

WEBVTT

NOTE duration:"01:04:32"

NOTE recognizability:0.791

NOTE language:en-us

NOTE Confidence: 0.766908045

00:00:00.000 --> 00:00:01.555 Other time with the people

NOTE Confidence: 0.766908045

00:00:01.555 --> 00:00:03.180 who are here on time.

NOTE Confidence: 0.8805919325

00:00:05.430 --> 00:00:07.299 So it's a pleasure to see everyone

NOTE Confidence: 0.8805919325

00:00:07.299 --> 00:00:09.210 for this monthly psychedelic seminar.

NOTE Confidence: 0.8805919325

00:00:09.210 --> 00:00:10.842 This will be our last meeting

NOTE Confidence: 0.8805919325

00:00:10.842 --> 00:00:12.270 of the seminar this year.

NOTE Confidence: 0.8805919325

00:00:12.270 --> 00:00:14.400 The December dates became difficult when

NOTE Confidence: 0.8805919325

00:00:14.400 --> 00:00:17.450 we tried to figure out a Friday that would

NOTE Confidence: 0.8805919325

00:00:17.450 --> 00:00:19.680 work because of the holidays and other.

NOTE Confidence: 0.8805919325

00:00:19.680 --> 00:00:20.781 And other conflicts,

NOTE Confidence: 0.8805919325

00:00:20.781 --> 00:00:23.350 so we'll we'll resume in January and

NOTE Confidence: 0.8805919325

00:00:23.421 --> 00:00:26.049 they'll be emails and announcements about

NOTE Confidence: 0.8805919325

00:00:26.049 --> 00:00:28.840 that the specific speakers yet determined.

NOTE Confidence: 0.8805919325

00:00:28.840 --> 00:00:31.630 But for today, to round out 2022,
NOTE Confidence: 0.8805919325

00:00:31.630 --> 00:00:34.230 it's really a pleasure to
NOTE Confidence: 0.8805919325

00:00:34.230 --> 00:00:35.790 introduce Natalie Caucasian.
NOTE Confidence: 0.8805919325

00:00:35.790 --> 00:00:37.050 I'm actually not sure I'm pronouncing
NOTE Confidence: 0.8805919325

00:00:37.050 --> 00:00:38.250 your last name right, Natalie.
NOTE Confidence: 0.8805919325

00:00:38.250 --> 00:00:39.966 I've always felt self-conscious about that,
NOTE Confidence: 0.8805919325

00:00:39.970 --> 00:00:42.190 so close enough.
NOTE Confidence: 0.8805919325

00:00:42.190 --> 00:00:42.790 Thank you.
NOTE Confidence: 0.87509463

00:00:43.860 --> 00:00:44.490 Thank you.
NOTE Confidence: 0.84261541

00:00:46.700 --> 00:00:47.528 Natalie is an
NOTE Confidence: 0.84300533

00:00:47.540 --> 00:00:48.972 assistant professor at Hopkins,
NOTE Confidence: 0.84300533

00:00:48.972 --> 00:00:51.507 where she trained as a resident and
NOTE Confidence: 0.84300533

00:00:51.507 --> 00:00:53.810 then stayed on as faculty training in
NOTE Confidence: 0.84300533

00:00:53.810 --> 00:00:55.292 Roland Griffiths storied psychedelic
NOTE Confidence: 0.84300533

00:00:55.292 --> 00:00:57.572 science group where she played a
NOTE Confidence: 0.84300533

00:00:57.572 --> 00:01:00.755 prominent role in their recent and very

NOTE Confidence: 0.84300533

00:01:00.755 --> 00:01:02.240 important double-blind placebo-controlled

NOTE Confidence: 0.84300533

00:01:02.240 --> 00:01:04.889 trial and depression as a therapist

NOTE Confidence: 0.84300533

00:01:04.889 --> 00:01:08.107 and A and a Co investigator and is

NOTE Confidence: 0.84300533

00:01:08.107 --> 00:01:10.819 now leaving their work in anorexia.

NOTE Confidence: 0.84300533

00:01:10.820 --> 00:01:12.080 But if I'm not mistaken,

NOTE Confidence: 0.84300533

00:01:12.080 --> 00:01:14.942 what she's going to be talking with with

NOTE Confidence: 0.84300533

00:01:14.942 --> 00:01:17.120 us about today is a different line of work.

