

01:04:53.430 --> 01:04:54.662 Neither know nor you,
NOTE Confidence: 0.8380347

01:04:54.662 --> 01:04:57.030 nor any human being was to delete.
NOTE Confidence: 0.8380347

01:04:57.030 --> 01:05:00.970 I even do you want to die to join Marilyn?
NOTE Confidence: 0.8380347

01:05:00.970 --> 01:05:04.240 That's a wonderful by the way.

NOTE Confidence: 0.8380347

01:05:04.240 --> 01:05:05.904 Comfort of the religion.

NOTE Confidence: 0.8380347

01:05:05.904 --> 01:05:09.100 'cause they perpetuate the sense of eternity.

NOTE Confidence: 0.8380347

01:05:09.100 --> 01:05:11.110 In fact, the.

NOTE Confidence: 0.8380347

01:05:11.110 --> 01:05:13.120 Abrahamic religions stinks.

NOTE Confidence: 0.8380347

01:05:13.120 --> 01:05:17.348 Say us as being sub species attorney.

NOTE Confidence: 0.8380347

01:05:17.350 --> 01:05:20.330 Tottus etc. Comforting idea,

NOTE Confidence: 0.8380347

01:05:20.330 --> 01:05:24.800 but eternity doesn't mean endless time.

NOTE Confidence: 0.8380347

01:05:24.800 --> 01:05:28.170 It's a, it means, timelessness.

NOTE Confidence: 0.8380347

01:05:28.170 --> 01:05:30.865 It's a succession of times

NOTE Confidence: 0.8380347

01:05:30.865 --> 01:05:34.499 and present is a is in now.

NOTE Confidence: 0.8380347

01:05:34.500 --> 01:05:38.370 Eternity is depressant, not recognizing.

NOTE Confidence: 0.8380347

01:05:38.370 --> 01:05:42.050 That creates enormous anxiety depression.

NOTE Confidence: 0.8380347

01:05:42.050 --> 01:05:44.378 Something else is actually

NOTE Confidence: 0.8380347

01:05:44.378 --> 01:05:47.288 an I'm an ambiguous unrest.

NOTE Confidence: 0.8380347

01:05:47.290 --> 01:05:51.205 I couldn't really put a symptom name to it,

NOTE Confidence: 0.8380347

01:05:51.210 --> 01:05:53.510 and unrest that I have
NOTE Confidence: 0.8380347

01:05:53.510 --> 01:05:55.810 seen with patients in him.
NOTE Confidence: 0.8380347

01:05:55.810 --> 01:05:58.242 It is did nothing.
NOTE Confidence: 0.8380347

01:05:58.242 --> 01:06:00.760 This walking into void and nothingness
NOTE Confidence: 0.8380347

01:06:00.760 --> 01:06:03.530 seems to be the most of serving.
NOTE Confidence: 0.8380347

01:06:03.530 --> 01:06:06.470 Almost everything is better than nothingness.
NOTE Confidence: 0.8380347

01:06:06.470 --> 01:06:09.926 Even the chronic most troublesome illness
NOTE Confidence: 0.8380347

01:06:09.926 --> 01:06:14.208 they would rather live with that than dying.
NOTE Confidence: 0.8380347

01:06:14.210 --> 01:06:17.648 People would rather go to hell.
NOTE Confidence: 0.8380347

01:06:17.650 --> 01:06:18.898 Then going nowhere,
NOTE Confidence: 0.8380347

01:06:18.898 --> 01:06:23.139 as only it as long it is eternal hell.
NOTE Confidence: 0.8380347

01:06:23.140 --> 01:06:23.614 Of course,
NOTE Confidence: 0.8380347

01:06:23.614 --> 01:06:25.036 he preferred to go to heaven,
NOTE Confidence: 0.8380347

01:06:25.040 --> 01:06:27.990 but whatever is available internally.
NOTE Confidence: 0.799124695555556

01:06:33.220 --> 01:06:37.819 One must live life. I know you did lived,
NOTE Confidence: 0.799124695555556

01:06:37.820 --> 01:06:42.364 lived and love your life when I know.

NOTE Confidence: 0.799124695555556

01:06:42.370 --> 01:06:45.107 But one must also live once death.

NOTE Confidence: 0.799302761666667

01:06:48.070 --> 01:06:50.908 We commonly live other people's deaths.

NOTE Confidence: 0.8531948975

01:06:53.450 --> 01:06:58.434 And we sort of die other people's lives.

