

WEBVTT

NOTE duration:"00:59:17"

NOTE recognizability:0.887

NOTE language:en-us

NOTE Confidence: 0.710592501666667

00:00:00.000 --> 00:00:02.684 Great great hello everyone.

NOTE Confidence: 0.710592501666667

00:00:02.684 --> 00:00:04.656 Welcome to grand rounds.

NOTE Confidence: 0.710592501666667

00:00:04.656 --> 00:00:07.160 I'm so glad to be able to see

NOTE Confidence: 0.710592501666667

00:00:07.238 --> 00:00:09.058 how many people are here.

NOTE Confidence: 0.710592501666667

00:00:09.060 --> 00:00:11.685 I have the pleasure the good fortune

NOTE Confidence: 0.710592501666667

00:00:11.685 --> 00:00:13.834 of introducing our speaker doctor

NOTE Confidence: 0.710592501666667

00:00:13.834 --> 00:00:16.530 Tummala Narra before I get started,

NOTE Confidence: 0.710592501666667

00:00:16.530 --> 00:00:19.140 Doctor O'Donnell wanted me to remind

NOTE Confidence: 0.710592501666667

00:00:19.221 --> 00:00:21.879 everyone that next week we're going

NOTE Confidence: 0.710592501666667

00:00:21.879 --> 00:00:24.237 to have doctor Jonathan Willmert

NOTE Confidence: 0.710592501666667

00:00:24.237 --> 00:00:26.728 Harte from Kings College, London.

NOTE Confidence: 0.710592501666667

00:00:26.728 --> 00:00:29.416 His talk is entitled modeling Normal

NOTE Confidence: 0.710592501666667

00:00:29.416 --> 00:00:31.989 in the developing brain using MRI.

NOTE Confidence: 0.710592501666667

00:00:31.990 --> 00:00:35.422 And this is based on his work from the  
NOTE Confidence: 0.710592501666667

00:00:35.422 --> 00:00:38.146 developing Human Connectome Project,  
NOTE Confidence: 0.710592501666667

00:00:38.150 --> 00:00:39.320 so that's for next week.  
NOTE Confidence: 0.710592501666667

00:00:39.320 --> 00:00:41.330 And that sounds pretty exciting,  
NOTE Confidence: 0.710592501666667

00:00:41.330 --> 00:00:44.781 so I'm going to talk a little  
NOTE Confidence: 0.710592501666667

00:00:44.781 --> 00:00:47.081 bit about Doctor Tummala Narra.  
NOTE Confidence: 0.710592501666667

00:00:47.081 --> 00:00:50.032 But first I wanted to say she's  
NOTE Confidence: 0.710592501666667

00:00:50.032 --> 00:00:52.286 going to be speaking as you know,  
NOTE Confidence: 0.710592501666667

00:00:52.290 --> 00:00:54.110 on understanding racism and xenophobia  
NOTE Confidence: 0.710592501666667

00:00:54.110 --> 00:00:56.821 through the lens of a psychoanalytic  
NOTE Confidence: 0.710592501666667

00:00:56.821 --> 00:00:58.479 psychodynamic perspective.  
NOTE Confidence: 0.710592501666667

00:00:58.480 --> 00:01:02.836 The Child Study Center has a long history of.  
NOTE Confidence: 0.710592501666667

00:01:02.840 --> 00:01:04.739 Understanding child, adolescent,  
NOTE Confidence: 0.710592501666667

00:01:04.739 --> 00:01:07.271 and adult development through  
NOTE Confidence: 0.710592501666667

00:01:07.271 --> 00:01:09.170 a psychoanalytic context.  
NOTE Confidence: 0.710592501666667

00:01:09.170 --> 00:01:11.444 Whether we're addressing

NOTE Confidence: 0.710592501666667  
00:01:11.444 --> 00:01:13.495 neurodevelopmental disorders, trauma,  
NOTE Confidence: 0.710592501666667  
00:01:13.495 --> 00:01:15.100 other psychiatric impairment.  
NOTE Confidence: 0.710592501666667  
00:01:15.100 --> 00:01:19.186 So I'm really glad we're going to have  
NOTE Confidence: 0.710592501666667  
00:01:19.186 --> 00:01:22.023 a speaker who's going to address the  
NOTE Confidence: 0.710592501666667  
00:01:22.023 --> 00:01:24.388 current challenges that we're having.  
NOTE Confidence: 0.918424134166667  
00:01:26.600 --> 00:01:28.802 Through this lens through this lens  
NOTE Confidence: 0.918424134166667  
00:01:28.802 --> 00:01:31.390 and just before this meeting started,  
NOTE Confidence: 0.918424134166667  
00:01:31.390 --> 00:01:35.485 we were talking as a group about.  
NOTE Confidence: 0.918424134166667  
00:01:35.490 --> 00:01:37.215 Commentary written in the Orange  
NOTE Confidence: 0.918424134166667  
00:01:37.215 --> 00:01:38.595 Journal by Michael Shapiro.  
NOTE Confidence: 0.918424134166667  
00:01:38.600 --> 00:01:40.156 It just came out,  
NOTE Confidence: 0.918424134166667  
00:01:40.156 --> 00:01:42.101 and that commentary really emphasized  
NOTE Confidence: 0.918424134166667  
00:01:42.101 --> 00:01:44.760 the need for more intense and  
NOTE Confidence: 0.918424134166667  
00:01:44.760 --> 00:01:46.520 focused training in psychodynamic,  
NOTE Confidence: 0.918424134166667  
00:01:46.520 --> 00:01:49.400 child and adolescent psychotherapy  
NOTE Confidence: 0.918424134166667

00:01:49.400 --> 00:01:52.004 for fellows in child psychiatry.  
NOTE Confidence: 0.918424134166667

00:01:52.004 --> 00:01:55.460 So I think that's a good way to  
NOTE Confidence: 0.918424134166667

00:01:55.460 --> 00:01:58.670 contextualize what we're talking about today.  
NOTE Confidence: 0.918424134166667

00:01:58.670 --> 00:02:00.191 So doctor molinara.  
NOTE Confidence: 0.918424134166667

00:02:00.191 --> 00:02:03.233 So she is a clinical psychologist,  
NOTE Confidence: 0.918424134166667

00:02:03.240 --> 00:02:04.745 and the director of Community  
NOTE Confidence: 0.918424134166667

00:02:04.745 --> 00:02:05.949 based education at the.  
NOTE Confidence: 0.918424134166667

00:02:05.950 --> 00:02:08.198 Danielson Institute and Research  
NOTE Confidence: 0.918424134166667

00:02:08.198 --> 00:02:11.008 which is at Boston University.  
NOTE Confidence: 0.918424134166667

00:02:11.010 --> 00:02:13.055 She's also research professor in  
NOTE Confidence: 0.918424134166667

00:02:13.055 --> 00:02:15.100 the Department of Psychological and  
NOTE Confidence: 0.918424134166667

00:02:15.170 --> 00:02:17.340 Brain Sciences at Boston University.  
NOTE Confidence: 0.918424134166667

00:02:17.340 --> 00:02:19.060 Most recently she was professor  
NOTE Confidence: 0.918424134166667

00:02:19.060 --> 00:02:19.748 of counseling,  
NOTE Confidence: 0.918424134166667

00:02:19.750 --> 00:02:21.442 developmental and educational psychology  
NOTE Confidence: 0.918424134166667

00:02:21.442 --> 00:02:23.980 and the director of training and

NOTE Confidence: 0.918424134166667  
00:02:24.045 --> 00:02:26.105 the doctoral program in counseling  
NOTE Confidence: 0.918424134166667  
00:02:26.105 --> 00:02:27.753 psychology at Boston College.  
NOTE Confidence: 0.918424134166667  
00:02:27.760 --> 00:02:30.028 Her research and scholarship  
NOTE Confidence: 0.918424134166667  
00:02:30.028 --> 00:02:31.729 focused on immigration,  
NOTE Confidence: 0.918424134166667  
00:02:31.730 --> 00:02:32.557 trauma,  
NOTE Confidence: 0.918424134166667  
00:02:32.557 --> 00:02:35.865 race and culturally informed  
NOTE Confidence: 0.918424134166667  
00:02:35.865 --> 00:02:37.519 psychoanalytic psychotherapy.  
NOTE Confidence: 0.918424134166667  
00:02:37.520 --> 00:02:39.392 Her publications include over  
NOTE Confidence: 0.918424134166667  
00:02:39.392 --> 00:02:41.732 90 peer reviewed articles and  
NOTE Confidence: 0.918424134166667  
00:02:41.732 --> 00:02:43.548 books and chapters in books.  
NOTE Confidence: 0.918424134166667  
00:02:43.548 --> 00:02:44.896 She's also in independent  
NOTE Confidence: 0.918424134166667  
00:02:44.896 --> 00:02:46.800 practice and works primarily with  
NOTE Confidence: 0.918424134166667  
00:02:46.800 --> 00:02:50.035 survivors of trauma from diverse  
NOTE Confidence: 0.918424134166667  
00:02:50.035 --> 00:02:51.976 socio cultural backgrounds.  
NOTE Confidence: 0.918424134166667  
00:02:51.980 --> 00:02:54.451 Doctor to Molinaro serves on that Home's  
NOTE Confidence: 0.918424134166667

00:02:54.451 --> 00:02:57.072 Commission on racial equality of the  
NOTE Confidence: 0.918424134166667

00:02:57.072 --> 00:02:58.575 American Psychoanalytic Association,  
NOTE Confidence: 0.918424134166667

00:02:58.580 --> 00:03:01.010 and on the Board of directors  
NOTE Confidence: 0.918424134166667

00:03:01.010 --> 00:03:02.630 of the American Psychological  
NOTE Confidence: 0.918424134166667

00:03:02.700 --> 00:03:05.663 Association Division 45 as a diversity  
NOTE Confidence: 0.918424134166667

00:03:05.663 --> 00:03:07.507 immigration member at large.  
NOTE Confidence: 0.918424134166667

00:03:07.510 --> 00:03:09.784 Division 45 is a society for  
NOTE Confidence: 0.918424134166667

00:03:09.784 --> 00:03:11.300 psychological study of culture,  
NOTE Confidence: 0.918424134166667

00:03:11.300 --> 00:03:12.656 ethnicity and race.  
NOTE Confidence: 0.918424134166667

00:03:12.656 --> 00:03:15.368 I'm doctor tomorrow serves as a  
NOTE Confidence: 0.918424134166667

00:03:15.368 --> 00:03:17.863 member at large on the Board of  
NOTE Confidence: 0.918424134166667

00:03:17.863 --> 00:03:20.190 directors in a PA Division 39.  
NOTE Confidence: 0.918424134166667

00:03:20.190 --> 00:03:22.714 The Society for Psychoanalysis  
NOTE Confidence: 0.918424134166667

00:03:22.714 --> 00:03:24.607 and Psychoanalytic psychology.  
NOTE Confidence: 0.918424134166667

00:03:24.610 --> 00:03:28.114 She's chair of that Appa Division  
NOTE Confidence: 0.918424134166667

00:03:28.114 --> 00:03:30.450 39 Multicultural concerns committee,

NOTE Confidence: 0.918424134166667  
00:03:30.450 --> 00:03:32.445 and she's a member of the AP,  
NOTE Confidence: 0.918424134166667  
00:03:32.450 --> 00:03:35.630 a committee on ethnic minority affairs,  
NOTE Confidence: 0.918424134166667  
00:03:35.630 --> 00:03:36.362 the AP,  
NOTE Confidence: 0.918424134166667  
00:03:36.362 --> 00:03:38.192 a presidential Task force on  
NOTE Confidence: 0.918424134166667  
00:03:38.192 --> 00:03:40.010 immigration and the AP a task.  
NOTE Confidence: 0.918424134166667  
00:03:40.010 --> 00:03:42.800 Force on revising multicultural guidelines.  
NOTE Confidence: 0.918424134166667  
00:03:42.800 --> 00:03:45.638 She's a fellow of the American  
NOTE Confidence: 0.918424134166667  
00:03:45.638 --> 00:03:47.530 Psychological Association and have  
NOTE Confidence: 0.918424134166667  
00:03:47.610 --> 00:03:49.746 a PA Divisions 3945 Doctor Tummala.  
NOTE Confidence: 0.918424134166667  
00:03:49.746 --> 00:03:52.350 Narra is an associate editor of the  
NOTE Confidence: 0.918424134166667  
00:03:52.420 --> 00:03:54.880 Asian American Journal of Psychology.  
NOTE Confidence: 0.918424134166667  
00:03:54.880 --> 00:03:57.344 Associate editor of psychoanalytic  
NOTE Confidence: 0.918424134166667  
00:03:57.344 --> 00:03:59.808 dialogues and senior psychotherapy.  
NOTE Confidence: 0.918424134166667  
00:03:59.810 --> 00:04:02.156 Editor of the Journal of Humanistic  
NOTE Confidence: 0.918424134166667  
00:04:02.156 --> 00:04:02.547 Psychology,  
NOTE Confidence: 0.918424134166667

00:04:02.550 --> 00:04:05.308 she serves on the editorial boards of  
NOTE Confidence: 0.918424134166667

00:04:05.308 --> 00:04:08.470 the AP Ejournal's Psychoanalytic psychology.  
NOTE Confidence: 0.918424134166667

00:04:08.470 --> 00:04:11.386 And psychology of men and masculinities.  
NOTE Confidence: 0.918424134166667

00:04:11.390 --> 00:04:13.742 She's the author of psychoanalytic theory  
NOTE Confidence: 0.918424134166667

00:04:13.742 --> 00:04:16.170 and cultural competence and psychotherapy,  
NOTE Confidence: 0.918424134166667

00:04:16.170 --> 00:04:18.250 which is published in 2016.  
NOTE Confidence: 0.918424134166667

00:04:18.250 --> 00:04:20.638 And she's the editor of trauma  
NOTE Confidence: 0.918424134166667

00:04:20.638 --> 00:04:22.230 and racial minority immigrants.  
NOTE Confidence: 0.918424134166667

00:04:22.230 --> 00:04:25.850 Turmoil, uncertainty, and resistance.  
NOTE Confidence: 0.918424134166667

00:04:25.850 --> 00:04:27.494 Published in 2021.  
NOTE Confidence: 0.918424134166667

00:04:27.494 --> 00:04:29.686 Both of these volumes,  
NOTE Confidence: 0.918424134166667

00:04:29.690 --> 00:04:32.034 published by the American  
NOTE Confidence: 0.918424134166667

00:04:32.034 --> 00:04:33.206 Psychological Association.  
NOTE Confidence: 0.918424134166667

00:04:33.210 --> 00:04:36.945 I want to say that the most recent volume,  
NOTE Confidence: 0.918424134166667

00:04:36.945 --> 00:04:39.170 trauma and racial minority immigrants.  
NOTE Confidence: 0.918424134166667

00:04:39.170 --> 00:04:40.234 Turmoil, uncertainty,



NOTE Confidence: 0.918424134166667

00:04:40.234 --> 00:04:43.426 and resistance is a fabulous volume.

NOTE Confidence: 0.918424134166667

00:04:43.430 --> 00:04:47.056 I was fortunate enough to be able

NOTE Confidence: 0.918424134166667

00:04:47.056 --> 00:04:49.208 to read several of the chapters,

NOTE Confidence: 0.918424134166667

00:04:49.208 --> 00:04:51.615 and I think it ought to be required

NOTE Confidence: 0.918424134166667

00:04:51.615 --> 00:04:53.310 reading for all our trainees.

NOTE Confidence: 0.918424134166667

00:04:53.310 --> 00:04:55.354 So without further ado,

NOTE Confidence: 0.918424134166667

00:04:55.354 --> 00:04:57.909 I'm going to introduce Doctor

NOTE Confidence: 0.918424134166667

00:04:57.909 --> 00:04:59.079 tomorrow to you.

NOTE Confidence: 0.920557828

00:05:00.840 --> 00:05:02.100 Thank you so much Kathy.

NOTE Confidence: 0.920557828

00:05:02.100 --> 00:05:05.451 Can you hear me OK? Audio is good.

NOTE Confidence: 0.920557828

00:05:05.451 --> 00:05:07.854 OK, thank you so much for your

NOTE Confidence: 0.920557828

00:05:07.854 --> 00:05:09.389 introduction and for the invitation

NOTE Confidence: 0.920557828

00:05:09.389 --> 00:05:11.318 to be with all of you today.

NOTE Confidence: 0.920557828

00:05:11.320 --> 00:05:14.200 I really appreciate that.

NOTE Confidence: 0.920557828

00:05:14.200 --> 00:05:17.200 I I know this topic of addressing racism

NOTE Confidence: 0.920557828

00:05:17.200 --> 00:05:19.519 and xenophobia is a very broad topic.  
NOTE Confidence: 0.920557828

00:05:19.520 --> 00:05:22.733 It's a huge topic of course and cannot be,  
NOTE Confidence: 0.920557828

00:05:22.740 --> 00:05:24.412 you know, I can't do justice to this  
NOTE Confidence: 0.920557828

00:05:24.412 --> 00:05:26.314 topic in the the time that I have today,  
NOTE Confidence: 0.920557828

00:05:26.320 --> 00:05:29.364 of course, so I'm going to.  
NOTE Confidence: 0.920557828

00:05:29.364 --> 00:05:32.090 I'm going to focus on trying to give  
NOTE Confidence: 0.920557828

00:05:32.090 --> 00:05:34.400 it some focus and attention to the  
NOTE Confidence: 0.920557828

00:05:34.474 --> 00:05:37.239 experience of racial minority immigrants.  
NOTE Confidence: 0.920557828

00:05:37.240 --> 00:05:39.697 For for the sake of today's talk,  
NOTE Confidence: 0.920557828

00:05:39.700 --> 00:05:42.004 and I'm going to just begin with a  
NOTE Confidence: 0.920557828

00:05:42.004 --> 00:05:43.468 personal story, a personal anecdote,  
NOTE Confidence: 0.920557828

00:05:43.468 --> 00:05:44.356 and then move.  
NOTE Confidence: 0.920557828

00:05:44.360 --> 00:05:47.671 Into some psychoanalytic perspectives  
NOTE Confidence: 0.920557828

00:05:47.671 --> 00:05:51.360 on the issues of racism and xenophobia,  
NOTE Confidence: 0.920557828

00:05:51.360 --> 00:05:53.894 and then share with you some clinical  
NOTE Confidence: 0.920557828

00:05:53.894 --> 00:05:55.922 small clinical vignettes that I'm hoping

NOTE Confidence: 0.920557828

00:05:55.922 --> 00:05:57.966 that will translate some of what I

NOTE Confidence: 0.920557828

00:05:58.029 --> 00:06:00.873 say conceptually into practice and in

NOTE Confidence: 0.920557828

00:06:00.873 --> 00:06:02.295 the psychotherapeutic relationship,

NOTE Confidence: 0.920557828

00:06:02.300 --> 00:06:04.820 and in particular.

NOTE Confidence: 0.920557828

00:06:04.820 --> 00:06:07.718 So with that, let me get started.

NOTE Confidence: 0.920557828

00:06:07.720 --> 00:06:09.764 To the personal I arrived with my

NOTE Confidence: 0.920557828

00:06:09.764 --> 00:06:11.675 family to the United States from

NOTE Confidence: 0.920557828

00:06:11.675 --> 00:06:13.936 India when I was seven years old.

NOTE Confidence: 0.920557828

00:06:13.940 --> 00:06:17.092 This was back in 1977 in the Bronx

NOTE Confidence: 0.920557828

00:06:17.092 --> 00:06:18.940 in New York City.

NOTE Confidence: 0.920557828

00:06:18.940 --> 00:06:21.388 I brought with me the burden

NOTE Confidence: 0.920557828

00:06:21.388 --> 00:06:23.173 of colonialism caste, Hindu,

NOTE Confidence: 0.920557828

00:06:23.173 --> 00:06:25.938 Muslim conflict, gender based violence,

NOTE Confidence: 0.920557828

00:06:25.940 --> 00:06:27.371 sexism, and heterosexism.

NOTE Confidence: 0.920557828

00:06:27.371 --> 00:06:30.150 I was born in Hyderabad, India.

NOTE Confidence: 0.920557828

00:06:30.150 --> 00:06:32.490 A large multicultural city with a  
NOTE Confidence: 0.920557828

00:06:32.490 --> 00:06:34.714 long history of tensions between  
NOTE Confidence: 0.920557828

00:06:34.714 --> 00:06:37.323 Hindus and Muslims and among people  
NOTE Confidence: 0.920557828

00:06:37.323 --> 00:06:38.847 of diverging Hindu castes.  
NOTE Confidence: 0.920557828

00:06:38.850 --> 00:06:42.105 In subcaste as a Hindu in India,  
NOTE Confidence: 0.920557828

00:06:42.110 --> 00:06:44.366 I had belonged to a majority religious group.  
NOTE Confidence: 0.920557828

00:06:44.370 --> 00:06:47.408 Although I belonged to a Hindu subcaste  
NOTE Confidence: 0.920557828

00:06:47.410 --> 00:06:49.598 which was frequently victimized  
NOTE Confidence: 0.920557828

00:06:49.598 --> 00:06:52.333 by verbal harassment and physical  
NOTE Confidence: 0.920557828

00:06:52.333 --> 00:06:54.957 violence in particular region India.  
NOTE Confidence: 0.920557828

00:06:54.960 --> 00:06:58.776 And when I say violence against the  
NOTE Confidence: 0.920557828

00:06:58.776 --> 00:07:01.764 people who belonged in my subcaste,  
NOTE Confidence: 0.920557828

00:07:01.770 --> 00:07:04.086 are our families home was actually  
NOTE Confidence: 0.920557828

00:07:04.086 --> 00:07:04.858 burned down,  
NOTE Confidence: 0.920557828

00:07:04.860 --> 00:07:07.902 and that was set on fire and burned down.  
NOTE Confidence: 0.920557828

00:07:07.910 --> 00:07:09.660 So this was very significant

NOTE Confidence: 0.920557828

00:07:09.660 --> 00:07:11.060 early in my life.

NOTE Confidence: 0.920557828

00:07:11.060 --> 00:07:15.188 And and that the life of my family.

NOTE Confidence: 0.920557828

00:07:15.190 --> 00:07:17.330 The experience that I'm describing,

NOTE Confidence: 0.920557828

00:07:17.330 --> 00:07:18.830 the experience of being an

NOTE Confidence: 0.920557828

00:07:18.830 --> 00:07:20.030 insider and an outsider,

NOTE Confidence: 0.920557828

00:07:20.030 --> 00:07:22.280 were familiar to me even before

NOTE Confidence: 0.920557828

00:07:22.280 --> 00:07:24.330 migrating to the United States.

NOTE Confidence: 0.920557828

00:07:24.330 --> 00:07:26.892 The internalization of these events in

NOTE Confidence: 0.920557828

00:07:26.892 --> 00:07:30.286 my early childhood was met with a new

NOTE Confidence: 0.920557828

00:07:30.286 --> 00:07:32.306 set of experiences of discrimination,

NOTE Confidence: 0.920557828

00:07:32.310 --> 00:07:35.369 xenophobia and racism in the United States.

NOTE Confidence: 0.920557828

00:07:35.370 --> 00:07:37.428 I had not identified as an Indian

NOTE Confidence: 0.920557828

00:07:37.428 --> 00:07:39.688 person or a person of color until

NOTE Confidence: 0.920557828

00:07:39.688 --> 00:07:42.110 after migrating to the US in India.

NOTE Confidence: 0.920557828

00:07:42.110 --> 00:07:44.301 I was a Hindu of a particular

NOTE Confidence: 0.920557828

00:07:44.301 --> 00:07:45.580 subcaste that was our.  
NOTE Confidence: 0.920557828

00:07:45.580 --> 00:07:48.140 Family identity in the US.  
NOTE Confidence: 0.920557828

00:07:48.140 --> 00:07:49.820 We adopted different labels.  
NOTE Confidence: 0.920557828

00:07:49.820 --> 00:07:51.612 Asian American, South Asian,  
NOTE Confidence: 0.920557828

00:07:51.612 --> 00:07:55.420 Indian American, Person of color and so on.  
NOTE Confidence: 0.920557828

00:07:55.420 --> 00:07:56.431 In the US,  
NOTE Confidence: 0.920557828

00:07:56.431 --> 00:07:58.116 race takes a particular form.  
NOTE Confidence: 0.920557828

00:07:58.120 --> 00:08:00.420 When you're not categorized black  
NOTE Confidence: 0.920557828

00:08:00.420 --> 00:08:01.766 or white indigenous,  
NOTE Confidence: 0.920557828

00:08:01.766 --> 00:08:05.174 you are often seen as on the outside.  
NOTE Confidence: 0.920557828

00:08:05.180 --> 00:08:07.436 Yet I know that I'm not on the  
NOTE Confidence: 0.920557828

00:08:07.436 --> 00:08:09.649 outside of American race politics.  
NOTE Confidence: 0.920557828

00:08:09.650 --> 00:08:11.050 Indians in the US,  
NOTE Confidence: 0.920557828

00:08:11.050 --> 00:08:12.800 more broadly S Asians have  
NOTE Confidence: 0.920557828

00:08:12.800 --> 00:08:14.997 like every other cultural group  
NOTE Confidence: 0.920557828

00:08:14.997 --> 00:08:17.212 that is raised upon migration,

NOTE Confidence: 0.920557828

00:08:17.220 --> 00:08:19.380 have a framework for understanding race.

NOTE Confidence: 0.957751876111111

00:08:19.380 --> 00:08:20.760 More often than not,

NOTE Confidence: 0.957751876111111

00:08:20.760 --> 00:08:23.209 these frameworks are less visible and more

NOTE Confidence: 0.957751876111111

00:08:23.209 --> 00:08:25.393 likely to be dismissed by notions of.

NOTE Confidence: 0.957751876111111

00:08:25.400 --> 00:08:27.356 Immigrants, as people who choose to

NOTE Confidence: 0.957751876111111

00:08:27.356 --> 00:08:30.415 come to the US, and indeed immigration

NOTE Confidence: 0.957751876111111

00:08:30.415 --> 00:08:33.360 often entails a choice, we know,

NOTE Confidence: 0.957751876111111

00:08:33.360 --> 00:08:34.860 however, that immigration is certainly

NOTE Confidence: 0.957751876111111

00:08:34.860 --> 00:08:36.560 not a choice for all people,

NOTE Confidence: 0.957751876111111

00:08:36.560 --> 00:08:38.779 and certainly not a choice for children,

NOTE Confidence: 0.957751876111111

00:08:38.780 --> 00:08:41.174 and it is also not a choice

NOTE Confidence: 0.957751876111111

00:08:41.174 --> 00:08:42.200 to become racialized.

NOTE Confidence: 0.957751876111111

00:08:42.200 --> 00:08:44.804 Many adults who immigrate to the US

NOTE Confidence: 0.957751876111111

00:08:44.804 --> 00:08:47.598 are actually quite unaware of the deep

NOTE Confidence: 0.957751876111111

00:08:47.598 --> 00:08:50.280 entrenchment of racial politics in the US,

NOTE Confidence: 0.957751876111111

00:08:50.280 --> 00:08:53.352 and its impact on their lives and their  
NOTE Confidence: 0.9577518761111111

00:08:53.352 --> 00:08:55.426 children and grandchildren's lives.  
NOTE Confidence: 0.9577518761111111

00:08:55.426 --> 00:08:59.344 Moving on from that early immigration  
NOTE Confidence: 0.9577518761111111

00:08:59.350 --> 00:09:01.936 story or pre migration story in  
NOTE Confidence: 0.9577518761111111

00:09:01.936 --> 00:09:04.268 my early adolescence in the 1980s  
NOTE Confidence: 0.9577518761111111

00:09:04.268 --> 00:09:05.996 I lived in northern New Jersey,  
NOTE Confidence: 0.9577518761111111

00:09:06.000 --> 00:09:08.051 so we had moved from the Bronx  
NOTE Confidence: 0.9577518761111111

00:09:08.051 --> 00:09:10.040 to a a white suburb,  
NOTE Confidence: 0.9577518761111111

00:09:10.040 --> 00:09:12.010 an almost all white suburb  
NOTE Confidence: 0.9577518761111111

00:09:12.010 --> 00:09:13.586 suburban northern New Jersey,  
NOTE Confidence: 0.9577518761111111

00:09:13.590 --> 00:09:15.809 and this was an era that later  
NOTE Confidence: 0.9577518761111111

00:09:15.809 --> 00:09:17.910 became known for the dot Busters.  
NOTE Confidence: 0.9577518761111111

00:09:17.910 --> 00:09:19.905 I don't know if people are familiar  
NOTE Confidence: 0.9577518761111111

00:09:19.905 --> 00:09:21.778 with who the dot Busters are.  
NOTE Confidence: 0.9577518761111111

00:09:21.780 --> 00:09:22.960 Most people are not.  
NOTE Confidence: 0.9577518761111111

00:09:22.960 --> 00:09:24.730 So let me just briefly tell



NOTE Confidence: 0.957751876111111  
00:09:24.800 --> 00:09:25.908 you who they were.  
NOTE Confidence: 0.957751876111111  
00:09:25.910 --> 00:09:28.990 The dot Busters were a a street gang,  
NOTE Confidence: 0.957751876111111  
00:09:28.990 --> 00:09:31.162 a white St gang that victimized  
NOTE Confidence: 0.957751876111111  
00:09:31.162 --> 00:09:33.345 people of South Asian origin during  
NOTE Confidence: 0.957751876111111  
00:09:33.345 --> 00:09:35.888 this era in the 1980s and into  
NOTE Confidence: 0.957751876111111  
00:09:35.888 --> 00:09:38.730 the early 90s there was an influx  
NOTE Confidence: 0.957751876111111  
00:09:38.822 --> 00:09:41.760 of South Asian immigrants in the  
NOTE Confidence: 0.957751876111111  
00:09:41.760 --> 00:09:44.630 in New Jersey as well as northern  
NOTE Confidence: 0.957751876111111  
00:09:44.630 --> 00:09:46.870 Pennsylvania in the Philadelphia region,  
NOTE Confidence: 0.957751876111111  
00:09:46.870 --> 00:09:47.626 and so.  
NOTE Confidence: 0.957751876111111  
00:09:47.626 --> 00:09:50.650 This was a gang that would sort of  
NOTE Confidence: 0.957751876111111  
00:09:50.740 --> 00:09:54.020 go around and harass kids adults and  
NOTE Confidence: 0.957751876111111  
00:09:54.020 --> 00:09:56.420 it was and from verbal harassment  
NOTE Confidence: 0.957751876111111  
00:09:56.420 --> 00:09:58.600 all the way to murders.  
NOTE Confidence: 0.957751876111111  
00:09:58.600 --> 00:10:01.302 So this was not something however that  
NOTE Confidence: 0.957751876111111

00:10:01.302 --> 00:10:03.744 was covered in the national press.  
NOTE Confidence: 0.9577518761111111

00:10:03.744 --> 00:10:06.960 We did not see media coverage of these  
NOTE Confidence: 0.9577518761111111

00:10:06.960 --> 00:10:10.635 these incidents and they were quite frequent.  
NOTE Confidence: 0.9577518761111111

00:10:10.640 --> 00:10:13.270 And interestingly South Asian immigrants  
NOTE Confidence: 0.9577518761111111

00:10:13.270 --> 00:10:16.333 who have arrived more recently to  
NOTE Confidence: 0.9577518761111111

00:10:16.333 --> 00:10:18.797 the US are unaware of this history.  
NOTE Confidence: 0.9577518761111111

00:10:18.800 --> 00:10:20.300 Of the dot Busters,  
NOTE Confidence: 0.9577518761111111

00:10:20.300 --> 00:10:23.441 because the history has not been passed on  
NOTE Confidence: 0.9577518761111111

00:10:23.441 --> 00:10:28.170 through any kind of formal systemic sense.  
NOTE Confidence: 0.9577518761111111

00:10:28.170 --> 00:10:30.096 But to give you a sense of the impact  
NOTE Confidence: 0.9577518761111111

00:10:30.096 --> 00:10:31.926 of the dot Busters on my family,  
NOTE Confidence: 0.9577518761111111

00:10:31.930 --> 00:10:34.107 my brother and I often walked home  
NOTE Confidence: 0.9577518761111111

00:10:34.107 --> 00:10:35.810 from our predominantly white school,  
NOTE Confidence: 0.9577518761111111

00:10:35.810 --> 00:10:37.682 feeling anxious about whether or not  
NOTE Confidence: 0.9577518761111111

00:10:37.682 --> 00:10:39.577 we would be followed and harassed  
NOTE Confidence: 0.9577518761111111

00:10:39.577 --> 00:10:41.347 by white kids from a neighboring

NOTE Confidence: 0.957751876111111

00:10:41.347 --> 00:10:43.240 town who would seek us out on

NOTE Confidence: 0.957751876111111

00:10:43.240 --> 00:10:44.790 The Walking path from school.

NOTE Confidence: 0.957751876111111

00:10:44.790 --> 00:10:46.785 Our home was vandalized with

NOTE Confidence: 0.957751876111111

00:10:46.785 --> 00:10:49.164 racial slurs at into the snow

NOTE Confidence: 0.957751876111111

00:10:49.164 --> 00:10:51.636 in our front yard in do go home.

NOTE Confidence: 0.957751876111111

00:10:51.640 --> 00:10:53.290 It's painful events made it very

NOTE Confidence: 0.957751876111111

00:10:53.290 --> 00:10:54.994 clear that being seen as different

NOTE Confidence: 0.957751876111111

00:10:54.994 --> 00:10:56.638 meant that one is an outsider,

NOTE Confidence: 0.957751876111111

00:10:56.640 --> 00:10:59.139 even though on the outside we were

NOTE Confidence: 0.957751876111111

00:10:59.139 --> 00:11:00.656 seemingly acculturating to mainstream

NOTE Confidence: 0.957751876111111

00:11:00.656 --> 00:11:02.972 culture and learning how to participate

NOTE Confidence: 0.957751876111111

00:11:02.972 --> 00:11:05.477 from the inside at school and at work,

NOTE Confidence: 0.957751876111111

00:11:05.480 --> 00:11:07.368 we spoke English fluently,

NOTE Confidence: 0.957751876111111

00:11:07.368 --> 00:11:10.200 wore Western dress 8 Western food.

NOTE Confidence: 0.957751876111111

00:11:10.200 --> 00:11:10.548 However,

NOTE Confidence: 0.957751876111111

00:11:10.548 --> 00:11:12.288 these changes does not did  
NOTE Confidence: 0.957751876111111

00:11:12.288 --> 00:11:13.680 not secure insider status,  
NOTE Confidence: 0.957751876111111

00:11:13.680 --> 00:11:16.548 but instead created feelings of otherness  
NOTE Confidence: 0.957751876111111

00:11:16.548 --> 00:11:18.460 and hopelessness about belonging.  
NOTE Confidence: 0.957751876111111

00:11:18.460 --> 00:11:20.055 The problems of xenophobia and  
NOTE Confidence: 0.957751876111111

00:11:20.055 --> 00:11:22.013 racism as we know continue from  
NOTE Confidence: 0.957751876111111

00:11:22.013 --> 00:11:23.508 one generation to the next.  
NOTE Confidence: 0.957751876111111

00:11:23.510 --> 00:11:24.502 Well, you could say.  
NOTE Confidence: 0.957751876111111

00:11:24.502 --> 00:11:25.742 Well that was back then.  
NOTE Confidence: 0.914461221428571

00:11:25.750 --> 00:11:27.507 It was the 1980s and so on.  
NOTE Confidence: 0.914461221428571

00:11:27.510 --> 00:11:29.390 But of course I know,  
NOTE Confidence: 0.914461221428571

00:11:29.390 --> 00:11:32.454 and as so many others that these problems  
NOTE Confidence: 0.914461221428571

00:11:32.454 --> 00:11:34.746 persist and I have two sons now,  
NOTE Confidence: 0.914461221428571

00:11:34.750 --> 00:11:37.222 one who is a young adult  
NOTE Confidence: 0.914461221428571

00:11:37.222 --> 00:11:39.190 and adolescent son as well,  
NOTE Confidence: 0.914461221428571

00:11:39.190 --> 00:11:41.090 so knowing their experiences and

NOTE Confidence: 0.914461221428571  
00:11:41.090 --> 00:11:43.311 seeing the kinds of stereotypes  
NOTE Confidence: 0.914461221428571  
00:11:43.311 --> 00:11:45.159 and discriminatory behavior that  
NOTE Confidence: 0.914461221428571  
00:11:45.159 --> 00:11:47.683 they've had to grow up with  
NOTE Confidence: 0.914461221428571  
00:11:47.683 --> 00:11:49.463 since they were in preschool,  
NOTE Confidence: 0.914461221428571  
00:11:49.470 --> 00:11:51.882 we know that this is an  
NOTE Confidence: 0.914461221428571  
00:11:51.882 --> 00:11:52.686 intergenerational problem.  
NOTE Confidence: 0.914461221428571  
00:11:52.690 --> 00:11:54.305 So I'm sharing these personal  
NOTE Confidence: 0.914461221428571  
00:11:54.305 --> 00:11:55.274 experiences I'm starting.  
NOTE Confidence: 0.914461221428571  
00:11:55.280 --> 00:11:57.896 Off with this as a way of recognizing  
NOTE Confidence: 0.914461221428571  
00:11:57.896 --> 00:12:00.397 explicitly that we each bring our own  
NOTE Confidence: 0.914461221428571  
00:12:00.397 --> 00:12:02.182 experiences of racism and xenophobia  
NOTE Confidence: 0.914461221428571  
00:12:02.252 --> 00:12:04.346 with us to the clinical encounter.  
NOTE Confidence: 0.914461221428571  
00:12:04.350 --> 00:12:05.892 So today I want to explore  
NOTE Confidence: 0.914461221428571  
00:12:05.892 --> 00:12:07.517 with you the dynamics of race  
NOTE Confidence: 0.914461221428571  
00:12:07.517 --> 00:12:08.857 and racism in recent years,  
NOTE Confidence: 0.914461221428571

00:12:08.860 --> 00:12:11.062 with a particular focus on racial  
NOTE Confidence: 0.914461221428571

00:12:11.062 --> 00:12:13.126 minority immigrants and how these  
NOTE Confidence: 0.914461221428571

00:12:13.126 --> 00:12:15.234 dynamics impact psychotherapy from  
NOTE Confidence: 0.914461221428571

00:12:15.234 --> 00:12:16.815 a psychoanalytic perspective.  
NOTE Confidence: 0.914461221428571

00:12:16.820 --> 00:12:18.992 We're all aware that more explicit  
NOTE Confidence: 0.914461221428571

00:12:18.992 --> 00:12:21.559 forms of racism have heightened since  
NOTE Confidence: 0.914461221428571

00:12:21.560 --> 00:12:23.290 Trump's presidential campaign and in  
NOTE Confidence: 0.914461221428571

00:12:23.290 --> 00:12:25.580 the midst of the COVID-19 pandemic.  
NOTE Confidence: 0.914461221428571

00:12:25.580 --> 00:12:27.610 As racial minorities have been  
NOTE Confidence: 0.914461221428571

00:12:27.610 --> 00:12:29.234 targeted with harassment and  
NOTE Confidence: 0.914461221428571

00:12:29.234 --> 00:12:31.321 violence and victimized by the  
NOTE Confidence: 0.914461221428571

00:12:31.321 --> 00:12:32.933 virus as disproportionate rates,  
NOTE Confidence: 0.914461221428571

00:12:32.940 --> 00:12:35.490 and blamed for causing and  
NOTE Confidence: 0.914461221428571

00:12:35.490 --> 00:12:37.530 or spreading the virus.  
NOTE Confidence: 0.914461221428571

00:12:37.530 --> 00:12:39.240 To situate the context of  
NOTE Confidence: 0.914461221428571

00:12:39.240 --> 00:12:40.266 racial minority immigrants,

NOTE Confidence: 0.914461221428571

00:12:40.270 --> 00:12:42.586 it's important to consider the growth

NOTE Confidence: 0.914461221428571

00:12:42.586 --> 00:12:44.610 of immigrant populations in the US.

NOTE Confidence: 0.914461221428571

00:12:44.610 --> 00:12:47.388 In 2017, there were about 44,

NOTE Confidence: 0.914461221428571

00:12:47.390 --> 00:12:49.418 a little over 44 million immigrants

NOTE Confidence: 0.914461221428571

00:12:49.418 --> 00:12:50.432 in the US,

NOTE Confidence: 0.914461221428571

00:12:50.440 --> 00:12:53.430 so that's about close to 14%

NOTE Confidence: 0.914461221428571

00:12:53.430 --> 00:12:54.600 of the population.

NOTE Confidence: 0.914461221428571

00:12:54.600 --> 00:12:57.400 This number reflects an increase of over

NOTE Confidence: 0.914461221428571

00:12:57.400 --> 00:13:00.024 four times as many immigrants since 1960,

NOTE Confidence: 0.914461221428571

00:13:00.024 --> 00:13:02.536 and so we have a growing number of

NOTE Confidence: 0.914461221428571

00:13:02.536 --> 00:13:05.170 first and second generation immigrants.

NOTE Confidence: 0.914461221428571

00:13:05.170 --> 00:13:06.990 And just for terminology,

NOTE Confidence: 0.914461221428571

00:13:06.990 --> 00:13:07.900 first generation.

NOTE Confidence: 0.914461221428571

00:13:07.900 --> 00:13:09.570 I'm referring to those people

NOTE Confidence: 0.914461221428571

00:13:09.570 --> 00:13:12.096 who arrive to the US as adults

NOTE Confidence: 0.914461221428571

00:13:12.096 --> 00:13:13.656 in the second generation.

NOTE Confidence: 0.914461221428571

00:13:13.660 --> 00:13:17.002 As US born children of immigrants

NOTE Confidence: 0.914461221428571

00:13:17.002 --> 00:13:19.440 and the 1.5 would be people like me,

NOTE Confidence: 0.914461221428571

00:13:19.440 --> 00:13:22.426 who are who arrived as children are

NOTE Confidence: 0.914461221428571

00:13:22.426 --> 00:13:25.172 very early in adolescence since 2016,

NOTE Confidence: 0.914461221428571

00:13:25.172 --> 00:13:27.248 there's been a rise in explicit

NOTE Confidence: 0.914461221428571

00:13:27.248 --> 00:13:28.480 forms of racism.

NOTE Confidence: 0.914461221428571

00:13:28.480 --> 00:13:29.130 In fact,

NOTE Confidence: 0.914461221428571

00:13:29.130 --> 00:13:31.405 the term Trump effect has been used

NOTE Confidence: 0.914461221428571

00:13:31.405 --> 00:13:33.682 by psychologists like Phil Zimbardo

NOTE Confidence: 0.914461221428571

00:13:33.682 --> 00:13:36.502 to describe the notable increase in

NOTE Confidence: 0.914461221428571

00:13:36.578 --> 00:13:38.998 racializing of phobic misogynistic.