NOTE Confidence: 0.8531948975

01:06:58.440 --> 01:07:01.395 It's very difficult to actually

NOTE Confidence: 0.8531948975

01:07:01.395 --> 01:07:04.350 to even conceptualize once that,

NOTE Confidence: 0.8531948975

01:07:04.350 --> 01:07:06.090 especially when you get certain age,

NOTE Confidence: 0.8531948975

01:07:06.090 --> 01:07:07.443 like our age.

NOTE Confidence: 0.8531948975

01:07:07.443 --> 01:07:11.430 One cannot do that, it gets, it gets it,

NOTE Confidence: 0.8531948975

01:07:11.430 --> 01:07:15.450 fragments even the most stable people.

NOTE Confidence: 0.8531948975

01:07:15.450 --> 01:07:19.310 So one must come to that in

NOTE Confidence: 0.8531948975

01:07:19.310 --> 01:07:22.410 terms of temporality of life.

NOTE Confidence: 0.8531948975

01:07:22.410 --> 01:07:25.830 In a young and healthy age.

NOTE Confidence: 0.8531948975

01:07:25.830 --> 01:07:28.270 Young Mary and in fact, Socrates,

NOTE Confidence: 0.8531948975

01:07:28.270 --> 01:07:31.510 as you would know at the age of 80,

NOTE Confidence: 0.8531948975

01:07:31.510 --> 01:07:34.806 when teenagers ask him to give an advice,

NOTE Confidence: 0.8531948975

01:07:34.810 --> 01:07:38.610 he says. Practice time.
NOTE Confidence: 0.8531948975

01:07:38.610 --> 01:07:41.340 Try to practice dying.
NOTE Confidence: 0.798396782

01:07:44.910 --> 01:07:46.370 I have a little vignette.
NOTE Confidence: 0.798396782

01:07:46.370 --> 01:07:48.512 I think that you and audience may
NOTE Confidence: 0.798396782

01:07:48.512 --> 01:07:52.710 like about the temporality of life.
NOTE Confidence: 0.798396782

01:07:52.710 --> 01:07:57.760 Once a young tourist. Visits.
NOTE Confidence: 0.798396782

01:07:57.760 --> 01:08:00.294 A well known rabbi in all country.
NOTE Confidence: 0.853079281666667

01:08:02.730 --> 01:08:05.556 He was amazed to see that
NOTE Confidence: 0.853079281666667

01:08:05.560 --> 01:08:07.500 Rabbi's house was near empty.
NOTE Confidence: 0.71175345

01:08:09.820 --> 01:08:14.330 Chris asked. Where is your furniture rabbi?
NOTE Confidence: 0.74222678

01:08:16.470 --> 01:08:20.000 Rabbi replies. Where is yours?
NOTE Confidence: 0.554938165

01:08:22.120 --> 01:08:28.930 Mine. Mine says tourist. Smiling.
NOTE Confidence: 0.554938165

01:08:28.930 --> 01:08:32.770 But I'm only passing through.
NOTE Confidence: 0.554938165

01:08:32.770 --> 01:08:39.400 Rabbi says. So am I son. So am I.
NOTE Confidence: 0.554938165

01:08:39.400 --> 01:08:41.446 I think we're all passing through.
NOTE Confidence: 0.7517004175

01:08:44.790 --> 01:08:48.170 Death is everyone's birthright.

NOTE Confidence: 0.894389924285714
01:08:52.180 --> 01:08:54.770 May I wish you very long life.
NOTE Confidence: 0.850066708571429
01:08:55.320 --> 01:08:58.589 Thank you very much, so lovely comment.
NOTE Confidence: 0.712907785
01:09:02.960 --> 01:09:05.215 Again, Many thanks to Doctor
NOTE Confidence: 0.712907785
01:09:05.215 --> 01:09:06.568 Karasu directly along.
NOTE Confidence: 0.712907785
01:09:06.570 --> 01:09:08.568 Many, Many thanks for joining us.
NOTE Confidence: 0.712907785
01:09:08.570 --> 01:09:10.042 Thanks everybody for the
NOTE Confidence: 0.712907785
01:09:10.042 --> 01:09:11.514 wonderful questions and dialogue,
NOTE Confidence: 0.712907785
01:09:11.520 --> 01:09:12.795 and I believe next week
NOTE Confidence: 0.712907785
01:09:12.795 --> 01:09:14.070 is the last minute word,
NOTE Confidence: 0.712907785
01:09:14.070 --> 01:09:15.306 so we'll look forward to seeing
NOTE Confidence: 0.712907785
01:09:15.306 --> 01:09:16.000 you back for that, OK?