NOTE Confidence: 0.914461221428571

00:13:39.000 --> 00:13:40.932 Homophobic and transphobic bullying

NOTE Confidence: 0.914461221428571

00:13:40.932 --> 00:13:43.347 in schools since the election

NOTE Confidence: 0.914461221428571

00:13:43.347 --> 00:13:45.720 and the murder of George Floyd

NOTE Confidence: 0.914461221428571

00:13:45.720 --> 00:13:48.096 has awakened many to the violence



NOTE Confidence: 0.914461221428571  
00:13:48.096 --> 00:13:49.680 and brutality directed against  
NOTE Confidence: 0.914461221428571  
00:13:49.743 --> 00:13:51.598 black people and more broadly,  
NOTE Confidence: 0.914461221428571  
00:13:51.600 --> 00:13:53.346 other people of color are the  
NOTE Confidence: 0.914461221428571  
00:13:53.346 --> 00:13:55.539 bipac folks at the hands of police.  
NOTE Confidence: 0.914461221428571  
00:13:55.540 --> 00:13:56.784 At the present time,  
NOTE Confidence: 0.914461221428571  
00:13:56.784 --> 00:13:58.339 are out the pandemics outbreak  
NOTE Confidence: 0.914461221428571  
00:13:58.339 --> 00:14:00.671 is rife with racist sentiment and  
NOTE Confidence: 0.914461221428571  
00:14:00.671 --> 00:14:02.631 attacks against Chinese Americans and  
NOTE Confidence: 0.914461221428571  
00:14:02.689 --> 00:14:04.591 those who perceive were perceived to  
NOTE Confidence: 0.914461221428571  
00:14:04.591 --> 00:14:06.594 be Chinese or East Asian descent.  
NOTE Confidence: 0.914461221428571  
00:14:06.594 --> 00:14:09.163 I want to just say a couple  
NOTE Confidence: 0.914461221428571  
00:14:09.163 --> 00:14:11.260 things about Asian Americans,  
NOTE Confidence: 0.914461221428571  
00:14:11.260 --> 00:14:14.140 since this is an area that I focus  
NOTE Confidence: 0.914461221428571  
00:14:14.140 --> 00:14:16.630 pretty heavily on in my research  
NOTE Confidence: 0.914461221428571  
00:14:16.630 --> 00:14:19.000 and and a group that is highly  
NOTE Confidence: 0.914461221428571

00:14:19.000 --> 00:14:20.970 invisible and visible at the same  
NOTE Confidence: 0.914461221428571

00:14:20.970 --> 00:14:22.770 time just to sort of elaborate  
NOTE Confidence: 0.914461221428571

00:14:22.770 --> 00:14:24.518 on this impact of racism,  
NOTE Confidence: 0.914461221428571

00:14:24.520 --> 00:14:27.370 particularly for youth.  
NOTE Confidence: 0.914461221428571

00:14:27.370 --> 00:14:29.950 Following the Atlanta Spa shootings.  
NOTE Confidence: 0.914461221428571

00:14:29.950 --> 00:14:33.107 If you recall this and back in March of 2021,  
NOTE Confidence: 0.914461221428571

00:14:33.107 --> 00:14:35.429 the Pew Research Center conducted a  
NOTE Confidence: 0.914461221428571

00:14:35.429 --> 00:14:37.440 survey in April just the following month.  
NOTE Confidence: 0.914461221428571

00:14:37.440 --> 00:14:39.840 The month following those shootings,  
NOTE Confidence: 0.930052652

00:14:39.840 --> 00:14:42.472 and they focused a survey on anti  
NOTE Confidence: 0.930052652

00:14:42.472 --> 00:14:44.286 Asian discrimination and what they  
NOTE Confidence: 0.930052652

00:14:44.286 --> 00:14:46.730 found was that 32% of Asian adults said  
NOTE Confidence: 0.930052652

00:14:46.730 --> 00:14:48.690 that they had feared someone might  
NOTE Confidence: 0.930052652

00:14:48.690 --> 00:14:50.635 threaten or physically attack them.  
NOTE Confidence: 0.930052652

00:14:50.640 --> 00:14:53.668 The vast majority of Asian adults like 81%,  
NOTE Confidence: 0.930052652

00:14:53.668 --> 00:14:56.804 also say violence against them is increasing.

NOTE Confidence: 0.930052652

00:14:56.810 --> 00:14:59.250 Far surpassing the share of all US adults,

NOTE Confidence: 0.930052652

00:14:59.250 --> 00:15:02.554 which is about 56% who say the same.

NOTE Confidence: 0.930052652

00:15:02.560 --> 00:15:05.110 Another study with Chinese American

NOTE Confidence: 0.930052652

00:15:05.110 --> 00:15:08.595 parents and kids between March 2020 and

NOTE Confidence: 0.930052652

00:15:08.595 --> 00:15:11.570 May 2020 indicated that nearly half of

NOTE Confidence: 0.930052652

00:15:11.570 --> 00:15:14.874 parents and children were targets of

NOTE Confidence: 0.930052652

00:15:14.874 --> 00:15:17.110 online COVID related discrimination.

NOTE Confidence: 0.930052652

00:15:17.110 --> 00:15:19.690 So as you all may know,

NOTE Confidence: 0.930052652

00:15:19.690 --> 00:15:21.810 we Asian Americans constitute a

NOTE Confidence: 0.930052652

00:15:21.810 --> 00:15:23.506 highly heterogeneous population with

NOTE Confidence: 0.930052652

00:15:23.506 --> 00:15:25.533 regard to national origin, ethnicity,

NOTE Confidence: 0.930052652

00:15:25.533 --> 00:15:28.179 and among many other things and.

NOTE Confidence: 0.930052652

00:15:28.179 --> 00:15:30.153 And we also differ with regard

NOTE Confidence: 0.930052652

00:15:30.153 --> 00:15:32.028 to physical markers of racial

NOTE Confidence: 0.930052652

00:15:32.028 --> 00:15:34.093 categorization and our families carry

NOTE Confidence: 0.930052652

00:15:34.093 --> 00:15:36.470 very unique histories with colonization.

NOTE Confidence: 0.930052652

00:15:36.470 --> 00:15:38.645 Depending on our parents or

NOTE Confidence: 0.930052652

00:15:38.645 --> 00:15:39.950 grandparents birth countries.

NOTE Confidence: 0.930052652

00:15:39.950 --> 00:15:43.806 However, if we look at any kind of

NOTE Confidence: 0.930052652

00:15:43.806 --> 00:15:46.102 psychological research or practice, really.

NOTE Confidence: 0.930052652

00:15:46.102 --> 00:15:47.878 We are often homogenized.

NOTE Confidence: 0.930052652

00:15:47.880 --> 00:15:49.734 We're sort of lumped together as

NOTE Confidence: 0.930052652

00:15:49.734 --> 00:15:51.600 one category of Asian Americans,

NOTE Confidence: 0.930052652

00:15:51.600 --> 00:15:53.792 and this pure this.

NOTE Confidence: 0.930052652

00:15:53.792 --> 00:15:58.056 This sadly dismisses the distinct

NOTE Confidence: 0.930052652

00:15:58.056 --> 00:16:00.262 experiences of culture, race,

NOTE Confidence: 0.930052652

00:16:00.262 --> 00:16:02.914 among other aspects of social location,

NOTE Confidence: 0.930052652

00:16:02.920 --> 00:16:05.000 and so socio cultural differences

NOTE Confidence: 0.930052652

00:16:05.000 --> 00:16:07.080 tend to become routinely erased.

NOTE Confidence: 0.930052652

00:16:07.080 --> 00:16:09.754 We're simply Asian or South Asian to

NOTE Confidence: 0.930052652

00:16:09.754 --> 00:16:12.130 those outside of our communities.

NOTE Confidence: 0.930052652

00:16:12.130 --> 00:16:14.531 We also hold a unique position in

NOTE Confidence: 0.930052652

00:16:14.531 --> 00:16:16.210 broader racial hierarchy in the US,

NOTE Confidence: 0.930052652

00:16:16.210 --> 00:16:17.896 where minoritized objects,

NOTE Confidence: 0.930052652

00:16:17.896 --> 00:16:21.366 when it is convenient and we are also

NOTE Confidence: 0.930052652

00:16:21.366 --> 00:16:23.190 viewed as privileged and model minorities.

NOTE Confidence: 0.930052652

00:16:23.190 --> 00:16:23.620 Also,

NOTE Confidence: 0.930052652

00:16:23.620 --> 00:16:25.770 when it's convenient either way,

NOTE Confidence: 0.930052652

00:16:25.770 --> 00:16:27.602 our subjectivities are largely

NOTE Confidence: 0.930052652

00:16:27.602 --> 00:16:28.976 diminished and ignored,

NOTE Confidence: 0.930052652

00:16:28.980 --> 00:16:31.098 and even within our mental health

NOTE Confidence: 0.930052652

00:16:31.100 --> 00:16:33.690 professions we are seen as racial minorities,

NOTE Confidence: 0.930052652

00:16:33.690 --> 00:16:36.846 often when it suits other people.

NOTE Confidence: 0.930052652

00:16:36.850 --> 00:16:38.370 So I want to share with you an

NOTE Confidence: 0.930052652

00:16:38.370 --> 00:16:39.630 example of this invisibility.

NOTE Confidence: 0.930052652

00:16:39.630 --> 00:16:41.700 Recently I began working with a

NOTE Confidence: 0.930052652

00:16:41.700 --> 00:16:42.735 high school senior.  
NOTE Confidence: 0.930052652

00:16:42.740 --> 00:16:45.060 Who's an Asian American boy?  
NOTE Confidence: 0.930052652

00:16:45.060 --> 00:16:47.167 He's a young man now he's Chinese  
NOTE Confidence: 0.930052652

00:16:47.167 --> 00:16:49.682 American and I he he reached out to  
NOTE Confidence: 0.930052652

00:16:49.682 --> 00:16:52.040 me because he was interested in a  
NOTE Confidence: 0.930052652

00:16:52.040 --> 00:16:53.925 research project focused on raising  
NOTE Confidence: 0.930052652

00:16:53.925 --> 00:16:56.028 awareness of mental health concerns  
NOTE Confidence: 0.930052652

00:16:56.028 --> 00:16:57.964 among Asian American adolescents  
NOTE Confidence: 0.930052652

00:16:57.964 --> 00:16:59.416 in his school.  
NOTE Confidence: 0.930052652

00:16:59.420 --> 00:17:01.346 And so when I met him and I asked  
NOTE Confidence: 0.930052652

00:17:01.346 --> 00:17:03.528 him about his experience of being a  
NOTE Confidence: 0.930052652

00:17:03.528 --> 00:17:05.499 Chinese American boy in his school.  
NOTE Confidence: 0.930052652

00:17:05.500 --> 00:17:07.668 He told me that he didn't quite fit  
NOTE Confidence: 0.930052652

00:17:07.668 --> 00:17:09.817 into the stereotype of Asian boys.  
NOTE Confidence: 0.930052652

00:17:09.820 --> 00:17:11.504 He's a football player.  
NOTE Confidence: 0.930052652

00:17:11.504 --> 00:17:12.767 He loves academics.

NOTE Confidence: 0.930052652

00:17:12.770 --> 00:17:15.157 And developed a program in his school

NOTE Confidence: 0.930052652

00:17:15.157 --> 00:17:17.809 to support Asian kids deal with mental

NOTE Confidence: 0.930052652

00:17:17.809 --> 00:17:19.914 health distress and then he proceeded

NOTE Confidence: 0.930052652

00:17:19.914 --> 00:17:22.736 to tell me that the White and Black

NOTE Confidence: 0.930052652

00:17:22.736 --> 00:17:24.837 teammates that he has been playing

NOTE Confidence: 0.930052652

00:17:24.837 --> 00:17:27.070 football with for a very long time.

NOTE Confidence: 0.930052652

00:17:27.070 --> 00:17:28.762 Now for a number of years

NOTE Confidence: 0.930052652

00:17:28.762 --> 00:17:29.890 don't really understand him.

NOTE Confidence: 0.930052652

00:17:29.890 --> 00:17:32.298 One of his white teammates in fact

NOTE Confidence: 0.930052652

00:17:32.298 --> 00:17:35.345 told him I like Asians because you

NOTE Confidence: 0.930052652

00:17:35.345 --> 00:17:37.765 guys don't complain about racism.

NOTE Confidence: 0.930052652

00:17:37.770 --> 00:17:40.010 So you can imagine what that might

NOTE Confidence: 0.930052652

00:17:40.010 --> 00:17:42.131 have felt like for this young man

NOTE Confidence: 0.930052652

00:17:42.131 --> 00:17:44.267 to hear that I like you because

NOTE Confidence: 0.930052652

00:17:44.267 --> 00:17:46.975 you don't complain about racism and

NOTE Confidence: 0.930052652

00:17:46.975 --> 00:17:51.070 what that means about who he is.  
NOTE Confidence: 0.930052652

00:17:51.070 --> 00:17:53.226 My mentee was taken aback at this  
NOTE Confidence: 0.930052652

00:17:53.226 --> 00:17:55.538 moment and once again felt invisible.  
NOTE Confidence: 0.9441561348

00:17:55.540 --> 00:17:57.232 One of the most striking things  
NOTE Confidence: 0.9441561348

00:17:57.232 --> 00:17:59.326 to me about this incident is that  
NOTE Confidence: 0.9441561348

00:17:59.326 --> 00:18:01.426 his teammate is fully aware of the  
NOTE Confidence: 0.9441561348

00:18:01.489 --> 00:18:03.549 fact that Asians experience racism,  
NOTE Confidence: 0.9441561348

00:18:03.550 --> 00:18:05.363 but made it clear to him that  
NOTE Confidence: 0.9441561348

00:18:05.363 --> 00:18:07.199 he didn't want to hear about it.  
NOTE Confidence: 0.9441561348

00:18:07.200 --> 00:18:09.498 And expected his friend his teammate,  
NOTE Confidence: 0.9441561348

00:18:09.500 --> 00:18:11.710 to comply with his demand.  
NOTE Confidence: 0.9441561348

00:18:11.710 --> 00:18:14.818 In contrast to this experience of  
NOTE Confidence: 0.9441561348

00:18:14.818 --> 00:18:16.453 invisibility, Asian Americans can  
NOTE Confidence: 0.9441561348

00:18:16.453 --> 00:18:18.679 become hyper visible when there's a  
NOTE Confidence: 0.9441561348

00:18:18.679 --> 00:18:20.753 perceived threat to non Asians in the  
NOTE Confidence: 0.9441561348

00:18:20.753 --> 00:18:22.649 US and other regions of the world.



NOTE Confidence: 0.9441561348

00:18:22.650 --> 00:18:24.456 For example, Asian American kids are

NOTE Confidence: 0.9441561348

00:18:24.456 --> 00:18:26.630 bullied based on their physical features,

NOTE Confidence: 0.9441561348

00:18:26.630 --> 00:18:28.130 the shape of their eyelids,

NOTE Confidence: 0.9441561348

00:18:28.130 --> 00:18:29.093 their skin color,

NOTE Confidence: 0.9441561348

00:18:29.093 --> 00:18:31.970 and in the aftermath of the Trump election,

NOTE Confidence: 0.9441561348

00:18:31.970 --> 00:18:34.252 we're routinely told that they would be

NOTE Confidence: 0.9441561348

00:18:34.252 --> 00:18:37.013 rounded up and sent back home by both

NOTE Confidence: 0.9441561348

00:18:37.013 --> 00:18:39.280 peers and teachers across American schools.

NOTE Confidence: 0.9441561348

00:18:39.280 --> 00:18:41.000 They're told that they're innately

NOTE Confidence: 0.9441561348

00:18:41.000 --> 00:18:42.720 smart and their peers randomly

NOTE Confidence: 0.9441561348

00:18:42.782 --> 00:18:44.480 asked them to do their homework,

NOTE Confidence: 0.9441561348

00:18:44.480 --> 00:18:46.100 particularly their math homework.

NOTE Confidence: 0.9441561348

00:18:46.100 --> 00:18:47.720 They're told that they're

NOTE Confidence: 0.9441561348

00:18:47.720 --> 00:18:49.519 terrorists and dangerous exotic,

NOTE Confidence: 0.9441561348

00:18:49.520 --> 00:18:52.372 smelly, asexual, and passive.

NOTE Confidence: 0.9441561348

00:18:52.372 --> 00:18:55.462 Think about all of the terms that I  
NOTE Confidence: 0.9441561348

00:18:55.462 --> 00:18:58.510 just used, and the contradictions.  
NOTE Confidence: 0.9441561348

00:18:58.510 --> 00:19:00.645 And the contradictory messages that  
NOTE Confidence: 0.9441561348

00:19:00.645 --> 00:19:03.978 kids hear from a very very early age.  
NOTE Confidence: 0.913183476818182

00:19:05.990 --> 00:19:08.950 So I want to move to sharing some  
NOTE Confidence: 0.913183476818182

00:19:08.950 --> 00:19:10.609 perspectives from psychoanalysis on  
NOTE Confidence: 0.913183476818182

00:19:10.609 --> 00:19:13.556 the xenophobia and the racism that I  
NOTE Confidence: 0.913183476818182

00:19:13.556 --> 00:19:16.306 had just described and beyond that.  
NOTE Confidence: 0.913183476818182

00:19:16.306 --> 00:19:18.783 Of course, xenophobia manifests in  
NOTE Confidence: 0.913183476818182

00:19:18.783 --> 00:19:20.987 intrapsychic and interpersonal realms,  
NOTE Confidence: 0.913183476818182

00:19:20.990 --> 00:19:23.410 and as such psychoanalytic perspectives,  
NOTE Confidence: 0.913183476818182

00:19:23.410 --> 00:19:26.170 in my view, can elucidate understandings  
NOTE Confidence: 0.913183476818182

00:19:26.170 --> 00:19:28.010 of prejudice and aggression.  
NOTE Confidence: 0.913183476818182

00:19:28.010 --> 00:19:30.362 So analysts have written about the role  
NOTE Confidence: 0.913183476818182

00:19:30.362 --> 00:19:32.955 of early life experiences like separation  
NOTE Confidence: 0.913183476818182

00:19:32.955 --> 00:19:35.997 anxiety as fundamental to developing benign.

NOTE Confidence: 0.913183476818182  
00:19:36.000 --> 00:19:38.940 Prejudice as a way of differentiating  
NOTE Confidence: 0.913183476818182  
00:19:38.940 --> 00:19:40.900 specific objects of attachment  
NOTE Confidence: 0.913183476818182  
00:19:40.980 --> 00:19:43.215 like parents from other objects  
NOTE Confidence: 0.913183476818182  
00:19:43.215 --> 00:19:46.016 with regard to the development of  
NOTE Confidence: 0.913183476818182  
00:19:46.016 --> 00:19:47.976 malignant or harmful prejudice.  
NOTE Confidence: 0.913183476818182  
00:19:47.980 --> 00:19:50.662 Henry parents underscored the role of  
NOTE Confidence: 0.913183476818182  
00:19:50.662 --> 00:19:53.240 ambivalence towards objects of attachment,  
NOTE Confidence: 0.913183476818182  
00:19:53.240 --> 00:19:55.715 implicating the use of defenses  
NOTE Confidence: 0.913183476818182  
00:19:55.715 --> 00:19:57.695 like projection and denial.  
NOTE Confidence: 0.913183476818182  
00:19:57.700 --> 00:20:00.318 The role of childhood trauma and neglect,  
NOTE Confidence: 0.913183476818182  
00:20:00.320 --> 00:20:02.535 and the demands for children  
NOTE Confidence: 0.913183476818182  
00:20:02.535 --> 00:20:04.750 to identify with their parents.  
NOTE Confidence: 0.913183476818182  
00:20:04.750 --> 00:20:05.330 Relatedly,  
NOTE Confidence: 0.913183476818182  
00:20:05.330 --> 00:20:08.810 Vamik Volkan emphasized the role of  
NOTE Confidence: 0.913183476818182  
00:20:08.810 --> 00:20:11.084 parents transmitting traumatized self  
NOTE Confidence: 0.913183476818182

00:20:11.084 --> 00:20:13.814 and object images related to traumatic  
NOTE Confidence: 0.913183476818182

00:20:13.814 --> 00:20:17.170 dislocation into a child self representation,  
NOTE Confidence: 0.913183476818182

00:20:17.170 --> 00:20:20.208 and he described a process called depositing,  
NOTE Confidence: 0.913183476818182

00:20:20.210 --> 00:20:22.790 and he pointed out that depositing  
NOTE Confidence: 0.913183476818182

00:20:22.790 --> 00:20:24.510 is distinct from identification,  
NOTE Confidence: 0.913183476818182

00:20:24.510 --> 00:20:26.730 and that depositing involves an adult,  
NOTE Confidence: 0.913183476818182

00:20:26.730 --> 00:20:30.152 mostly unconsciously using a child to  
NOTE Confidence: 0.913183476818182

00:20:30.152 --> 00:20:32.966 become a reservoir for certain self and  
NOTE Confidence: 0.913183476818182

00:20:32.966 --> 00:20:35.608 other images belonging to that adult.  
NOTE Confidence: 0.913183476818182

00:20:35.610 --> 00:20:38.682 So what he's talking about here is the  
NOTE Confidence: 0.913183476818182

00:20:38.682 --> 00:20:42.219 ways in which parents can unconsciously  
NOTE Confidence: 0.913183476818182

00:20:42.219 --> 00:20:45.330 transmit prejudice beliefs to their children,  
NOTE Confidence: 0.913183476818182

00:20:45.330 --> 00:20:48.344 but not only sort of pass on beliefs,  
NOTE Confidence: 0.913183476818182

00:20:48.344 --> 00:20:50.852 but in fact believing the child  
NOTE Confidence: 0.913183476818182

00:20:50.852 --> 00:20:53.399 believing the same beliefs as the  
NOTE Confidence: 0.913183476818182

00:20:53.399 --> 00:20:55.454 parents actually is a contingency

NOTE Confidence: 0.913183476818182  
00:20:55.526 --> 00:20:58.046 for an attachment with that parent.  
NOTE Confidence: 0.913183476818182  
00:20:58.050 --> 00:21:00.822 So it's not just about sort of  
NOTE Confidence: 0.913183476818182  
00:21:00.822 --> 00:21:01.614 intergenerational transmission  
NOTE Confidence: 0.913183476818182  
00:21:01.614 --> 00:21:03.189 of cognitive beliefs,  
NOTE Confidence: 0.913183476818182  
00:21:03.190 --> 00:21:05.170 but what he's describing as  
NOTE Confidence: 0.913183476818182  
00:21:05.170 --> 00:21:06.358 an affective component.  
NOTE Confidence: 0.913183476818182  
00:21:06.360 --> 00:21:09.720 Where in fact the parent is making an  
NOTE Confidence: 0.913183476818182  
00:21:09.720 --> 00:21:11.837 unconscious effective demand that you  
NOTE Confidence: 0.913183476818182  
00:21:11.837 --> 00:21:14.630 must believe these things that I believe  
NOTE Confidence: 0.913183476818182  
00:21:14.706 --> 00:21:17.626 in order to maintain an attachment to me.  
NOTE Confidence: 0.913183476818182  
00:21:17.630 --> 00:21:21.197 And so this is where this is the  
NOTE Confidence: 0.913183476818182  
00:21:21.197 --> 00:21:22.424 distinction between identification  
NOTE Confidence: 0.913183476818182  
00:21:22.424 --> 00:21:24.850 and this idea of depositing.  
NOTE Confidence: 0.913183476818182  
00:21:24.850 --> 00:21:27.514 It's important to consider that the  
NOTE Confidence: 0.913183476818182  
00:21:27.514 --> 00:21:29.290 intergenerational transmission of traumatic  
NOTE Confidence: 0.913183476818182

00:21:29.351 --> 00:21:31.337 stress and prejudice can encompass a  
NOTE Confidence: 0.913183476818182

00:21:31.337 --> 00:21:33.569 wide range of defenses such as denial,  
NOTE Confidence: 0.913183476818182

00:21:33.570 --> 00:21:35.286 projection and rationalization.  
NOTE Confidence: 0.913183476818182

00:21:35.286 --> 00:21:36.430 For example,  
NOTE Confidence: 0.913183476818182

00:21:36.430 --> 00:21:38.950 a parent who's experienced by a child  
NOTE Confidence: 0.913183476818182

00:21:38.950 --> 00:21:41.794 as loving and attentive and who holds  
NOTE Confidence: 0.913183476818182

00:21:41.794 --> 00:21:43.450 negative attitudes towards immigrants,  
NOTE Confidence: 0.913183476818182

00:21:43.450 --> 00:21:45.238 may consciously or unconsciously  
NOTE Confidence: 0.913183476818182

00:21:45.238 --> 00:21:47.473 communicate these attitudes and expect  
NOTE Confidence: 0.913183476818182

00:21:47.473 --> 00:21:49.745 that the child carries similar negative  
NOTE Confidence: 0.913183476818182

00:21:49.745 --> 00:21:52.303 attitudes as a content as a condition  
NOTE Confidence: 0.913183476818182

00:21:52.303 --> 00:21:54.505 for maintaining a sense of connection.  
NOTE Confidence: 0.913183476818182

00:21:54.510 --> 00:21:55.866 So in this way.  
NOTE Confidence: 0.913183476818182

00:21:55.866 --> 00:21:58.586 A child becomes a container for hateful  
NOTE Confidence: 0.913183476818182

00:21:58.586 --> 00:22:01.028 attitudes that are often dissociated  
NOTE Confidence: 0.913183476818182

00:22:01.028 --> 00:22:03.770 from loving images of a parent.

NOTE Confidence: 0.913183476818182  
00:22:03.770 --> 00:22:04.574 Illini Cogan,  
NOTE Confidence: 0.913183476818182  
00:22:04.574 --> 00:22:06.584 who is an Israeli analyst,  
NOTE Confidence: 0.913183476818182  
00:22:06.590 --> 00:22:09.242 further noted that xenophobia has roots  
NOTE Confidence: 0.913183476818182  
00:22:09.242 --> 00:22:11.520 in early childhood when an infant's  
NOTE Confidence: 0.913183476818182  
00:22:11.520 --> 00:22:13.550 fear of strangers can mark the quality  
NOTE Confidence: 0.913183476818182  
00:22:13.550 --> 00:22:15.869 of a relationship with a caregiver,  
NOTE Confidence: 0.913183476818182  
00:22:15.870 --> 00:22:18.900 and specifically whether the infant develops.  
NOTE Confidence: 0.913183476818182  
00:22:18.900 --> 00:22:22.180 A response of curiosity or that of fear.  
NOTE Confidence: 0.913183476818182  
00:22:22.180 --> 00:22:24.518 And what Cogan does is refer to  
NOTE Confidence: 0.913183476818182  
00:22:24.518 --> 00:22:26.108 a basic interpersonal survival  
NOTE Confidence: 0.913183476818182  
00:22:26.108 --> 00:22:28.176 mechanism in infant development,  
NOTE Confidence: 0.913183476818182  
00:22:28.180 --> 00:22:30.664 and she suggested that strangers represent  
NOTE Confidence: 0.913183476818182  
00:22:30.664 --> 00:22:33.659 an attack on our inner equilibrium,  
NOTE Confidence: 0.913183476818182  
00:22:33.660 --> 00:22:35.645 and that rather than tolerating  
NOTE Confidence: 0.913183476818182  
00:22:35.645 --> 00:22:36.836 this T stabilization,  
NOTE Confidence: 0.913183476818182

00:22:36.840 --> 00:22:39.860 we hold the stranger responsible.  
NOTE Confidence: 0.913183476818182

00:22:39.860 --> 00:22:40.319 Therefore,  
NOTE Confidence: 0.913183476818182

00:22:40.319 --> 00:22:42.614 an inner conflict becomes externalized  
NOTE Confidence: 0.913183476818182

00:22:42.614 --> 00:22:44.450 and aggressed upon someone  
NOTE Confidence: 0.854776062142857

00:22:44.512 --> 00:22:45.720 who has less social,  
NOTE Confidence: 0.854776062142857

00:22:45.720 --> 00:22:47.840 political or economic power.  
NOTE Confidence: 0.854776062142857

00:22:47.840 --> 00:22:49.222 The stranger, then,  
NOTE Confidence: 0.854776062142857

00:22:49.222 --> 00:22:52.488 is seen as the one who is dirty, lazy,  
NOTE Confidence: 0.854776062142857

00:22:52.488 --> 00:22:56.122 stupid, exotic and violent, non human.  
NOTE Confidence: 0.854776062142857

00:22:56.122 --> 00:22:58.327 It's important to consider that  
NOTE Confidence: 0.854776062142857

00:22:58.327 --> 00:23:00.173 xenophobia and racism internalized  
NOTE Confidence: 0.854776062142857

00:23:00.173 --> 00:23:02.861 in childhood and adolescent are not  
NOTE Confidence: 0.854776062142857

00:23:02.861 --> 00:23:05.728 not only located in family dynamics  
NOTE Confidence: 0.854776062142857

00:23:05.728 --> 00:23:07.660 and parent child interactions,  
NOTE Confidence: 0.854776062142857

00:23:07.660 --> 00:23:09.200 but also in the schools,  
NOTE Confidence: 0.854776062142857

00:23:09.200 --> 00:23:10.520 neighborhoods, workplaces,



NOTE Confidence: 0.854776062142857  
00:23:10.520 --> 00:23:13.160 different communities, political groups,  
NOTE Confidence: 0.854776062142857  
00:23:13.160 --> 00:23:16.200 and social media communities.  
NOTE Confidence: 0.854776062142857  
00:23:16.200 --> 00:23:17.610 Uhm? Salman Akter,  
NOTE Confidence: 0.854776062142857  
00:23:17.610 --> 00:23:19.960 who is a well known  
NOTE Confidence: 0.854776062142857  
00:23:19.960 --> 00:23:22.190 analyst from Philadelphia,  
NOTE Confidence: 0.854776062142857  
00:23:22.190 --> 00:23:23.962 noted that defenses underlying  
NOTE Confidence: 0.854776062142857  
00:23:23.962 --> 00:23:26.177 prejudice become rigid as individuals  
NOTE Confidence: 0.854776062142857  
00:23:26.177 --> 00:23:28.325 show little or no interest in  
NOTE Confidence: 0.854776062142857  
00:23:28.325 --> 00:23:30.330 others who are different from them.  
NOTE Confidence: 0.854776062142857  
00:23:30.330 --> 00:23:32.006 With regard to religion,  
NOTE Confidence: 0.854776062142857  
00:23:32.006 --> 00:23:34.520 culture and race and socialize within  
NOTE Confidence: 0.854776062142857  
00:23:34.593 --> 00:23:37.120 their own socio cultural groups and  
NOTE Confidence: 0.854776062142857  
00:23:37.120 --> 00:23:39.270 what he described was something  
NOTE Confidence: 0.854776062142857  
00:23:39.270 --> 00:23:40.990 called unmet lcisd xenophobia,  
NOTE Confidence: 0.854776062142857  
00:23:40.990 --> 00:23:43.286 and this is sort of the consequence  
NOTE Confidence: 0.854776062142857

00:23:43.286 --> 00:23:45.640 of the defensive structure that he  
NOTE Confidence: 0.854776062142857

00:23:45.640 --> 00:23:48.090 talks about and what happens in.  
NOTE Confidence: 0.854776062142857

00:23:48.090 --> 00:23:50.340 Fundamentally, xenophobia is that it impact.  
NOTE Confidence: 0.854776062142857

00:23:50.340 --> 00:23:52.068 This impinges on our ability to  
NOTE Confidence: 0.854776062142857

00:23:52.068 --> 00:23:53.980 develop a sense of cooperation,  
NOTE Confidence: 0.854776062142857

00:23:53.980 --> 00:23:56.328 develop friendships with people  
NOTE Confidence: 0.854776062142857

00:23:56.328 --> 00:23:59.850 who seem like strangers to us.  
NOTE Confidence: 0.854776062142857

00:23:59.850 --> 00:24:02.244 Returning to Ilani Hogan for a moment,  
NOTE Confidence: 0.854776062142857

00:24:02.250 --> 00:24:05.772 Kogan presents a very interesting question.  
NOTE Confidence: 0.854776062142857

00:24:05.772 --> 00:24:07.500 Actually in her work.  
NOTE Confidence: 0.854776062142857

00:24:07.500 --> 00:24:09.540 And this is a question regarding  
NOTE Confidence: 0.854776062142857

00:24:09.540 --> 00:24:11.498 the inner life of majority  
NOTE Confidence: 0.854776062142857

00:24:11.498 --> 00:24:13.618 status individuals and groups.  
NOTE Confidence: 0.854776062142857

00:24:13.620 --> 00:24:14.680 So in the United States,  
NOTE Confidence: 0.854776062142857

00:24:14.680 --> 00:24:17.812 we think from a racial perspective  
NOTE Confidence: 0.854776062142857

00:24:17.812 --> 00:24:20.432 these are people who are

NOTE Confidence: 0.854776062142857

00:24:20.432 --> 00:24:22.612 white or perceived as white.

NOTE Confidence: 0.854776062142857

00:24:22.612 --> 00:24:24.802 She stated liberal thoughts and

NOTE Confidence: 0.854776062142857

00:24:24.802 --> 00:24:26.474 international human rights laws

NOTE Confidence: 0.854776062142857

00:24:26.474 --> 00:24:28.796 recognize the rights of minority groups

NOTE Confidence: 0.854776062142857

00:24:28.796 --> 00:24:31.378 to maintain their cultural identity,

NOTE Confidence: 0.854776062142857

00:24:31.380 --> 00:24:33.180 but assume that majorities have

NOTE Confidence: 0.854776062142857

00:24:33.180 --> 00:24:35.750 neither a need for similar rights nor

NOTE Confidence: 0.854776062142857

00:24:35.750 --> 00:24:37.850 a moral ground for defending them.

NOTE Confidence: 0.854776062142857

00:24:37.850 --> 00:24:40.083 Cogan's point can be extended to the

NOTE Confidence: 0.854776062142857

00:24:40.083 --> 00:24:41.608 invisibility of whiteness in the US,

NOTE Confidence: 0.854776062142857

00:24:41.610 --> 00:24:43.562 and more specifically within

NOTE Confidence: 0.854776062142857

00:24:43.562 --> 00:24:45.026 the clinical encounter.

NOTE Confidence: 0.854776062142857

00:24:45.030 --> 00:24:45.652 For example,

NOTE Confidence: 0.854776062142857

00:24:45.652 --> 00:24:47.829 when I've asked many of my white

NOTE Confidence: 0.854776062142857

00:24:47.829 --> 00:24:49.449 patients about their ethnicity and

NOTE Confidence: 0.854776062142857

00:24:49.449 --> 00:24:51.765 this is something I would do routinely  
NOTE Confidence: 0.854776062142857

00:24:51.765 --> 00:24:53.685 tell me about your background,  
NOTE Confidence: 0.854776062142857

00:24:53.690 --> 00:24:55.290 your describe your ethnic background,  
NOTE Confidence: 0.854776062142857

00:24:55.290 --> 00:24:58.230 your racial background.  
NOTE Confidence: 0.854776062142857

00:24:58.230 --> 00:25:01.360 Many of my white clients will say  
NOTE Confidence: 0.854776062142857

00:25:01.360 --> 00:25:02.860 that they don't have enough ethnicity,  
NOTE Confidence: 0.854776062142857

00:25:02.860 --> 00:25:05.596 but instead say I'm just white.  
NOTE Confidence: 0.854776062142857

00:25:05.600 --> 00:25:08.075 So the transference dynamics in  
NOTE Confidence: 0.854776062142857

00:25:08.075 --> 00:25:10.432 these moments with these patients  
NOTE Confidence: 0.854776062142857

00:25:10.432 --> 00:25:12.664 at times reflects their anger and  
NOTE Confidence: 0.854776062142857

00:25:12.664 --> 00:25:15.237 their envy about not having an ethnic  
NOTE Confidence: 0.854776062142857

00:25:15.237 --> 00:25:17.319 identity that is visible to others  
NOTE Confidence: 0.854776062142857

00:25:17.386 --> 00:25:19.468 and at other times reflects their  
NOTE Confidence: 0.854776062142857

00:25:19.468 --> 00:25:21.550 guilt and shame about having the  
NOTE Confidence: 0.854776062142857

00:25:21.550 --> 00:25:23.620 ability to choose whether or not  
NOTE Confidence: 0.854776062142857

00:25:23.620 --> 00:25:26.626 to think about ethnicity or race.

NOTE Confidence: 0.854776062142857  
00:25:26.630 --> 00:25:28.385 These dynamics can also indicate  
NOTE Confidence: 0.854776062142857  
00:25:28.385 --> 00:25:29.789 A wish to wait,  
NOTE Confidence: 0.854776062142857  
00:25:29.790 --> 00:25:32.568 a wish to maintain white privilege,  
NOTE Confidence: 0.854776062142857  
00:25:32.570 --> 00:25:34.742 as there's an implicit message in  
NOTE Confidence: 0.854776062142857  
00:25:34.742 --> 00:25:36.858 stating I'm just white that conveys  
NOTE Confidence: 0.854776062142857  
00:25:36.858 --> 00:25:38.862 the feeling that their Indian American  
NOTE Confidence: 0.854776062142857  
00:25:38.862 --> 00:25:40.950 therapist is the one that is different,  
NOTE Confidence: 0.854776062142857  
00:25:40.950 --> 00:25:41.404 unusual,  
NOTE Confidence: 0.854776062142857  
00:25:41.404 --> 00:25:44.128 and that their whiteness is the  
NOTE Confidence: 0.854776062142857  
00:25:44.128 --> 00:25:46.582 standard reference point against which  
NOTE Confidence: 0.854776062142857  
00:25:46.582 --> 00:25:49.127 might Indian background is perceived.  
NOTE Confidence: 0.854776062142857  
00:25:49.130 --> 00:25:50.570 In all of these cases,  
NOTE Confidence: 0.854776062142857  
00:25:50.570 --> 00:25:53.125 the clients wish to be seen is  
NOTE Confidence: 0.854776062142857  
00:25:53.125 --> 00:25:55.457 diminished by a disavowal of  
NOTE Confidence: 0.854776062142857  
00:25:55.457 --> 00:25:57.448 family migration and find,  
NOTE Confidence: 0.854776062142857

00:25:57.448 --> 00:25:59.962 and really the family migration history  
NOTE Confidence: 0.854776062142857

00:25:59.962 --> 00:26:02.429 and messages of white that standard,  
NOTE Confidence: 0.854776062142857

00:26:02.430 --> 00:26:04.188 privileged and oppressive.  
NOTE Confidence: 0.917047515625

00:26:07.050 --> 00:26:09.370 I want to move to saying a few  
NOTE Confidence: 0.917047515625

00:26:09.370 --> 00:26:11.052 things about the experiences  
NOTE Confidence: 0.917047515625

00:26:11.052 --> 00:26:13.120 of racial minority immigrants.  
NOTE Confidence: 0.917047515625

00:26:13.120 --> 00:26:15.230 Xenophobia and racism have profound  
NOTE Confidence: 0.917047515625

00:26:15.230 --> 00:26:18.190 effects on how immigrant youth and adults  
NOTE Confidence: 0.917047515625

00:26:18.190 --> 00:26:20.140 experience themselves in relation to  
NOTE Confidence: 0.917047515625

00:26:20.140 --> 00:26:22.979 others and on their sense of belonging,  
NOTE Confidence: 0.917047515625

00:26:22.980 --> 00:26:25.920 immigrants and their kids negotiate conflict,  
NOTE Confidence: 0.917047515625

00:26:25.920 --> 00:26:28.384 identity, belonging and health  
NOTE Confidence: 0.917047515625

00:26:28.384 --> 00:26:31.464 within the parameters of constraint  
NOTE Confidence: 0.917047515625

00:26:31.464 --> 00:26:34.293 delineated by xenophobia and and racism.  
NOTE Confidence: 0.917047515625

00:26:34.293 --> 00:26:37.464 In his essay, the Mental pain of  
NOTE Confidence: 0.917047515625

00:26:37.464 --> 00:26:40.145 Minorities Salmen Dr pointed out that

NOTE Confidence: 0.917047515625

00:26:40.145 --> 00:26:42.677 minorities are not just people who

NOTE Confidence: 0.917047515625

00:26:42.762 --> 00:26:45.975 exist in smaller numbers but the but

NOTE Confidence: 0.917047515625

00:26:45.975 --> 00:26:48.200 rather they're they become colonized.

NOTE Confidence: 0.917047515625

00:26:48.200 --> 00:26:50.860 Subjects have less voice representations

NOTE Confidence: 0.917047515625

00:26:50.860 --> 00:26:52.988 and often fewer resources.

NOTE Confidence: 0.917047515625

00:26:52.990 --> 00:26:55.426 He suggests that being a minority

NOTE Confidence: 0.917047515625

00:26:55.426 --> 00:26:57.485 reflects cumulative trauma where the

NOTE Confidence: 0.917047515625

00:26:57.485 --> 00:26:59.699 protective and holding functions of the

NOTE Confidence: 0.917047515625

00:26:59.699 --> 00:27:02.225 society at large accrue overtime and put

NOTE Confidence: 0.917047515625

00:27:02.225 --> 00:27:05.210 a silent but palpable strain on the ego,

NOTE Confidence: 0.917047515625

00:27:05.210 --> 00:27:08.535 both at the individual and collective level.

NOTE Confidence: 0.917047515625

00:27:08.540 --> 00:27:11.290 An important paradox is put

NOTE Confidence: 0.917047515625

00:27:11.290 --> 00:27:13.490 forth in his perspective.

NOTE Confidence: 0.917047515625

00:27:13.490 --> 00:27:15.608 And this is the he asks.

NOTE Confidence: 0.917047515625

00:27:15.610 --> 00:27:17.518 A really interesting question.

NOTE Confidence: 0.917047515625

00:27:17.518 --> 00:27:20.380 Actually he poses the following question.  
NOTE Confidence: 0.917047515625

00:27:20.380 --> 00:27:22.258 Pointing out that the majority group  
NOTE Confidence: 0.917047515625

00:27:22.258 --> 00:27:24.382 tends to ignore the presence of the  
NOTE Confidence: 0.917047515625

00:27:24.382 --> 00:27:27.137 minority group and at the at the same time  
NOTE Confidence: 0.917047515625

00:27:27.137 --> 00:27:29.177 unconsciously desires the minority group,  
NOTE Confidence: 0.917047515625

00:27:29.180 --> 00:27:32.012 which becomes a target for externalizing  
NOTE Confidence: 0.917047515625

00:27:32.012 --> 00:27:33.900 paranoid and depressive anxieties.  
NOTE Confidence: 0.917047515625

00:27:33.900 --> 00:27:36.385 So he poses the question if one  
NOTE Confidence: 0.917047515625

00:27:36.385 --> 00:27:38.720 is not wanted but does exist,  
NOTE Confidence: 0.917047515625

00:27:38.720 --> 00:27:41.753 then what is 1 to do with one's existence?  
NOTE Confidence: 0.917047515625

00:27:41.760 --> 00:27:44.770 So let me repeat that.  
NOTE Confidence: 0.917047515625

00:27:44.770 --> 00:27:46.250 If one is not wanted,  
NOTE Confidence: 0.917047515625

00:27:46.250 --> 00:27:47.189 but does exist,  
NOTE Confidence: 0.917047515625

00:27:47.189 --> 00:27:50.689 then what is 1 to do with one's existence?  
NOTE Confidence: 0.917047515625

00:27:50.690 --> 00:27:52.130 It's often the case then,  
NOTE Confidence: 0.917047515625

00:27:52.130 --> 00:27:54.074 that racial minority immigrants



NOTE Confidence: 0.917047515625  
00:27:54.074 --> 00:27:55.046 experience anxiety,  
NOTE Confidence: 0.917047515625  
00:27:55.050 --> 00:27:55.424 confusion,  
NOTE Confidence: 0.917047515625  
00:27:55.424 --> 00:27:58.042 and despair related to not knowing how  
NOTE Confidence: 0.917047515625  
00:27:58.042 --> 00:28:01.391 to be fully seen and present and at the  
NOTE Confidence: 0.917047515625  
00:28:01.391 --> 00:28:04.038 same time invisible to the majority group.  
NOTE Confidence: 0.917047515625  
00:28:04.040 --> 00:28:06.308 One has to then potentially sacrifice  
NOTE Confidence: 0.917047515625  
00:28:06.308 --> 00:28:08.984 authenticity to be seen and accepted by  
NOTE Confidence: 0.917047515625  
00:28:08.984 --> 00:28:11.174 the majority group and secure safety.  
NOTE Confidence: 0.945166496  
00:28:13.400 --> 00:28:15.728 I want to mention also in  
NOTE Confidence: 0.945166496  
00:28:15.728 --> 00:28:17.280 the context of development,  
NOTE Confidence: 0.945166496  
00:28:17.280 --> 00:28:22.496 a series of studies with immigrant children  
NOTE Confidence: 0.945166496  
00:28:22.496 --> 00:28:25.941 that really support the psychoanalytic  
NOTE Confidence: 0.945166496  
00:28:25.941 --> 00:28:28.849 literature that I've just presented.  
NOTE Confidence: 0.945166496  
00:28:28.850 --> 00:28:31.482 And one of the sets of studies was  
NOTE Confidence: 0.945166496  
00:28:31.482 --> 00:28:33.759 conducted by Corolla Suarez Orozco,  
NOTE Confidence: 0.945166496

00:28:33.760 --> 00:28:36.955 who is an amazing researcher who is now at

NOTE Confidence: 0.945166496

00:28:36.955 --> 00:28:40.317 the University of Massachusetts in Boston,

NOTE Confidence: 0.945166496

00:28:40.320 --> 00:28:44.096 and she LED a huge set of immigration

NOTE Confidence: 0.945166496

00:28:44.096 --> 00:28:48.058 studies with children in elementary schools,

NOTE Confidence: 0.945166496

00:28:48.060 --> 00:28:50.500 and this was back in the early 2000s.

NOTE Confidence: 0.945166496

00:28:50.500 --> 00:28:53.173 And by the way, the the findings that I'll

NOTE Confidence: 0.945166496

00:28:53.173 --> 00:28:55.946 share with you have been replicated with

NOTE Confidence: 0.945166496

00:28:55.946 --> 00:28:58.239 children and adolescents since then into,

NOTE Confidence: 0.945166496

00:28:58.240 --> 00:28:59.996 you know, as as.

NOTE Confidence: 0.945166496

00:28:59.996 --> 00:29:02.630 Early as a couple years ago.

NOTE Confidence: 0.945166496

00:29:02.630 --> 00:29:04.619 But one of the things that she did was

NOTE Confidence: 0.945166496

00:29:04.619 --> 00:29:06.197 provide a sentence completion task.

NOTE Confidence: 0.945166496

00:29:06.200 --> 00:29:09.410 So again from a psychoanalytic perspective,

NOTE Confidence: 0.945166496

00:29:09.410 --> 00:29:12.656 using methodologies that sort of support,

NOTE Confidence: 0.945166496

00:29:12.660 --> 00:29:15.918 you know, open-ended kinds of questioning

NOTE Confidence: 0.945166496

00:29:15.918 --> 00:29:19.149 and responses on methodologies and research.

NOTE Confidence: 0.945166496

00:29:19.150 --> 00:29:21.300 She provided us some sentences

NOTE Confidence: 0.945166496

00:29:21.300 --> 00:29:23.450 to complete to these children.

NOTE Confidence: 0.945166496

00:29:23.450 --> 00:29:24.854 They were third and 4th grade

NOTE Confidence: 0.945166496

00:29:24.854 --> 00:29:26.230 children who are Mexican American,

NOTE Confidence: 0.945166496

00:29:26.230 --> 00:29:27.174 Chinese, American,

NOTE Confidence: 0.945166496

00:29:27.174 --> 00:29:31.228 and Haitian American and and the children

NOTE Confidence: 0.945166496

00:29:31.228 --> 00:29:33.184 were given sentences like the following.

NOTE Confidence: 0.945166496

00:29:33.190 --> 00:29:36.817 People in my family think that I am blank.

NOTE Confidence: 0.945166496

00:29:36.820 --> 00:29:38.330 The second sentence would read.

NOTE Confidence: 0.945166496

00:29:38.330 --> 00:29:40.997 Most Americans think that I am blank.

NOTE Confidence: 0.945166496

00:29:41.000 --> 00:29:41.891 In the first,

NOTE Confidence: 0.945166496

00:29:41.891 --> 00:29:43.970 in the in terms of the responses

NOTE Confidence: 0.945166496

00:29:44.038 --> 00:29:45.458 to the first sentence,

NOTE Confidence: 0.945166496

00:29:45.460 --> 00:29:47.056 people in my family think think

NOTE Confidence: 0.945166496

00:29:47.056 --> 00:29:47.854 that I'm blank.

NOTE Confidence: 0.945166496

00:29:47.860 --> 00:29:50.396 The kids would say things like people in  
NOTE Confidence: 0.945166496

00:29:50.396 --> 00:29:52.700 my family think that I'm funny people in  
NOTE Confidence: 0.945166496

00:29:52.764 --> 00:29:54.780 my family think that I'm smart people  
NOTE Confidence: 0.945166496

00:29:54.780 --> 00:29:56.920 in my family think that I'm silly.  
NOTE Confidence: 0.945166496

00:29:56.920 --> 00:29:59.032 So all the kinds of adjectives you might  
NOTE Confidence: 0.945166496

00:29:59.032 --> 00:30:01.279 find in an elementary school aged kid.  
NOTE Confidence: 0.945166496

00:30:01.280 --> 00:30:03.520 And then the second sentence,  
NOTE Confidence: 0.945166496

00:30:03.520 --> 00:30:06.928 most Americans think that I'm blank.  
NOTE Confidence: 0.945166496

00:30:06.930 --> 00:30:08.982 The kids would say things like  
NOTE Confidence: 0.945166496

00:30:08.982 --> 00:30:10.910 most Americans think that I smell.  
NOTE Confidence: 0.945166496

00:30:10.910 --> 00:30:14.474 Most Americans think that I am stupid.  
NOTE Confidence: 0.945166496

00:30:14.474 --> 00:30:17.883 Most Americans think that I am lazy.  
NOTE Confidence: 0.945166496

00:30:17.890 --> 00:30:20.487 The adjectives that were used by these  
NOTE Confidence: 0.945166496

00:30:20.487 --> 00:30:22.651 children exactly matched the type of  
NOTE Confidence: 0.945166496

00:30:22.651 --> 00:30:24.301 ethnic and racial stereotypes that  
NOTE Confidence: 0.945166496

00:30:24.301 --> 00:30:26.668 you might expect of Mexican Americans.

NOTE Confidence: 0.945166496

00:30:26.670 --> 00:30:29.470 Haitian Americans and Chinese Americans.

NOTE Confidence: 0.945166496

00:30:29.470 --> 00:30:31.300 And so.

NOTE Confidence: 0.945166496

00:30:31.300 --> 00:30:35.416 What Corolla and her research did was

NOTE Confidence: 0.945166496

00:30:35.416 --> 00:30:38.668 coined this phenomenon as social mirroring,

NOTE Confidence: 0.945166496

00:30:38.668 --> 00:30:41.414 so she extended winnicott's idea of

NOTE Confidence: 0.945166496

00:30:41.414 --> 00:30:43.504 mirroring in the caregiving context

NOTE Confidence: 0.945166496

00:30:43.504 --> 00:30:45.798 between an infant and a caregiver

NOTE Confidence: 0.945166496

00:30:45.800 --> 00:30:48.502 or a toddler and a caregiver into

NOTE Confidence: 0.945166496

00:30:48.502 --> 00:30:49.660 a social context.

NOTE Confidence: 0.945166496

00:30:49.660 --> 00:30:52.080 A broader social context outside

NOTE Confidence: 0.945166496

00:30:52.080 --> 00:30:54.016 of the caregiving relationship.

NOTE Confidence: 0.945166496

00:30:54.020 --> 00:30:56.282 And so this concept of social

NOTE Confidence: 0.945166496

00:30:56.282 --> 00:30:57.790 mirroring has become incredibly

NOTE Confidence: 0.945166496

00:30:57.860 --> 00:30:59.780 important for us to understand,

NOTE Confidence: 0.945166496

00:30:59.780 --> 00:31:01.800 because in our typical intake

NOTE Confidence: 0.945166496

00:31:01.800 --> 00:31:03.820 forms and in our professions,  
NOTE Confidence: 0.945166496

00:31:03.820 --> 00:31:06.295 we ask about the family context a great deal.  
NOTE Confidence: 0.945166496

00:31:06.300 --> 00:31:08.953 But very until very recently we have  
NOTE Confidence: 0.945166496

00:31:08.953 --> 00:31:11.125 not asked questions about social  
NOTE Confidence: 0.945166496

00:31:11.125 --> 00:31:13.530 contacts and how that's impacting  
NOTE Confidence: 0.945166496

00:31:13.530 --> 00:31:17.408 child development from an early age.  
NOTE Confidence: 0.945166496

00:31:17.410 --> 00:31:18.974 And now, of course,  
NOTE Confidence: 0.945166496

00:31:18.974 --> 00:31:20.929 what's happening on social media.  
NOTE Confidence: 0.945166496

00:31:20.930 --> 00:31:23.834 In addition to what may be happening at  
NOTE Confidence: 0.945166496

00:31:23.834 --> 00:31:26.764 school and other other physical locations  
NOTE Confidence: 0.945166496

00:31:26.764 --> 00:31:29.950 that children and adolescents interact in.  
NOTE Confidence: 0.945166496

00:31:29.950 --> 00:31:33.856 So I wanted to mention that as.  
NOTE Confidence: 0.945166496

00:31:33.860 --> 00:31:34.842 The research,  
NOTE Confidence: 0.945166496

00:31:34.842 --> 00:31:37.788 in conjunction with what we know  
NOTE Confidence: 0.945166496

00:31:37.788 --> 00:31:41.179 from the psychoanalytic literature,  
NOTE Confidence: 0.945166496

00:31:41.180 --> 00:31:41.868 is critical,

NOTE Confidence: 0.945166496

00:31:41.868 --> 00:31:42.900 in my view,

NOTE Confidence: 0.945166496

00:31:42.900 --> 00:31:44.570 to really understand the complexity

NOTE Confidence: 0.945166496

00:31:44.570 --> 00:31:46.240 of what is actually happening,

NOTE Confidence: 0.847710882727273

00:31:46.240 --> 00:31:48.956 what's being internalized from an early age

NOTE Confidence: 0.847710882727273

00:31:48.956 --> 00:31:52.713 for children and adolescents. In terms of.

NOTE Confidence: 0.847710882727273

00:31:52.713 --> 00:31:55.037 Negotiating socio cultural identity.

NOTE Confidence: 0.847710882727273

00:31:55.040 --> 00:31:57.656 In this context that I'm describing,

NOTE Confidence: 0.847710882727273

00:31:57.660 --> 00:31:59.263 there are a few things that I

NOTE Confidence: 0.847710882727273

00:31:59.263 --> 00:32:00.926 just want to point out and I

NOTE Confidence: 0.847710882727273

00:32:00.926 --> 00:32:04.080 want to share with you a case.

NOTE Confidence: 0.847710882727273

00:32:04.080 --> 00:32:05.226 A case vignette.

NOTE Confidence: 0.847710882727273

00:32:05.226 --> 00:32:07.136 Before I wrap up today.

NOTE Confidence: 0.847710882727273

00:32:07.140 --> 00:32:10.650 So when we think about negotiating

NOTE Confidence: 0.847710882727273

00:32:10.650 --> 00:32:12.405 socio cultural identity,

NOTE Confidence: 0.847710882727273

00:32:12.410 --> 00:32:14.240 whether we're talking about childhood,

NOTE Confidence: 0.847710882727273

00:32:14.240 --> 00:32:17.129 adolescence, or adulthood.  
NOTE Confidence: 0.847710882727273

00:32:17.130 --> 00:32:19.200 Adapting to new and divergent  
NOTE Confidence: 0.847710882727273

00:32:19.200 --> 00:32:21.270 cultural context can necessitate the  
NOTE Confidence: 0.847710882727273

00:32:21.340 --> 00:32:23.539 compartmentalization of experience,  
NOTE Confidence: 0.847710882727273

00:32:23.540 --> 00:32:26.516 or we call subjectivity in psychoanalysis  
NOTE Confidence: 0.847710882727273

00:32:26.516 --> 00:32:29.469 and also form dissociated self states.  
NOTE Confidence: 0.847710882727273

00:32:29.470 --> 00:32:32.424 There's a lack of sense of continuity  
NOTE Confidence: 0.847710882727273

00:32:32.424 --> 00:32:34.899 and immigrant experiences that typically  
NOTE Confidence: 0.847710882727273

00:32:34.899 --> 00:32:37.328 remains unconscious as efforts to meet  
NOTE Confidence: 0.847710882727273

00:32:37.328 --> 00:32:39.815 the demands of survival in the new  
NOTE Confidence: 0.847710882727273

00:32:39.815 --> 00:32:42.225 cultural context dominate everyday life.  
NOTE Confidence: 0.847710882727273

00:32:42.230 --> 00:32:44.330 In fact, for many immigrants,  
NOTE Confidence: 0.847710882727273

00:32:44.330 --> 00:32:46.079 securing economic stability  
NOTE Confidence: 0.847710882727273

00:32:46.079 --> 00:32:47.828 and family structure.  
NOTE Confidence: 0.847710882727273

00:32:47.830 --> 00:32:49.974 Attaining access to education,  
NOTE Confidence: 0.847710882727273

00:32:49.974 --> 00:32:51.046 navigating language.



NOTE Confidence: 0.847710882727273  
00:32:51.050 --> 00:32:53.018 These are some of the key  
NOTE Confidence: 0.847710882727273  
00:32:53.018 --> 00:32:54.002 aspects of survival.  
NOTE Confidence: 0.847710882727273  
00:32:54.010 --> 00:32:56.614 Immigrants also try to seek a better  
NOTE Confidence: 0.847710882727273  
00:32:56.614 --> 00:32:59.137 future for their children in relation  
NOTE Confidence: 0.847710882727273  
00:32:59.137 --> 00:33:01.795 to opportunities available in a country  
NOTE Confidence: 0.847710882727273  
00:33:01.795 --> 00:33:04.728 in the compared to the country of origin.  
NOTE Confidence: 0.847710882727273  
00:33:04.730 --> 00:33:06.992 So the psychological loss was inherent  
NOTE Confidence: 0.847710882727273  
00:33:06.992 --> 00:33:09.016 to cultural change or perceived  
NOTE Confidence: 0.847710882727273  
00:33:09.016 --> 00:33:11.266 as necessary sacrifices for full.  
NOTE Confidence: 0.847710882727273  
00:33:11.270 --> 00:33:13.718 For meeting these goals.  
NOTE Confidence: 0.847710882727273  
00:33:13.718 --> 00:33:14.330 Additionally,  
NOTE Confidence: 0.847710882727273  
00:33:14.330 --> 00:33:16.130 the conflicts associated with  
NOTE Confidence: 0.847710882727273  
00:33:16.130 --> 00:33:17.930 cultural shifts lie largely  
NOTE Confidence: 0.847710882727273  
00:33:17.930 --> 00:33:19.590 an unconscious experience.  
NOTE Confidence: 0.847710882727273  
00:33:19.590 --> 00:33:22.092 As immigrants forge on towards adapting  
NOTE Confidence: 0.847710882727273

00:33:22.092 --> 00:33:24.758 while at the same time retaining  
NOTE Confidence: 0.847710882727273

00:33:24.758 --> 00:33:26.602 heritage culture and minimizing  
NOTE Confidence: 0.847710882727273

00:33:26.602 --> 00:33:29.620 the pain of loss and separation.  
NOTE Confidence: 0.847710882727273

00:33:29.620 --> 00:33:30.304 Importantly,  
NOTE Confidence: 0.847710882727273

00:33:30.304 --> 00:33:33.567 the second later generations have  
NOTE Confidence: 0.847710882727273

00:33:33.567 --> 00:33:35.675 done experiences compared to  
NOTE Confidence: 0.847710882727273

00:33:35.675 --> 00:33:37.783 earlier generations of immigrants.  
NOTE Confidence: 0.847710882727273

00:33:37.790 --> 00:33:39.362 The second generation typically  
NOTE Confidence: 0.847710882727273

00:33:39.362 --> 00:33:41.327 seeks to both retain aspects  
NOTE Confidence: 0.847710882727273

00:33:41.327 --> 00:33:43.681 of their heritage culture and  
NOTE Confidence: 0.847710882727273

00:33:43.681 --> 00:33:45.100 mericin mainstream society.  
NOTE Confidence: 0.847710882727273

00:33:45.100 --> 00:33:47.515 Moving beyond the goal of this survival  
NOTE Confidence: 0.847710882727273

00:33:47.515 --> 00:33:50.428 that I just described growing up in  
NOTE Confidence: 0.847710882727273

00:33:50.428 --> 00:33:52.683 the US poses fundamental differences  
NOTE Confidence: 0.847710882727273

00:33:52.690 --> 00:33:54.670 in second generation racial minority  
NOTE Confidence: 0.847710882727273

00:33:54.670 --> 00:33:57.038 immigrants as they develop a sense

NOTE Confidence: 0.847710882727273

00:33:57.038 --> 00:33:59.327 of identity within a context of race,

NOTE Confidence: 0.847710882727273

00:33:59.330 --> 00:34:01.715 gender and sexuality that contrasts

NOTE Confidence: 0.847710882727273

00:34:01.715 --> 00:34:04.100 with that of their parents.

NOTE Confidence: 0.847710882727273

00:34:04.100 --> 00:34:06.825 Empirical studies in fact indicate

NOTE Confidence: 0.847710882727273

00:34:06.825 --> 00:34:10.204 that stress related to racism while

NOTE Confidence: 0.847710882727273

00:34:10.204 --> 00:34:14.444 experienced by immigrants of all generations,

NOTE Confidence: 0.847710882727273

00:34:14.444 --> 00:34:17.710 have has a greater negative impact on

NOTE Confidence: 0.847710882727273

00:34:17.710 --> 00:34:20.160 2nd generation racial minority immigrants.

NOTE Confidence: 0.847710882727273

00:34:20.160 --> 00:34:21.510 And in fact,

NOTE Confidence: 0.847710882727273

00:34:21.510 --> 00:34:23.310 these findings parallel the

NOTE Confidence: 0.847710882727273

00:34:23.310 --> 00:34:24.210 immigrant paradox,

NOTE Confidence: 0.847710882727273

00:34:24.210 --> 00:34:26.286 which is a phenomenon that we

NOTE Confidence: 0.847710882727273

00:34:26.286 --> 00:34:28.124 find in immigration research where

NOTE Confidence: 0.847710882727273

00:34:28.124 --> 00:34:29.940 second generation racial minority

NOTE Confidence: 0.847710882727273

00:34:29.940 --> 00:34:32.210 immigrant origin people have been

NOTE Confidence: 0.847710882727273

00:34:32.281 --> 00:34:34.399 found to have worse mental health.  
NOTE Confidence: 0.847710882727273

00:34:34.400 --> 00:34:37.245 In the educational outcomes when  
NOTE Confidence: 0.847710882727273

00:34:37.245 --> 00:34:40.090 compared with the first generation.  
NOTE Confidence: 0.847710882727273

00:34:40.090 --> 00:34:40.628 So.  
NOTE Confidence: 0.847710882727273

00:34:40.628 --> 00:34:43.856 This is called the immigrant paradox,  
NOTE Confidence: 0.847710882727273

00:34:43.860 --> 00:34:45.310 of course, because you would  
NOTE Confidence: 0.847710882727273

00:34:45.310 --> 00:34:46.760 think this is counter intuitive,  
NOTE Confidence: 0.847710882727273

00:34:46.760 --> 00:34:47.904 but in you know,  
NOTE Confidence: 0.847710882727273

00:34:47.904 --> 00:34:50.004 and this is what immigrant parents assume  
NOTE Confidence: 0.847710882727273

00:34:50.004 --> 00:34:52.596 that their children are better off than them.  
NOTE Confidence: 0.847710882727273

00:34:52.600 --> 00:34:54.749 That in fact that they will be.  
NOTE Confidence: 0.847710882727273

00:34:54.750 --> 00:34:56.330 They will develop a better  
NOTE Confidence: 0.847710882727273

00:34:56.330 --> 00:34:57.278 sense of belonging.  
NOTE Confidence: 0.847710882727273

00:34:57.280 --> 00:34:59.070 They won't carry my accent,  
NOTE Confidence: 0.847710882727273

00:34:59.070 --> 00:35:00.840 they'll be able to communicate better.  
NOTE Confidence: 0.847710882727273

00:35:00.840 --> 00:35:01.968 They'll understand the

NOTE Confidence: 0.847710882727273  
00:35:01.968 --> 00:35:03.096 educational system better.  
NOTE Confidence: 0.847710882727273  
00:35:03.100 --> 00:35:05.160 They will blend in better,  
NOTE Confidence: 0.847710882727273  
00:35:05.160 --> 00:35:06.456 and that is the typical hope.  
NOTE Confidence: 0.847710882727273  
00:35:06.460 --> 00:35:08.826 But we're we're finding and mental health  
NOTE Confidence: 0.847710882727273  
00:35:08.826 --> 00:35:10.940 research is actually quite the opposite,  
NOTE Confidence: 0.847710882727273  
00:35:10.940 --> 00:35:13.196 but the longer you stay in the US.  
NOTE Confidence: 0.847710882727273  
00:35:13.200 --> 00:35:16.060 The worse your educational and  
NOTE Confidence: 0.847710882727273  
00:35:16.060 --> 00:35:17.908 mental health outcomes become,  
NOTE Confidence: 0.847710882727273  
00:35:17.908 --> 00:35:20.906 and this has been found across  
NOTE Confidence: 0.847710882727273  
00:35:20.906 --> 00:35:23.650 different racial minority immigrant  
NOTE Confidence: 0.859797402  
00:35:23.650 --> 00:35:27.954 samples, including Asian American  
NOTE Confidence: 0.859797402  
00:35:27.954 --> 00:35:31.796 Latinx and Africa Caribbean  
NOTE Confidence: 0.859797402  
00:35:31.796 --> 00:35:34.608 communities. And more recently,  
NOTE Confidence: 0.859797402  
00:35:34.610 --> 00:35:36.500 with African immigrants as well.  
NOTE Confidence: 0.870898850769231  
00:35:39.260 --> 00:35:42.332 The the studies you know this study is  
NOTE Confidence: 0.870898850769231

00:35:42.332 --> 00:35:45.180 composing the immigrant paradox findings.  
NOTE Confidence: 0.870898850769231

00:35:45.180 --> 00:35:48.216 They call attention to the divergent  
NOTE Confidence: 0.870898850769231

00:35:48.216 --> 00:35:50.817 developmental experiences of 1st and  
NOTE Confidence: 0.870898850769231

00:35:50.817 --> 00:35:53.811 2nd generations and the dilemmas arising  
NOTE Confidence: 0.870898850769231

00:35:53.811 --> 00:35:55.969 from acculturation gaps as well.  
NOTE Confidence: 0.870898850769231

00:35:55.970 --> 00:35:58.646 If you are familiar with this  
NOTE Confidence: 0.870898850769231

00:35:58.646 --> 00:36:00.170 concept of acculturation gaps,  
NOTE Confidence: 0.870898850769231

00:36:00.170 --> 00:36:02.690 I'm not sure if this is something that.  
NOTE Confidence: 0.9297239375

00:36:04.790 --> 00:36:05.826 You've heard of or?  
NOTE Confidence: 0.9297239375

00:36:05.826 --> 00:36:06.862 This is something people  
NOTE Confidence: 0.9297239375

00:36:06.862 --> 00:36:08.090 are mostly familiar with,  
NOTE Confidence: 0.9297239375

00:36:08.090 --> 00:36:10.170 but this acculturation gaps,  
NOTE Confidence: 0.9297239375

00:36:10.170 --> 00:36:13.449 typically referred to the idea that  
NOTE Confidence: 0.9297239375

00:36:13.449 --> 00:36:16.412 the younger generations in an immigrant  
NOTE Confidence: 0.9297239375

00:36:16.412 --> 00:36:19.310 home tend to have worldviews that match  
NOTE Confidence: 0.9297239375

00:36:19.389 --> 00:36:21.949 more mainstream American attitude,

NOTE Confidence: 0.9297239375

00:36:21.950 --> 00:36:23.294 so they're more Americanized.

NOTE Confidence: 0.9297239375

00:36:23.294 --> 00:36:25.090 You know, sort of the the

NOTE Confidence: 0.9297239375

00:36:25.090 --> 00:36:26.210 term that's used typically,

NOTE Confidence: 0.9297239375

00:36:26.210 --> 00:36:28.387 and the older members of the family

NOTE Confidence: 0.9297239375

00:36:28.387 --> 00:36:30.275 tend to have more traditional

NOTE Confidence: 0.9297239375

00:36:30.275 --> 00:36:32.480 views that are oriented towards

NOTE Confidence: 0.9297239375

00:36:32.480 --> 00:36:34.364 a heritage culture, which.

NOTE Confidence: 0.9297239375

00:36:34.364 --> 00:36:36.580 Certainly captures one part

NOTE Confidence: 0.9297239375

00:36:36.580 --> 00:36:38.796 of this acculturation issue,

NOTE Confidence: 0.9297239375

00:36:38.800 --> 00:36:41.380 and what happens in psychotherapy is

NOTE Confidence: 0.9297239375

00:36:41.380 --> 00:36:43.500 that there's this assumption that,

NOTE Confidence: 0.9297239375

00:36:43.500 --> 00:36:45.796 OK, the older members and have these

NOTE Confidence: 0.9297239375

00:36:45.796 --> 00:36:47.602 traditional views and the kids want

NOTE Confidence: 0.9297239375

00:36:47.602 --> 00:36:49.766 to be more American and so that tends

NOTE Confidence: 0.9297239375

00:36:49.766 --> 00:36:52.020 to be the location of the conflict

NOTE Confidence: 0.9297239375

00:36:52.020 --> 00:36:54.776 that's typically explored in psychotherapy.

NOTE Confidence: 0.9297239375

00:36:54.776 --> 00:36:55.478 However,

NOTE Confidence: 0.9297239375

00:36:55.478 --> 00:36:59.690 one of one of the things.

NOTE Confidence: 0.9297239375

00:36:59.690 --> 00:37:04.625 That is complicating and is not it's.

NOTE Confidence: 0.9297239375

00:37:04.630 --> 00:37:06.370 It tends to be far less

NOTE Confidence: 0.9297239375

00:37:06.370 --> 00:37:07.530 visible in our literature,

NOTE Confidence: 0.9297239375

00:37:07.530 --> 00:37:09.414 which has huge implications

NOTE Confidence: 0.9297239375

00:37:09.414 --> 00:37:10.827 for psychotherapy practice.

NOTE Confidence: 0.9297239375

00:37:10.830 --> 00:37:13.025 Is the fact that acculturation

NOTE Confidence: 0.9297239375

00:37:13.025 --> 00:37:15.220 acculturative stress is a process

NOTE Confidence: 0.9297239375

00:37:15.291 --> 00:37:17.346 that happens outside the home,

NOTE Confidence: 0.9297239375

00:37:17.350 --> 00:37:20.262 and what happens is that the parents

NOTE Confidence: 0.9297239375

00:37:20.262 --> 00:37:22.453 might be experiencing racism or

NOTE Confidence: 0.9297239375

00:37:22.453 --> 00:37:24.608 culture distress of other types.

NOTE Confidence: 0.9297239375

00:37:24.610 --> 00:37:26.425 The children may be experiencing

NOTE Confidence: 0.9297239375

00:37:26.425 --> 00:37:28.240 racism and other types of



NOTE Confidence: 0.9297239375

00:37:28.308 --> 00:37:30.688 acculturative stress outside the home.

NOTE Confidence: 0.9297239375

00:37:30.690 --> 00:37:33.600 But this these are these processes

NOTE Confidence: 0.9297239375

00:37:33.600 --> 00:37:36.113 are occurring independent of the

NOTE Confidence: 0.9297239375

00:37:36.113 --> 00:37:38.275 family dynamics and the parents

NOTE Confidence: 0.9297239375

00:37:38.275 --> 00:37:40.645 and the children typically are not

NOTE Confidence: 0.9297239375

00:37:40.645 --> 00:37:42.950 talking about this with each other.

NOTE Confidence: 0.9297239375

00:37:42.950 --> 00:37:45.206 The kids typically don't want to

NOTE Confidence: 0.9297239375

00:37:45.206 --> 00:37:47.170 burden parents with their stress

NOTE Confidence: 0.9297239375

00:37:47.170 --> 00:37:49.320 and sometimes feel like their

NOTE Confidence: 0.9297239375

00:37:49.320 --> 00:37:51.470 parents would not understand anyway,

NOTE Confidence: 0.9297239375

00:37:51.470 --> 00:37:53.552 what they're going through and the

NOTE Confidence: 0.9297239375

00:37:53.552 --> 00:37:55.874 parents may not be sharing everything

NOTE Confidence: 0.9297239375

00:37:55.874 --> 00:37:58.034 that's happening to them because

NOTE Confidence: 0.9297239375

00:37:58.034 --> 00:38:00.778 their key goal may be to survive to.

NOTE Confidence: 0.9297239375

00:38:00.780 --> 00:38:03.620 To forge forward, keep going,

NOTE Confidence: 0.9297239375

00:38:03.620 --> 00:38:04.486 move on,  
NOTE Confidence: 0.9297239375

00:38:04.486 --> 00:38:07.084 and so the disconnect happens in  
NOTE Confidence: 0.9297239375

00:38:07.084 --> 00:38:08.847 psychotherapy when the therapist  
NOTE Confidence: 0.9297239375

00:38:08.847 --> 00:38:11.313 assumes that the location of the  
NOTE Confidence: 0.9297239375

00:38:11.313 --> 00:38:14.378 problem is solely between family members,  
NOTE Confidence: 0.9297239375

00:38:14.380 --> 00:38:16.396 that this is a family issue.  
NOTE Confidence: 0.9297239375

00:38:16.400 --> 00:38:18.612 This is an intergenerational  
NOTE Confidence: 0.9297239375

00:38:18.612 --> 00:38:19.718 acculturation conflict.  
NOTE Confidence: 0.9297239375

00:38:19.720 --> 00:38:21.960 Rather than locating the social  
NOTE Confidence: 0.9297239375

00:38:21.960 --> 00:38:24.690 context as placing demands on each  
NOTE Confidence: 0.9297239375

00:38:24.690 --> 00:38:27.567 of the family members who are trying  
NOTE Confidence: 0.9297239375

00:38:27.567 --> 00:38:29.718 to acculturate in their own way.  
NOTE Confidence: 0.9297239375

00:38:29.720 --> 00:38:31.040 So there is this gap in.  
NOTE Confidence: 0.9297239375

00:38:31.040 --> 00:38:32.708 Understanding and communication  
NOTE Confidence: 0.9297239375

00:38:32.708 --> 00:38:33.820 that develops,  
NOTE Confidence: 0.9297239375

00:38:33.820 --> 00:38:35.902 but if we're not exploring social

NOTE Confidence: 0.9297239375

00:38:35.902 --> 00:38:37.636 context and the demands that

NOTE Confidence: 0.9297239375

00:38:37.636 --> 00:38:39.603 each member of a family face we,

NOTE Confidence: 0.9297239375

00:38:39.610 --> 00:38:41.818 we really don't have an understanding.

NOTE Confidence: 0.9297239375

00:38:41.820 --> 00:38:44.730 A complete understanding of what these

NOTE Confidence: 0.9297239375

00:38:44.730 --> 00:38:47.586 conflicts might be and the sources

NOTE Confidence: 0.9297239375

00:38:47.586 --> 00:38:50.898 of distress for each member of a family.

NOTE Confidence: 0.9297239375

00:38:50.900 --> 00:38:52.025 So this is.

NOTE Confidence: 0.9297239375

00:38:52.025 --> 00:38:53.900 This is why this research

NOTE Confidence: 0.9297239375

00:38:53.900 --> 00:38:56.363 on acculturation and or the

NOTE Confidence: 0.9297239375

00:38:56.363 --> 00:38:57.998 psychoanalytic conceptualizations of

NOTE Confidence: 0.9297239375

00:38:58.000 --> 00:39:00.256 of acculturation can be so critical.

NOTE Confidence: 0.9297239375

00:39:00.260 --> 00:39:03.204 Because a large part of this is unspoken,

NOTE Confidence: 0.9297239375

00:39:03.210 --> 00:39:03.732 unspoken,

NOTE Confidence: 0.9297239375

00:39:03.732 --> 00:39:05.820 and unconscious dynamics that

NOTE Confidence: 0.9297239375

00:39:05.820 --> 00:39:08.430 are typically not tapped into.

NOTE Confidence: 0.973289511666667

00:39:11.180 --> 00:39:16.230 I think that I might have time to share.

NOTE Confidence: 0.973289511666667

00:39:16.230 --> 00:39:19.373 One quick case with you,

NOTE Confidence: 0.973289511666667

00:39:19.373 --> 00:39:23.170 before I just open this up for questions.

NOTE Confidence: 0.973289511666667

00:39:23.170 --> 00:39:28.468 This is of a of a a a man that I have

NOTE Confidence: 0.973289511666667

00:39:28.468 --> 00:39:31.138 worked with for in longer term psychotherapy

NOTE Confidence: 0.973289511666667

00:39:31.138 --> 00:39:34.494 for a couple of years that I wanted to

NOTE Confidence: 0.973289511666667

00:39:34.494 --> 00:39:37.744 share just to kind of illustrate some of

NOTE Confidence: 0.973289511666667

00:39:37.744 --> 00:39:40.194 the complexity of navigating identity.

NOTE Confidence: 0.973289511666667

00:39:40.200 --> 00:39:43.923 This is a a 43 year old Sikh,

NOTE Confidence: 0.973289511666667

00:39:43.923 --> 00:39:46.138 Indian American man, heterosexual cisgender

NOTE Confidence: 0.973289511666667

00:39:46.138 --> 00:39:49.100 man from a middle class background.

NOTE Confidence: 0.973289511666667

00:39:49.100 --> 00:39:50.288 His name is Arjun.

NOTE Confidence: 0.973289511666667

00:39:50.288 --> 00:39:51.476 I call him Arjun.

NOTE Confidence: 0.973289511666667

00:39:51.480 --> 00:39:54.385 He emigrated from an urban area of

NOTE Confidence: 0.973289511666667

00:39:54.385 --> 00:39:57.705 northern India to the US when he was three.

NOTE Confidence: 0.973289511666667

00:39:57.710 --> 00:39:58.570 And when I saw him,

NOTE Confidence: 0.973289511666667

00:39:58.570 --> 00:40:02.818 he had been coping with a depressed mood.

NOTE Confidence: 0.973289511666667

00:40:02.820 --> 00:40:05.298 Related to a divorce, A met,

NOTE Confidence: 0.973289511666667

00:40:05.300 --> 00:40:08.947 a separation and his divorce had just

NOTE Confidence: 0.973289511666667

00:40:08.947 --> 00:40:11.540 become finalized and he has joint custody

NOTE Confidence: 0.973289511666667

00:40:11.540 --> 00:40:14.960 of a 9 year old daughter at that time.

NOTE Confidence: 0.973289511666667

00:40:14.960 --> 00:40:16.226 And he was very worried when

NOTE Confidence: 0.973289511666667

00:40:16.226 --> 00:40:18.215 I met with him that he feels a

NOTE Confidence: 0.973289511666667

00:40:18.215 --> 00:40:19.580 strong connection to his daughter.

NOTE Confidence: 0.973289511666667

00:40:19.580 --> 00:40:22.460 He was very worried about the loss

NOTE Confidence: 0.973289511666667

00:40:22.460 --> 00:40:24.500 of a sense of family stability

NOTE Confidence: 0.973289511666667

00:40:24.500 --> 00:40:26.140 because of this divorce.

NOTE Confidence: 0.973289511666667

00:40:26.140 --> 00:40:28.282 Arjun and his parents left their

NOTE Confidence: 0.973289511666667

00:40:28.282 --> 00:40:30.160 extended family home in India,

NOTE Confidence: 0.973289511666667

00:40:30.160 --> 00:40:32.370 moved to the US in the 1980s after

NOTE Confidence: 0.973289511666667

00:40:32.370 --> 00:40:34.440 being sponsored by a relative and

NOTE Confidence: 0.973289511666667

00:40:34.440 --> 00:40:36.776 they moved to a rural area of the  
NOTE Confidence: 0.973289511666667

00:40:36.776 --> 00:40:39.360 Midwest where his parents worked in  
NOTE Confidence: 0.973289511666667

00:40:39.360 --> 00:40:42.132 a hotel business managed by Arjun's,  
NOTE Confidence: 0.973289511666667

00:40:42.132 --> 00:40:44.844 relative and outside of this extended  
NOTE Confidence: 0.973289511666667

00:40:44.844 --> 00:40:47.539 family which included his uncle and aunt,  
NOTE Confidence: 0.973289511666667

00:40:47.540 --> 00:40:50.292 they had little access to an Indian or  
NOTE Confidence: 0.973289511666667

00:40:50.292 --> 00:40:53.860 Sikh community in about 2 years later,  
NOTE Confidence: 0.973289511666667

00:40:53.860 --> 00:40:56.950 Arjun's younger sister was born.  
NOTE Confidence: 0.973289511666667

00:40:56.950 --> 00:40:58.840 The the parents became more and more  
NOTE Confidence: 0.973289511666667

00:40:58.840 --> 00:41:01.328 involved in a community of Indian Americans.  
NOTE Confidence: 0.973289511666667

00:41:01.330 --> 00:41:03.885 Much and much of his social life  
NOTE Confidence: 0.973289511666667

00:41:03.885 --> 00:41:06.110 would center around this community.  
NOTE Confidence: 0.973289511666667

00:41:06.110 --> 00:41:06.538 Afterward.  
NOTE Confidence: 0.973289511666667

00:41:06.538 --> 00:41:07.394 At school,  
NOTE Confidence: 0.973289511666667

00:41:07.394 --> 00:41:09.106 he was quite isolated,  
NOTE Confidence: 0.973289511666667

00:41:09.110 --> 00:41:10.182 particularly during middle school

NOTE Confidence: 0.973289511666667  
00:41:10.182 --> 00:41:10.986 and high school,  
NOTE Confidence: 0.973289511666667  
00:41:10.990 --> 00:41:13.732 where he felt different from the  
NOTE Confidence: 0.973289511666667  
00:41:13.732 --> 00:41:15.662 predominantly white students and teachers.  
NOTE Confidence: 0.973289511666667  
00:41:15.662 --> 00:41:17.502 And he was frequently bullied  
NOTE Confidence: 0.973289511666667  
00:41:17.502 --> 00:41:19.512 and in two incidents was beaten  
NOTE Confidence: 0.973289511666667  
00:41:19.512 --> 00:41:21.087 up by two different kids.  
NOTE Confidence: 0.973289511666667  
00:41:21.090 --> 00:41:22.965 In both incidents he had  
NOTE Confidence: 0.973289511666667  
00:41:22.965 --> 00:41:24.090 suffered physical injuries,  
NOTE Confidence: 0.973289511666667  
00:41:24.090 --> 00:41:25.378 although the school really  
NOTE Confidence: 0.973289511666667  
00:41:25.378 --> 00:41:26.666 didn't provide any protection.  
NOTE Confidence: 0.973289511666667  
00:41:26.670 --> 00:41:27.774 For support no,  
NOTE Confidence: 0.973289511666667  
00:41:27.774 --> 00:41:29.614 no repercussions for the boys  
NOTE Confidence: 0.973289511666667  
00:41:29.614 --> 00:41:31.889 who had assaulted him either.  
NOTE Confidence: 0.973289511666667  
00:41:31.890 --> 00:41:34.002 He also faced racial slurs such  
NOTE Confidence: 0.973289511666667  
00:41:34.002 --> 00:41:36.516 as sand and word and \*\*\*\*\*  
NOTE Confidence: 0.973289511666667

00:41:36.516 --> 00:41:37.614 throughout his adolescence.  
NOTE Confidence: 0.973289511666667

00:41:37.614 --> 00:41:39.444 He rarely told his parents  
NOTE Confidence: 0.973289511666667

00:41:39.444 --> 00:41:40.890 about these experiences.  
NOTE Confidence: 0.973289511666667

00:41:40.890 --> 00:41:41.532 In fact,  
NOTE Confidence: 0.973289511666667

00:41:41.532 --> 00:41:43.458 he didn't tell his parents about  
NOTE Confidence: 0.973289511666667

00:41:43.458 --> 00:41:44.822 being physically assaulted until  
NOTE Confidence: 0.973289511666667

00:41:44.822 --> 00:41:47.146 his mother noticed that he had been  
NOTE Confidence: 0.973289511666667

00:41:47.146 --> 00:41:48.806 covering his face with his hair.  
NOTE Confidence: 0.973289511666667

00:41:48.810 --> 00:41:51.344 And then when she learned about it,  
NOTE Confidence: 0.973289511666667

00:41:51.350 --> 00:41:54.142 he begged her not to say anything because  
NOTE Confidence: 0.973289511666667

00:41:54.142 --> 00:41:56.690 he didn't want face more ostracized.  
NOTE Confidence: 0.973289511666667

00:41:56.690 --> 00:42:02.000 After more opposition from his peers.  
NOTE Confidence: 0.973289511666667

00:42:02.000 --> 00:42:03.540 In addition to coping with  
NOTE Confidence: 0.973289511666667

00:42:03.540 --> 00:42:04.772 racial violence at school,  
NOTE Confidence: 0.973289511666667

00:42:04.780 --> 00:42:06.485 he endured significant stress related  
NOTE Confidence: 0.973289511666667

00:42:06.485 --> 00:42:08.600 to his parents experiences of racism,



NOTE Confidence: 0.973289511666667  
00:42:08.600 --> 00:42:09.944 in particular his father,  
NOTE Confidence: 0.973289511666667  
00:42:09.944 --> 00:42:12.716 who had worn a pug areora turban during  
NOTE Confidence: 0.973289511666667  
00:42:12.716 --> 00:42:15.460 his initial years of living in the US,  
NOTE Confidence: 0.973289511666667  
00:42:15.460 --> 00:42:17.245 faced verbal harassment from white  
NOTE Confidence: 0.973289511666667  
00:42:17.245 --> 00:42:20.078 people in their town on a regular basis,  
NOTE Confidence: 0.973289511666667  
00:42:20.080 --> 00:42:22.222 his father decided to stop wearing  
NOTE Confidence: 0.973289511666667  
00:42:22.222 --> 00:42:24.370 his thuggery and cut his hair  
NOTE Confidence: 0.973289511666667  
00:42:24.370 --> 00:42:26.320 when Arjun was eight years old,  
NOTE Confidence: 0.7709389075  
00:42:26.320 --> 00:42:28.920 he described Arjun and our session with me,  
NOTE Confidence: 0.7709389075  
00:42:28.920 --> 00:42:31.584 described this moment as both a relief and  
NOTE Confidence: 0.7709389075  
00:42:31.584 --> 00:42:34.558 as one of the saddest times in his life.  
NOTE Confidence: 0.7709389075  
00:42:34.560 --> 00:42:36.768 His his father told him that he too  
NOTE Confidence: 0.7709389075  
00:42:36.768 --> 00:42:39.120 should not wear a bugri when he's older,  
NOTE Confidence: 0.7709389075  
00:42:39.120 --> 00:42:41.410 as this would invite trouble  
NOTE Confidence: 0.7709389075  
00:42:41.410 --> 00:42:42.784 quote invite trouble.  
NOTE Confidence: 0.7709389075

00:42:42.790 --> 00:42:45.345 In about 2 years after this incident,  
NOTE Confidence: 0.7709389075

00:42:45.350 --> 00:42:47.725 Arjun's family's home was vandalized  
NOTE Confidence: 0.7709389075

00:42:47.725 --> 00:42:50.778 as well and again no, no help.  
NOTE Confidence: 0.7709389075

00:42:50.778 --> 00:42:54.469 Sort of given to the family at this time.  
NOTE Confidence: 0.7709389075

00:42:54.470 --> 00:42:56.098 I work with Sergeant.  
NOTE Confidence: 0.7709389075

00:42:56.098 --> 00:42:58.133 For about three years and  
NOTE Confidence: 0.7709389075

00:42:58.133 --> 00:43:00.028 when I first met Arjun,  
NOTE Confidence: 0.7709389075

00:43:00.030 --> 00:43:01.794 he indicated that he wanted to  
NOTE Confidence: 0.7709389075

00:43:01.794 --> 00:43:03.452 meet with an Indian American  
NOTE Confidence: 0.7709389075

00:43:03.452 --> 00:43:05.542 therapist as he felt increasingly  
NOTE Confidence: 0.7709389075

00:43:05.542 --> 00:43:07.688 disconnected from his Indian American  
NOTE Confidence: 0.7709389075

00:43:07.688 --> 00:43:09.748 identity and his extended family.  
NOTE Confidence: 0.7709389075

00:43:09.750 --> 00:43:11.050 So by meeting with me,  
NOTE Confidence: 0.7709389075

00:43:11.050 --> 00:43:13.215 he thought that this he  
NOTE Confidence: 0.7709389075

00:43:13.215 --> 00:43:14.947 could explore this further.  
NOTE Confidence: 0.7709389075

00:43:14.950 --> 00:43:16.279 In his adolescence,

NOTE Confidence: 0.7709389075

00:43:16.279 --> 00:43:18.494 Arjun Cope with his experiences

NOTE Confidence: 0.7709389075

00:43:18.494 --> 00:43:19.970 of racial trauma,

NOTE Confidence: 0.7709389075

00:43:19.970 --> 00:43:22.340 primarily by withdrawing from others and

NOTE Confidence: 0.7709389075

00:43:22.340 --> 00:43:25.509 firing a variety of books he loved reading.

NOTE Confidence: 0.7709389075

00:43:25.510 --> 00:43:26.950 He excelled at school.

NOTE Confidence: 0.7709389075

00:43:26.950 --> 00:43:29.110 He went to college and and

NOTE Confidence: 0.7709389075

00:43:29.186 --> 00:43:30.946 while he was in college,

NOTE Confidence: 0.7709389075

00:43:30.950 --> 00:43:33.218 he at college he developed a close

NOTE Confidence: 0.7709389075

00:43:33.218 --> 00:43:35.238 group of South Asian American friends

NOTE Confidence: 0.7709389075

00:43:35.238 --> 00:43:37.946 and he fell in love with a young

NOTE Confidence: 0.7709389075

00:43:37.946 --> 00:43:40.127 woman who was Sikh American and

NOTE Confidence: 0.7709389075

00:43:40.127 --> 00:43:42.269 they dated for over three years.

NOTE Confidence: 0.7709389075

00:43:42.270 --> 00:43:44.718 Tragically she passed away due to a terminal.

NOTE Confidence: 0.7709389075

00:43:44.720 --> 00:43:47.084 Illness leaving her family

NOTE Confidence: 0.7709389075

00:43:47.084 --> 00:43:48.857 and argente devastated.

NOTE Confidence: 0.7709389075

00:43:48.860 --> 00:43:50.966 He told me in one session that he had  
NOTE Confidence: 0.7709389075

00:43:50.966 --> 00:43:53.018 never gotten over this and I don't think  
NOTE Confidence: 0.7709389075

00:43:53.018 --> 00:43:55.296 I ever will which to which I responded.  
NOTE Confidence: 0.7709389075

00:43:55.300 --> 00:43:57.955 I don't know how one would ever get over,  
NOTE Confidence: 0.7709389075

00:43:57.960 --> 00:43:59.700 and you know something like this,  
NOTE Confidence: 0.7709389075

00:43:59.700 --> 00:44:03.964 but he cope with this loss by focusing  
NOTE Confidence: 0.7709389075

00:44:03.964 --> 00:44:07.091 almost exclusively on his on his work,  
NOTE Confidence: 0.7709389075

00:44:07.091 --> 00:44:09.893 and he visited his family occasionally,  
NOTE Confidence: 0.7709389075

00:44:09.900 --> 00:44:12.340 but overtime became more  
NOTE Confidence: 0.7709389075

00:44:12.340 --> 00:44:14.170 disconnected from them.  
NOTE Confidence: 0.7709389075

00:44:14.170 --> 00:44:15.162 In his late 20s,  
NOTE Confidence: 0.7709389075

00:44:15.162 --> 00:44:17.114 he met a co-worker whom he later  
NOTE Confidence: 0.7709389075

00:44:17.114 --> 00:44:18.730 dated and eventually married.  
NOTE Confidence: 0.7709389075

00:44:18.730 --> 00:44:21.602 His former wife is a white SIS woman  
NOTE Confidence: 0.7709389075

00:44:21.602 --> 00:44:23.838 with Scottish and German ancestry,  
NOTE Confidence: 0.7709389075

00:44:23.840 --> 00:44:26.024 and he described her as someone who

NOTE Confidence: 0.7709389075

00:44:26.024 --> 00:44:27.679 brought some vibrance in his life.

NOTE Confidence: 0.7709389075

00:44:27.680 --> 00:44:29.438 Although he cared deeply about her,

NOTE Confidence: 0.7709389075

00:44:29.440 --> 00:44:31.685 he felt as though something

NOTE Confidence: 0.7709389075

00:44:31.685 --> 00:44:33.930 was missing in the marriage.

NOTE Confidence: 0.7709389075

00:44:33.930 --> 00:44:34.468 In particular,

NOTE Confidence: 0.7709389075

00:44:34.468 --> 00:44:37.006 he would say it was almost like she didn't

NOTE Confidence: 0.7709389075

00:44:37.006 --> 00:44:38.944 want to talk about our differences.

NOTE Confidence: 0.7709389075

00:44:38.950 --> 00:44:40.321 You know, like,

NOTE Confidence: 0.7709389075

00:44:40.321 --> 00:44:42.149 let's just be colorblind.

NOTE Confidence: 0.7709389075

00:44:42.150 --> 00:44:43.825 I think the differences were

NOTE Confidence: 0.7709389075

00:44:43.825 --> 00:44:45.165 too much for her.

NOTE Confidence: 0.7709389075

00:44:45.170 --> 00:44:49.838 And yet having a biracial child.

NOTE Confidence: 0.7709389075

00:44:49.840 --> 00:44:51.748 Made it very complicated between the

NOTE Confidence: 0.7709389075

00:44:51.748 --> 00:44:54.268 two of them because he felt that she

NOTE Confidence: 0.7709389075

00:44:54.268 --> 00:44:56.044 was disinterested in his Indian and

NOTE Confidence: 0.7709389075

00:44:56.100 --> 00:44:58.172 Sikh heritage and he would sort of  
NOTE Confidence: 0.7709389075

00:44:58.172 --> 00:45:00.098 take his daughter to the gurdwara  
NOTE Confidence: 0.7709389075

00:45:00.098 --> 00:45:02.520 by himself and over the course of  
NOTE Confidence: 0.7709389075

00:45:02.598 --> 00:45:05.195 time the gurdwara being a place of  
NOTE Confidence: 0.7709389075

00:45:05.195 --> 00:45:06.880 worship over the course of time.  
NOTE Confidence: 0.7709389075

00:45:06.880 --> 00:45:09.340 He felt as though.  
NOTE Confidence: 0.7709389075

00:45:09.340 --> 00:45:12.329 His wife was disinterested in it and  
NOTE Confidence: 0.7709389075

00:45:12.329 --> 00:45:16.740 so he became increasingly resentful.  
NOTE Confidence: 0.7709389075

00:45:16.740 --> 00:45:18.220 In the course of psychotherapy,  
NOTE Confidence: 0.7709389075

00:45:18.220 --> 00:45:20.182 he would share his sadness and  
NOTE Confidence: 0.7709389075

00:45:20.182 --> 00:45:23.026 grief at the end of their marriage  
NOTE Confidence: 0.7709389075

00:45:23.026 --> 00:45:24.974 and felt increasingly isolated,  
NOTE Confidence: 0.7709389075

00:45:24.980 --> 00:45:29.175 and he would say that that he didn't  
NOTE Confidence: 0.7709389075

00:45:29.175 --> 00:45:30.945 know that anybody could understand him.  
NOTE Confidence: 0.7709389075

00:45:30.950 --> 00:45:32.552 And then in about the third  
NOTE Confidence: 0.7709389075

00:45:32.552 --> 00:45:33.620 month of working together,

NOTE Confidence: 0.7709389075

00:45:33.620 --> 00:45:34.048 he said,

NOTE Confidence: 0.7709389075

00:45:34.048 --> 00:45:35.760 I don't know how much to say about

NOTE Confidence: 0.950159264782609

00:45:35.812 --> 00:45:37.366 what I went through with my

NOTE Confidence: 0.950159264782609

00:45:37.366 --> 00:45:39.100 girlfriend in college or with my wife.

NOTE Confidence: 0.950159264782609

00:45:39.100 --> 00:45:41.410 It's hard to know who will really

NOTE Confidence: 0.950159264782609

00:45:41.410 --> 00:45:43.485 understand and he would make comments

NOTE Confidence: 0.950159264782609

00:45:43.485 --> 00:45:46.086 like you probably have Indian friends and

NOTE Confidence: 0.950159264782609

00:45:46.086 --> 00:45:48.468 you probably connected to being Indian.

NOTE Confidence: 0.950159264782609

00:45:48.470 --> 00:45:50.100 And and in these moments,

NOTE Confidence: 0.950159264782609

00:45:50.100 --> 00:45:51.864 Sergeant expressed his experience

NOTE Confidence: 0.950159264782609

00:45:51.864 --> 00:45:53.628 of not being understood,

NOTE Confidence: 0.950159264782609

00:45:53.630 --> 00:45:55.470 and his fear that nobody,

NOTE Confidence: 0.950159264782609

00:45:55.470 --> 00:45:58.508 including me would really know him fully,

NOTE Confidence: 0.950159264782609

00:45:58.510 --> 00:46:00.230 and I would respond to him by saying,

NOTE Confidence: 0.950159264782609

00:46:00.230 --> 00:46:01.535 I'm wondering if you think

NOTE Confidence: 0.950159264782609

00:46:01.535 --> 00:46:03.130 if you think that I too,  
NOTE Confidence: 0.950159264782609

00:46:03.130 --> 00:46:05.447 I'm not interested in knowing how you  
NOTE Confidence: 0.950159264782609

00:46:05.447 --> 00:46:07.824 really feel about Indian and then he  
NOTE Confidence: 0.950159264782609

00:46:07.824 --> 00:46:10.050 would say sometimes I worry that you  
NOTE Confidence: 0.950159264782609

00:46:10.123 --> 00:46:12.377 might not see me as Indian enough.  
NOTE Confidence: 0.950159264782609

00:46:12.380 --> 00:46:14.578 I'm I'm giving you an example of  
NOTE Confidence: 0.950159264782609

00:46:14.578 --> 00:46:16.898 how these types of dynamics come up,  
NOTE Confidence: 0.950159264782609

00:46:16.900 --> 00:46:18.734 but for the sake of time I'll  
NOTE Confidence: 0.950159264782609

00:46:18.734 --> 00:46:20.797 wrap up and and leave it there,  
NOTE Confidence: 0.950159264782609

00:46:20.800 --> 00:46:23.288 but but I wanted to just share with  
NOTE Confidence: 0.950159264782609

00:46:23.288 --> 00:46:26.624 you an example just to give you a sense  
NOTE Confidence: 0.950159264782609

00:46:26.624 --> 00:46:29.030 of the complicated dynamics that.  
NOTE Confidence: 0.925363276875

00:46:31.050 --> 00:46:33.759 I think so many first and second  
NOTE Confidence: 0.925363276875

00:46:33.759 --> 00:46:36.050 generation folks really contend with  
NOTE Confidence: 0.925363276875

00:46:36.050 --> 00:46:38.170 in the psychotherapeutic process,  
NOTE Confidence: 0.925363276875

00:46:38.170 --> 00:46:39.430 so I'll wrap up with that.



NOTE Confidence: 0.925363276875

00:46:39.430 --> 00:46:40.840 I know we're short on time, so.

NOTE Confidence: 0.651273695

00:46:43.150 --> 00:46:50.106 Hey so questions, comments. It did.

NOTE Confidence: 0.651273695

00:46:50.106 --> 00:46:54.079 There was so much for your talk,

NOTE Confidence: 0.651273695

00:46:54.079 --> 00:46:56.944 it was just absolutely wonderful.

NOTE Confidence: 0.651273695

00:46:56.950 --> 00:46:58.954 You know, I was interested in

NOTE Confidence: 0.651273695

00:46:58.954 --> 00:47:00.290 this concept of depositing,

NOTE Confidence: 0.651273695

00:47:00.290 --> 00:47:01.732 and I wondered if you could elaborate

NOTE Confidence: 0.651273695

00:47:01.732 --> 00:47:03.948 on that a little bit. I mean,

NOTE Confidence: 0.651273695

00:47:03.948 --> 00:47:07.350 there's so much to say about this book,

NOTE Confidence: 0.651273695

00:47:07.350 --> 00:47:08.970 recent case that you described,

NOTE Confidence: 0.651273695

00:47:08.970 --> 00:47:10.990 and so much about psychotherapy.

NOTE Confidence: 0.651273695

00:47:10.990 --> 00:47:12.990 But can you say a little bit more

NOTE Confidence: 0.651273695

00:47:12.990 --> 00:47:14.948 about the concept of depositing I?

NOTE Confidence: 0.651273695

00:47:14.950 --> 00:47:16.720 I was very interested in

NOTE Confidence: 0.651273695

00:47:16.720 --> 00:47:17.980 understanding that, sure,

NOTE Confidence: 0.902188086666667

00:47:18.370 --> 00:47:20.746 so this idea of depositing I can share  
NOTE Confidence: 0.902188086666667

00:47:20.746 --> 00:47:22.957 with you another brief example that  
NOTE Confidence: 0.902188086666667

00:47:22.957 --> 00:47:25.660 might illustrate that a little bit more,  
NOTE Confidence: 0.902188086666667

00:47:25.660 --> 00:47:27.130 and a case that I had.  
NOTE Confidence: 0.902188086666667

00:47:27.130 --> 00:47:30.748 Written about and it was published  
NOTE Confidence: 0.902188086666667

00:47:30.750 --> 00:47:34.068 last well actually now two years ago,  
NOTE Confidence: 0.902188086666667

00:47:34.070 --> 00:47:36.730 but this is of of someone who  
NOTE Confidence: 0.902188086666667

00:47:36.730 --> 00:47:40.076 is an Irish American man who was  
NOTE Confidence: 0.902188086666667

00:47:40.076 --> 00:47:43.076 sexually assaulted by a priest as  
NOTE Confidence: 0.902188086666667

00:47:43.076 --> 00:47:46.305 when he was a child and his parents  
NOTE Confidence: 0.902188086666667

00:47:46.305 --> 00:47:48.165 initially didn't believe him.  
NOTE Confidence: 0.902188086666667

00:47:48.170 --> 00:47:49.955 Then they did believe him and then  
NOTE Confidence: 0.902188086666667

00:47:49.955 --> 00:47:51.747 they sort of disconnected from the  
NOTE Confidence: 0.902188086666667

00:47:51.747 --> 00:47:53.673 church and they never spoke about  
NOTE Confidence: 0.902188086666667

00:47:53.673 --> 00:47:57.468 the abuse again and they the.  
NOTE Confidence: 0.902188086666667

00:47:57.468 --> 00:48:00.163 Parents held a very strong

NOTE Confidence: 0.902188086666667  
00:48:00.163 --> 00:48:02.920 negative views about immigrants,  
NOTE Confidence: 0.902188086666667  
00:48:02.920 --> 00:48:08.924 racial minorities and and so I had seen  
NOTE Confidence: 0.902188086666667  
00:48:08.924 --> 00:48:10.964 this particular patient during the  
NOTE Confidence: 0.902188086666667  
00:48:10.964 --> 00:48:13.596 Trump election years and and during the  
NOTE Confidence: 0.902188086666667  
00:48:13.596 --> 00:48:17.890 Trump years and after the election he.  
NOTE Confidence: 0.902188086666667  
00:48:17.890 --> 00:48:20.445 We had a session and he was  
NOTE Confidence: 0.902188086666667  
00:48:20.445 --> 00:48:22.628 very excited and he said I'm,  
NOTE Confidence: 0.902188086666667  
00:48:22.630 --> 00:48:25.246 you know we won and he was thrilled.  
NOTE Confidence: 0.902188086666667  
00:48:25.250 --> 00:48:27.805 And so I was really taken aback.  
NOTE Confidence: 0.902188086666667  
00:48:27.810 --> 00:48:29.910 Up until this point in our work  
NOTE Confidence: 0.902188086666667  
00:48:29.910 --> 00:48:32.428 we had really been working on US  
NOTE Confidence: 0.902188086666667  
00:48:32.428 --> 00:48:34.358 trauma and processing his trauma.  
NOTE Confidence: 0.902188086666667  
00:48:34.360 --> 00:48:37.030 And so in that moment,  
NOTE Confidence: 0.902188086666667  
00:48:37.030 --> 00:48:39.198 there's this clear difference  
NOTE Confidence: 0.902188086666667  
00:48:39.198 --> 00:48:41.908 between the two of us.  
NOTE Confidence: 0.902188086666667

00:48:41.910 --> 00:48:44.998 And over the course of time we've been  
NOTE Confidence: 0.902188086666667

00:48:44.998 --> 00:48:47.633 exploring his feelings about racial  
NOTE Confidence: 0.902188086666667

00:48:47.633 --> 00:48:49.079 minorities in general immigrants,  
NOTE Confidence: 0.902188086666667

00:48:49.079 --> 00:48:51.840 and he would sort of make me an exception.  
NOTE Confidence: 0.902188086666667

00:48:51.840 --> 00:48:54.027 You know, you worked hard for what you have,  
NOTE Confidence: 0.902188086666667

00:48:54.030 --> 00:48:55.302 but these other people.  
NOTE Confidence: 0.902188086666667

00:48:55.302 --> 00:48:56.256 They're the problem.  
NOTE Confidence: 0.902188086666667

00:48:56.260 --> 00:48:57.162 You know.  
NOTE Confidence: 0.902188086666667

00:48:57.162 --> 00:48:58.064 And increasingly,  
NOTE Confidence: 0.902188086666667

00:48:58.064 --> 00:49:00.319 we had more explicit conversations  
NOTE Confidence: 0.902188086666667

00:49:00.319 --> 00:49:01.170 about this.  
NOTE Confidence: 0.902188086666667

00:49:01.170 --> 00:49:02.838 But for him,  
NOTE Confidence: 0.902188086666667

00:49:02.838 --> 00:49:07.420 these these ideas that he was raised with.  
NOTE Confidence: 0.902188086666667

00:49:07.420 --> 00:49:10.590 Were really embedded in maintaining  
NOTE Confidence: 0.902188086666667

00:49:10.590 --> 00:49:13.760 an attachment to his parents,  
NOTE Confidence: 0.902188086666667

00:49:13.760 --> 00:49:16.224 which was already problematic.

NOTE Confidence: 0.902188086666667  
00:49:16.224 --> 00:49:19.222 He did not feel protected by the  
NOTE Confidence: 0.902188086666667  
00:49:19.222 --> 00:49:21.350 same people who he was desperately  
NOTE Confidence: 0.902188086666667  
00:49:21.350 --> 00:49:23.520 trying to hold onto in some way,  
NOTE Confidence: 0.902188086666667  
00:49:23.520 --> 00:49:26.740 and so those negative kinds of feelings,  
NOTE Confidence: 0.902188086666667  
00:49:26.740 --> 00:49:30.828 beliefs that he had about racist  
NOTE Confidence: 0.902188086666667  
00:49:30.828 --> 00:49:33.020 beliefs really were entangled  
NOTE Confidence: 0.902188086666667  
00:49:33.020 --> 00:49:35.212 were intertwined with this  
NOTE Confidence: 0.902188086666667  
00:49:35.212 --> 00:49:37.390 attachment that he had with his.  
NOTE Confidence: 0.902188086666667  
00:49:37.390 --> 00:49:40.318 Parents that were complicated.  
NOTE Confidence: 0.902188086666667  
00:49:40.320 --> 00:49:40.950 And so.  
NOTE Confidence: 0.902188086666667  
00:49:40.950 --> 00:49:42.840 To ask somebody to no longer  
NOTE Confidence: 0.902188086666667  
00:49:42.840 --> 00:49:44.581 believe what they believe is  
NOTE Confidence: 0.902188086666667  
00:49:44.581 --> 00:49:46.663 also asking them to detach from  
NOTE Confidence: 0.902188086666667  
00:49:46.663 --> 00:49:49.085 people they love or want to try  
NOTE Confidence: 0.902188086666667  
00:49:49.085 --> 00:49:50.690 to maintain some connection with.  
NOTE Confidence: 0.902188086666667

00:49:50.690 --> 00:49:52.510 And we all can relate to this  
NOTE Confidence: 0.902188086666667

00:49:52.510 --> 00:49:54.310 in some capacity or another,  
NOTE Confidence: 0.902188086666667

00:49:54.310 --> 00:49:55.885 but for him it was quite profound,  
NOTE Confidence: 0.902188086666667

00:49:55.890 --> 00:49:57.914 so this is an example of what Vamik  
NOTE Confidence: 0.902188086666667

00:49:57.914 --> 00:49:59.798 Volkan has described as depositing.  
NOTE Confidence: 0.912932328

00:50:03.240 --> 00:50:05.364 That's wonderful, great explanation.  
NOTE Confidence: 0.912932328

00:50:05.364 --> 00:50:09.682 It's helpful for me as a therapist to  
NOTE Confidence: 0.912932328

00:50:09.682 --> 00:50:12.538 think about that. In terms of the,  
NOTE Confidence: 0.912932328

00:50:12.538 --> 00:50:14.913 you know I haven't thought about it  
NOTE Confidence: 0.912932328

00:50:14.913 --> 00:50:17.127 in terms of attachment and that's  
NOTE Confidence: 0.912932328

00:50:17.127 --> 00:50:19.089 really important to think about.  
NOTE Confidence: 0.912932328

00:50:19.090 --> 00:50:22.198 Other comments and questions people have.  
NOTE Confidence: 0.68335494

00:50:25.150 --> 00:50:26.248 I may I was, you know,  
NOTE Confidence: 0.68335494

00:50:26.250 --> 00:50:28.306 I'm just thank you for that wonderful talk.  
NOTE Confidence: 0.68335494

00:50:28.310 --> 00:50:30.998 Very interesting perspective and I just  
NOTE Confidence: 0.68335494

00:50:30.998 --> 00:50:32.510 wondered they contacted the social

NOTE Confidence: 0.68335494

00:50:32.510 --> 00:50:34.334 mirroring studies that you discussed.

NOTE Confidence: 0.68335494

00:50:34.334 --> 00:50:36.686 At what age were those children

NOTE Confidence: 0.68335494

00:50:36.690 --> 00:50:38.910 who were giving those responses?

NOTE Confidence: 0.68335494

00:50:38.910 --> 00:50:40.760 Seems quite quite sad and tragic

NOTE Confidence: 0.8066005525

00:50:40.770 --> 00:50:43.147 really, but I just wonder how early we like

NOTE Confidence: 0.8066005525

00:50:43.147 --> 00:50:45.083 to see those kind of responses emerge.

NOTE Confidence: 0.8066005525

00:50:45.083 --> 00:50:47.441 So those studies were done with

NOTE Confidence: 0.8066005525

00:50:47.441 --> 00:50:49.859 3rd and 4th grade students,

NOTE Confidence: 0.8066005525

00:50:49.860 --> 00:50:53.186 so we're talking like you know 789

NOTE Confidence: 0.8066005525

00:50:53.186 --> 00:50:56.238 year olds and and what we found

NOTE Confidence: 0.8066005525

00:50:56.238 --> 00:50:59.148 though other studies we we see this

NOTE Confidence: 0.8066005525

00:50:59.148 --> 00:51:01.106 kind of these kinds of reports

NOTE Confidence: 0.8066005525

00:51:01.106 --> 00:51:02.576 coming much earlier than that.

NOTE Confidence: 0.8066005525

00:51:02.580 --> 00:51:04.556 So those were just one set of studies

NOTE Confidence: 0.8066005525

00:51:04.556 --> 00:51:07.043 that we see that these kinds of attitudes

NOTE Confidence: 0.8066005525

00:51:07.043 --> 00:51:09.122 are internalized from the time that  
NOTE Confidence: 0.8066005525

00:51:09.122 --> 00:51:11.294 children step outside their homes and  
NOTE Confidence: 0.8066005525

00:51:11.294 --> 00:51:12.839 neighborhoods into a school setting.  
NOTE Confidence: 0.8066005525

00:51:12.839 --> 00:51:13.658 So you know,  
NOTE Confidence: 0.8066005525

00:51:13.660 --> 00:51:16.120 we're talking about preschool age kids.  
NOTE Confidence: 0.8066005525

00:51:16.120 --> 00:51:19.740 Uhm? Yes, and and also just  
NOTE Confidence: 0.8066005525

00:51:19.740 --> 00:51:21.284 learning awareness of differences,  
NOTE Confidence: 0.8066005525

00:51:21.290 --> 00:51:22.950 even if they're not evaluative.  
NOTE Confidence: 0.8066005525

00:51:22.950 --> 00:51:25.758 You know, I remember my son when he was  
NOTE Confidence: 0.8066005525

00:51:25.758 --> 00:51:28.742 one of my kids who when he was three,  
NOTE Confidence: 0.8066005525

00:51:28.742 --> 00:51:31.556 coming home and saying like I, you know,  
NOTE Confidence: 0.8066005525

00:51:31.556 --> 00:51:34.004 I didn't know I was brown, you know.  
NOTE Confidence: 0.8066005525

00:51:34.004 --> 00:51:36.802 And so this was something that you know  
NOTE Confidence: 0.8066005525

00:51:36.802 --> 00:51:38.664 he recognized after he left our house.  
NOTE Confidence: 0.8066005525

00:51:38.670 --> 00:51:41.710 And you know, and it was,  
NOTE Confidence: 0.8066005525

00:51:41.710 --> 00:51:43.936 it became more of a blatant.



NOTE Confidence: 0.8066005525  
00:51:43.940 --> 00:51:44.360 Recognition,  
NOTE Confidence: 0.8066005525  
00:51:44.360 --> 00:51:47.300 and you know when he was in  
NOTE Confidence: 0.8066005525  
00:51:47.300 --> 00:51:49.476 school and also you know,  
NOTE Confidence: 0.8066005525  
00:51:49.476 --> 00:51:52.110 since Corolla studies in my own  
NOTE Confidence: 0.8066005525  
00:51:52.198 --> 00:51:54.780 research the the types of comments  
NOTE Confidence: 0.8066005525  
00:51:54.780 --> 00:51:56.660 that kids were receiving were  
NOTE Confidence: 0.8066005525  
00:51:56.732 --> 00:51:58.986 not only in the context of peers,  
NOTE Confidence: 0.8066005525  
00:51:58.990 --> 00:52:01.638 they were also from the adults at school.  
NOTE Confidence: 0.8066005525  
00:52:01.640 --> 00:52:04.256 So I've done some studies with  
NOTE Confidence: 0.8066005525  
00:52:04.256 --> 00:52:06.785 adolescents that report that it's my  
NOTE Confidence: 0.8066005525  
00:52:06.785 --> 00:52:09.256 teacher who would say things to me.  
NOTE Confidence: 0.8066005525  
00:52:09.260 --> 00:52:11.700 That made me feel different,  
NOTE Confidence: 0.8066005525  
00:52:11.700 --> 00:52:13.695 less than, or assumed that I was  
NOTE Confidence: 0.8066005525  
00:52:13.695 --> 00:52:15.209 smart because I was Asian.  
NOTE Confidence: 0.8066005525  
00:52:15.210 --> 00:52:18.180 Or stupid because I'm Haitian,  
NOTE Confidence: 0.8066005525

00:52:18.180 --> 00:52:19.830 you know.  
NOTE Confidence: 0.8066005525

00:52:19.830 --> 00:52:22.233 So these are the types of things that we've  
NOTE Confidence: 0.8066005525

00:52:22.233 --> 00:52:24.358 heard from kids in our studies as well.  
NOTE Confidence: 0.66152716

00:52:30.100 --> 00:52:31.970 Martin, do you have a question?  
NOTE Confidence: 0.927794875

00:52:34.180 --> 00:52:38.340 I know you do, I do. I do thank you.  
NOTE Confidence: 0.927794875

00:52:38.340 --> 00:52:40.816 First of all, doctor Tim Allen R.  
NOTE Confidence: 0.927794875

00:52:40.820 --> 00:52:42.308 Thank you so much.  
NOTE Confidence: 0.927794875

00:52:42.308 --> 00:52:44.168 This was a terrific presentation  
NOTE Confidence: 0.927794875

00:52:44.168 --> 00:52:46.096 and I give you extra kudos  
NOTE Confidence: 0.927794875

00:52:46.100 --> 00:52:49.298 for the gift of no PowerPoint.  
NOTE Confidence: 0.927794875

00:52:49.300 --> 00:52:51.670 Amazing, so that's the first  
NOTE Confidence: 0.927794875

00:52:51.670 --> 00:52:53.320 thing I have a question.  
NOTE Confidence: 0.927794875

00:52:53.320 --> 00:52:57.010 You cited a couple of times.  
NOTE Confidence: 0.927794875

00:52:57.010 --> 00:53:00.762 Salmen actor who is one of the most beautiful  
NOTE Confidence: 0.927794875

00:53:00.762 --> 00:53:04.758 writers and thinkers and psychodynamics and.  
NOTE Confidence: 0.927794875

00:53:04.760 --> 00:53:07.640 Hi, I read years ago I haven't been up on it,

NOTE Confidence: 0.927794875

00:53:07.640 --> 00:53:10.965 but he speaks a lot about language

NOTE Confidence: 0.927794875

00:53:10.965 --> 00:53:14.197 switches and what that does in therapy

NOTE Confidence: 0.927794875

00:53:14.197 --> 00:53:17.458 in general and as a native Spanish

NOTE Confidence: 0.927794875

00:53:17.458 --> 00:53:20.126 speaker now mostly English speaker.

NOTE Confidence: 0.927794875

00:53:20.126 --> 00:53:22.414 But dealing with that I'm I'm

NOTE Confidence: 0.927794875

00:53:22.414 --> 00:53:23.956 just curious in how that has

NOTE Confidence: 0.927794875

00:53:23.956 --> 00:53:25.680 played out in your in your work.

NOTE Confidence: 0.927794875

00:53:25.680 --> 00:53:26.094 And again,

NOTE Confidence: 0.927794875

00:53:26.094 --> 00:53:27.750 thank you so much for a wonderful talk.

NOTE Confidence: 0.7252842333333333

00:53:28.050 --> 00:53:29.554 Thank you so much.

NOTE Confidence: 0.7252842333333333

00:53:29.554 --> 00:53:31.434 It's such a great point.

NOTE Confidence: 0.7252842333333333

00:53:31.440 --> 00:53:35.740 And yeah, someone's work is.

NOTE Confidence: 0.7252842333333333

00:53:35.740 --> 00:53:38.116 Incredible and they you know,

NOTE Confidence: 0.7252842333333333

00:53:38.116 --> 00:53:40.869 his work on language and so many others

NOTE Confidence: 0.7252842333333333

00:53:40.869 --> 00:53:43.865 who have thought about language and affect.

NOTE Confidence: 0.7252842333333333

00:53:43.870 --> 00:53:47.130 This is very important because  
NOTE Confidence: 0.7252842333333333

00:53:47.130 --> 00:53:49.590 language sometimes you know it,  
NOTE Confidence: 0.7252842333333333

00:53:49.590 --> 00:53:51.939 it can be invisible and it can be visible.  
NOTE Confidence: 0.7252842333333333

00:53:51.940 --> 00:53:53.692 You know, through accents,  
NOTE Confidence: 0.7252842333333333

00:53:53.692 --> 00:53:56.182 for example, that that makes it  
NOTE Confidence: 0.7252842333333333

00:53:56.182 --> 00:53:57.780 most visible in psychotherapy,  
NOTE Confidence: 0.7252842333333333

00:53:57.780 --> 00:54:00.940 but I've had sort of my experience has  
NOTE Confidence: 0.7252842333333333

00:54:01.010 --> 00:54:03.632 been that unless we're actually asking  
NOTE Confidence: 0.7252842333333333

00:54:03.632 --> 00:54:06.300 a patient very directly about their.  
NOTE Confidence: 0.7252842333333333

00:54:06.300 --> 00:54:08.995 Language and for example what  
NOTE Confidence: 0.7252842333333333

00:54:08.995 --> 00:54:12.760 language one thinks in and dreams in.  
NOTE Confidence: 0.7252842333333333

00:54:12.760 --> 00:54:15.567 We don't have a good understanding of  
NOTE Confidence: 0.7252842333333333

00:54:15.567 --> 00:54:18.632 the internal life of a person and how  
NOTE Confidence: 0.7252842333333333

00:54:18.632 --> 00:54:21.337 language works in relation to how they  
NOTE Confidence: 0.7252842333333333

00:54:21.337 --> 00:54:24.284 think and feel about themselves and others.  
NOTE Confidence: 0.7252842333333333

00:54:24.290 --> 00:54:25.166 So for example,

NOTE Confidence: 0.7252842333333333

00:54:25.166 --> 00:54:27.780 for me my first language is not English.

NOTE Confidence: 0.7252842333333333

00:54:27.780 --> 00:54:29.600 I learned English in the United States,

NOTE Confidence: 0.7252842333333333

00:54:29.600 --> 00:54:31.550 but I sound like someone who

NOTE Confidence: 0.7252842333333333

00:54:31.550 --> 00:54:33.470 is a native English speaker.

NOTE Confidence: 0.7252842333333333

00:54:33.470 --> 00:54:35.794 Because of this accent that I have.

NOTE Confidence: 0.7252842333333333

00:54:35.800 --> 00:54:36.243 But.

NOTE Confidence: 0.7252842333333333

00:54:36.243 --> 00:54:39.344 In fact, my first language is Telugu,

NOTE Confidence: 0.7252842333333333

00:54:39.350 --> 00:54:41.643 which is in South Indian language and

NOTE Confidence: 0.7252842333333333

00:54:41.643 --> 00:54:44.787 I still dream and Telugu I my nicknames

NOTE Confidence: 0.7252842333333333

00:54:44.787 --> 00:54:47.690 for my kids are Telugu nicknames.

NOTE Confidence: 0.7252842333333333

00:54:47.690 --> 00:54:50.196 They're you know so affect evli when

NOTE Confidence: 0.7252842333333333

00:54:50.196 --> 00:54:53.150 I need to express certain things,

NOTE Confidence: 0.7252842333333333

00:54:53.150 --> 00:54:54.770 they're very much and still

NOTE Confidence: 0.7252842333333333

00:54:54.770 --> 00:54:56.066 in my first language.

NOTE Confidence: 0.7252842333333333

00:54:56.070 --> 00:54:57.948 I cannot translate that into English.

NOTE Confidence: 0.7252842333333333

00:54:57.950 --> 00:54:58.290 However,  
NOTE Confidence: 0.7252842333333333

00:54:58.290 --> 00:54:59.990 for somebody with an accent,  
NOTE Confidence: 0.7252842333333333

00:54:59.990 --> 00:55:01.634 they could be assumed one can  
NOTE Confidence: 0.7252842333333333

00:55:01.634 --> 00:55:03.357 assume that they only want to  
NOTE Confidence: 0.7252842333333333

00:55:03.357 --> 00:55:04.777 speak in that first language.  
NOTE Confidence: 0.7252842333333333

00:55:04.780 --> 00:55:06.420 This is a highly individual.  
NOTE Confidence: 0.7252842333333333

00:55:06.420 --> 00:55:07.780 Thing that is determined  
NOTE Confidence: 0.7252842333333333

00:55:07.780 --> 00:55:09.820 by a whole set of factors,  
NOTE Confidence: 0.7252842333333333

00:55:09.820 --> 00:55:11.716 including social context,  
NOTE Confidence: 0.7252842333333333

00:55:11.716 --> 00:55:12.980 migration histories,  
NOTE Confidence: 0.7252842333333333

00:55:12.980 --> 00:55:15.350 family dynamics that we don't tend  
NOTE Confidence: 0.7252842333333333

00:55:15.350 --> 00:55:17.612 to pay enough attention to, you know?  
NOTE Confidence: 0.7252842333333333

00:55:17.612 --> 00:55:18.617 So we ask the question,  
NOTE Confidence: 0.7252842333333333

00:55:18.620 --> 00:55:19.796 do you want to speak in this  
NOTE Confidence: 0.7252842333333333

00:55:19.796 --> 00:55:20.680 language or that language?  
NOTE Confidence: 0.7252842333333333

00:55:20.680 --> 00:55:22.220 Do you need an interpreter?

NOTE Confidence: 0.7252842333333333

00:55:22.220 --> 00:55:24.579 But when we think about the dynamic

NOTE Confidence: 0.7252842333333333

00:55:24.580 --> 00:55:26.776 issues that are involved with language,

NOTE Confidence: 0.7252842333333333

00:55:26.780 --> 00:55:28.736 they're far more complex,

NOTE Confidence: 0.7252842333333333

00:55:28.736 --> 00:55:31.181 including trauma histories as well

NOTE Confidence: 0.7252842333333333

00:55:31.181 --> 00:55:34.355 that that language is also associated

NOTE Confidence: 0.7252842333333333

00:55:34.355 --> 00:55:37.040 often with traumatic events and.

NOTE Confidence: 0.7252842333333333

00:55:37.040 --> 00:55:39.314 Including childhood trauma

NOTE Confidence: 0.7252842333333333

00:55:39.314 --> 00:55:41.588 and interpersonal violence.

NOTE Confidence: 0.85886055

00:55:43.930 --> 00:55:49.278 I see a question for from Christine Emons.

NOTE Confidence: 0.909542705

00:55:49.280 --> 00:55:51.228 She's asking, I think,

NOTE Confidence: 0.909542705

00:55:51.228 --> 00:55:54.150 how do you use information about

NOTE Confidence: 0.909542705

00:55:54.243 --> 00:55:57.111 social context as well as family

NOTE Confidence: 0.909542705

00:55:57.111 --> 00:56:00.270 dynamics in your work with clients?

NOTE Confidence: 0.909542705

00:56:00.270 --> 00:56:01.719 And I mean, I think you've been

NOTE Confidence: 0.909542705

00:56:01.719 --> 00:56:03.039 speaking to that to some degree,

NOTE Confidence: 0.909542705

00:56:03.040 --> 00:56:05.000 but maybe elaborating on that a little bit.

NOTE Confidence: 0.920197189444445

00:56:05.490 --> 00:56:08.304 Sure, one of the things that I've

NOTE Confidence: 0.920197189444445

00:56:08.304 --> 00:56:10.799 been learning to do more and more

NOTE Confidence: 0.920197189444445

00:56:10.799 --> 00:56:13.074 in my work is is to introduce it

NOTE Confidence: 0.920197189444445

00:56:13.074 --> 00:56:15.363 very early in the work and not as

NOTE Confidence: 0.920197189444445

00:56:15.363 --> 00:56:16.928 something that comes up later.

NOTE Confidence: 0.920197189444445

00:56:16.930 --> 00:56:19.170 You know. So right in the intake

NOTE Confidence: 0.920197189444445

00:56:19.170 --> 00:56:21.299 the first time I meet somebody,

NOTE Confidence: 0.920197189444445

00:56:21.300 --> 00:56:22.590 or the first several times,

NOTE Confidence: 0.920197189444445

00:56:22.590 --> 00:56:25.540 I'm getting to know somebody that I ask

NOTE Confidence: 0.920197189444445

00:56:25.540 --> 00:56:27.290 questions about contacts right away,

NOTE Confidence: 0.920197189444445

00:56:27.290 --> 00:56:29.190 because what that does is

NOTE Confidence: 0.920197189444445

00:56:29.190 --> 00:56:31.090 communicate to them very directly.

NOTE Confidence: 0.920197189444445

00:56:31.090 --> 00:56:33.250 But I think it's important and that it's

NOTE Confidence: 0.920197189444445

00:56:33.250 --> 00:56:35.188 relevant that it's not something outside.

NOTE Confidence: 0.920197189444445

00:56:35.190 --> 00:56:37.444 So for example, I will ask people



NOTE Confidence: 0.920197189444445  
00:56:37.444 --> 00:56:39.725 about whether they were raised with  
NOTE Confidence: 0.920197189444445  
00:56:39.725 --> 00:56:41.289 a particular religious background,  
NOTE Confidence: 0.920197189444445  
00:56:41.290 --> 00:56:42.610 or, you know,  
NOTE Confidence: 0.920197189444445  
00:56:42.610 --> 00:56:46.250 tell me about what your school was like.  
NOTE Confidence: 0.920197189444445  
00:56:46.250 --> 00:56:48.670 Tell me about your neighborhood,  
NOTE Confidence: 0.920197189444445  
00:56:48.670 --> 00:56:49.950 tell me about your  
NOTE Confidence: 0.920197189444445  
00:56:49.950 --> 00:56:50.910 family's migration history,  
NOTE Confidence: 0.920197189444445  
00:56:50.910 --> 00:56:53.574 those types of questions that I want to  
NOTE Confidence: 0.920197189444445  
00:56:53.574 --> 00:56:55.767 immediately bring the relevance of that  
NOTE Confidence: 0.920197189444445  
00:56:55.767 --> 00:56:57.995 into our conversation, and our work.  
NOTE Confidence: 0.920197189444445  
00:56:57.995 --> 00:57:00.620 And and also to not assume that  
NOTE Confidence: 0.920197189444445  
00:57:00.712 --> 00:57:02.548 I know more than I do.  
NOTE Confidence: 0.920197189444445  
00:57:02.550 --> 00:57:03.120 For example,  
NOTE Confidence: 0.920197189444445  
00:57:03.120 --> 00:57:04.830 if somebody shares with me that  
NOTE Confidence: 0.920197189444445  
00:57:04.830 --> 00:57:07.075 they are Indian American or I see  
NOTE Confidence: 0.920197189444445

00:57:07.075 --> 00:57:08.367 that they're Indian American,  
NOTE Confidence: 0.920197189444445

00:57:08.370 --> 00:57:10.266 that they have a very different  
NOTE Confidence: 0.920197189444445

00:57:10.266 --> 00:57:12.729 experience than me as an Indian American.  
NOTE Confidence: 0.920197189444445

00:57:12.730 --> 00:57:14.725 That in fact their interpretation  
NOTE Confidence: 0.920197189444445

00:57:14.725 --> 00:57:17.244 and their experience of being Indian  
NOTE Confidence: 0.920197189444445

00:57:17.244 --> 00:57:19.808 is very distinct individually and so  
NOTE Confidence: 0.920197189444445

00:57:19.808 --> 00:57:22.022 it's to recognize these differences but  
NOTE Confidence: 0.920197189444445

00:57:22.022 --> 00:57:25.084 also to see I think the individuality  
NOTE Confidence: 0.920197189444445

00:57:25.084 --> 00:57:27.339 and experience that heterogeneity of  
NOTE Confidence: 0.920197189444445

00:57:27.409 --> 00:57:29.869 experience right from the beginning.  
NOTE Confidence: 0.920197189444445

00:57:29.870 --> 00:57:32.723 So these are two quick things I could say  
NOTE Confidence: 0.920197189444445

00:57:32.730 --> 00:57:34.508 you know in response to that question.  
NOTE Confidence: 0.764096468

00:57:37.640 --> 00:57:39.600 Thank you, thank you Andreas.  
NOTE Confidence: 0.764096468

00:57:39.600 --> 00:57:42.316 Just made the comment that he he  
NOTE Confidence: 0.764096468

00:57:42.316 --> 00:57:45.773 curses in his native language because  
NOTE Confidence: 0.764096468

00:57:45.773 --> 00:57:50.438 ingrained so deeply so deeply.

NOTE Confidence: 0.764096468

00:57:50.440 --> 00:57:52.200 And you know, I, I was thinking too.

NOTE Confidence: 0.764096468

00:57:52.200 --> 00:57:53.520 We do have the experience.

NOTE Confidence: 0.764096468

00:57:53.520 --> 00:57:55.360 Sometimes when family may not

NOTE Confidence: 0.764096468

00:57:55.360 --> 00:57:57.685 want to use an interpreter, but.

NOTE Confidence: 0.764096468

00:57:57.685 --> 00:58:02.914 Well, I I would I want to but the child is,

NOTE Confidence: 0.764096468

00:58:02.914 --> 00:58:05.350 you know, the interpreter for the parent,

NOTE Confidence: 0.764096468

00:58:05.350 --> 00:58:07.325 and that's not an optimal

NOTE Confidence: 0.764096468

00:58:07.325 --> 00:58:08.905 situation to my mind.

NOTE Confidence: 0.764096468

00:58:08.910 --> 00:58:12.221 But sometimes that's what we end up

NOTE Confidence: 0.764096468

00:58:12.221 --> 00:58:15.540 with and you wonder what you actually

NOTE Confidence: 0.764096468

00:58:15.540 --> 00:58:17.910 see the parents perspective through

NOTE Confidence: 0.764096468

00:58:17.985 --> 00:58:20.427 the child lens as they translate,

NOTE Confidence: 0.764096468

00:58:20.430 --> 00:58:21.966 and that makes a huge difference.

NOTE Confidence: 0.764096468

00:58:21.970 --> 00:58:26.058 And of course is implication for the child.

NOTE Confidence: 0.764096468

00:58:26.060 --> 00:58:28.804 You know, in terms of his or her

NOTE Confidence: 0.764096468

00:58:28.804 --> 00:58:30.443 own psychological functioning as  
NOTE Confidence: 0.764096468

00:58:30.443 --> 00:58:35.010 being the interpreter as well, so.  
NOTE Confidence: 0.764096468

00:58:35.010 --> 00:58:36.254 Thank you so much.  
NOTE Confidence: 0.764096468

00:58:36.254 --> 00:58:37.809 This talk was just wonderful.  
NOTE Confidence: 0.764096468

00:58:37.810 --> 00:58:39.560 I I'm.  
NOTE Confidence: 0.764096468

00:58:39.560 --> 00:58:42.008 You gave us so many jumping off points in  
NOTE Confidence: 0.764096468

00:58:42.008 --> 00:58:44.259 terms of references and things that we,  
NOTE Confidence: 0.764096468

00:58:44.260 --> 00:58:46.280 as clinicians and researchers will  
NOTE Confidence: 0.764096468

00:58:46.280 --> 00:58:50.530 definitely want to school and more so.  
NOTE Confidence: 0.764096468

00:58:50.530 --> 00:58:53.002 There are no other questions I  
NOTE Confidence: 0.764096468

00:58:53.002 --> 00:58:55.914 think will wrap up and let me.  
NOTE Confidence: 0.764096468

00:58:55.914 --> 00:58:58.814 Is there anything else here in the  
NOTE Confidence: 0.764096468

00:58:58.814 --> 00:59:00.858 chat and just people are just saying  
NOTE Confidence: 0.764096468

00:59:00.858 --> 00:59:03.227 it's been so great it's been so great.  
NOTE Confidence: 0.764096468

00:59:03.230 --> 00:59:04.334 Thank you so much.  
NOTE Confidence: 0.764096468

00:59:04.334 --> 00:59:04.886 Doctor Tummala,

NOTE Confidence: 0.764096468

00:59:04.890 --> 00:59:07.298 Narra and we hope to see you again.

NOTE Confidence: 0.719625977

00:59:08.760 --> 00:59:10.775 Everybody having me and your

NOTE Confidence: 0.719625977

00:59:10.775 --> 00:59:11.984 questions appreciate it.

NOTE Confidence: 0.858461868333333

00:59:12.180 --> 00:59:14.868 Thank you very much. Take care.

NOTE Confidence: 0.858461868333333

00:59:14.870 --> 00:59:17.000 Bye bye. Thank you. Bye bye.