NOTE Confidence: 0.84300533

00:01:17.120 --> 00:01:18.872 Have her to describe before and

NOTE Confidence: 0.84300533

00:01:18.872 --> 00:01:19.748 fundamentally thought provoking,

NOTE Confidence: 0.84300533

00:01:19.750 --> 00:01:22.260 which is the relationship between

NOTE Confidence: 0.84300533

00:01:22.260 --> 00:01:24.770 psychedelic effects in the therapeutic

NOTE Confidence: 0.84300533

00:01:24.847 --> 00:01:27.850 context and the generic effects of therapy.

NOTE Confidence: 0.84300533

00:01:27.850 --> 00:01:29.880 I think that'll give a lot of

NOTE Confidence: 0.84300533

00:01:29.880 --> 00:01:31.889 interest to this group and I hope,

NOTE Confidence: 0.84300533

00:01:31.890 --> 00:01:35.046 I hope it will prompt some good discussion.

NOTE Confidence: 0.84300533

00:01:35.050 --> 00:01:37.078 Natalie is also a partner with
NOTE Confidence: 0.84300533

00:01:37.078 --> 00:01:39.294 Ben and I together with Natalie
NOTE Confidence: 0.84300533

00:01:39.294 --> 00:01:41.264 and with colleagues at NYU,
NOTE Confidence: 0.84300533

00:01:41.270 --> 00:01:43.559 have an initiative to build up curriculum
NOTE Confidence: 0.84300533

00:01:43.559 --> 00:01:45.524 materials to teach about psychedelic
NOTE Confidence: 0.84300533

00:01:45.524 --> 00:01:47.376 medicine and psychedelic science.
NOTE Confidence: 0.84300533

00:01:47.380 --> 00:01:48.403 Within medical schools
NOTE Confidence: 0.84300533

00:01:48.403 --> 00:01:49.426 and medical residencies.
NOTE Confidence: 0.84300533

00:01:49.430 --> 00:01:51.830 And so we've had the pleasure of working
NOTE Confidence: 0.84300533

00:01:51.830 --> 00:01:54.650 with her over the last year in that context.
NOTE Confidence: 0.84300533

00:01:54.650 --> 00:01:56.010 And I'm thrilled to welcome
NOTE Confidence: 0.84300533

00:01:56.010 --> 00:01:57.690 her to our community in this.
NOTE Confidence: 0.75612322

00:01:58.970 --> 00:02:01.838 Natalie, over to you.
NOTE Confidence: 0.945263638

00:01:59.850 --> 00:02:01.830 Thank you for being here. Thank
NOTE Confidence: 0.827591424166667

00:02:01.840 --> 00:02:03.495 you, Christopher. The invitation to
NOTE Confidence: 0.827591424166667

00:02:03.495 --> 00:02:05.830 join you and chat about this topic,

NOTE Confidence: 0.827591424166667
00:02:05.830 --> 00:02:08.390 which I find pretty interesting,
NOTE Confidence: 0.827591424166667
00:02:08.390 --> 00:02:09.866 I think e-mail me, you said.
NOTE Confidence: 0.827591424166667
00:02:09.870 --> 00:02:11.142 Natalie, please share something
NOTE Confidence: 0.827591424166667
00:02:11.142 --> 00:02:13.050 about your very interesting ideas in
NOTE Confidence: 0.827591424166667
00:02:13.099 --> 00:02:14.687 psychotherapy and placebo effects.
NOTE Confidence: 0.827591424166667
00:02:14.690 --> 00:02:17.170 And so here I am.
NOTE Confidence: 0.827591424166667
00:02:17.170 --> 00:02:19.614 Sharing so hopefully my.
NOTE Confidence: 0.827591424166667
00:02:19.614 --> 00:02:23.280 PowerPoint won't be too ordinary today,
NOTE Confidence: 0.827591424166667
00:02:23.280 --> 00:02:24.835 so just some disclosures and
NOTE Confidence: 0.827591424166667
00:02:24.835 --> 00:02:26.079 acknowledgements at the top.
NOTE Confidence: 0.827591424166667
00:02:26.080 --> 00:02:28.292 I'm a Co investigator on a multi
NOTE Confidence: 0.827591424166667
00:02:28.292 --> 00:02:30.405 site clinical trial of still cybin
NOTE Confidence: 0.827591424166667
00:02:30.405 --> 00:02:31.865 for major depressive disorder
NOTE Confidence: 0.827591424166667
00:02:31.865 --> 00:02:33.524 funded by Usona Institute.
NOTE Confidence: 0.827591424166667
00:02:33.524 --> 00:02:36.562 And most of my salary is funded
NOTE Confidence: 0.827591424166667

00:02:36.562 --> 00:02:38.128 by generous philanthropic
NOTE Confidence: 0.827591424166667

00:02:38.128 --> 00:02:41.208 donations from these folks here.
NOTE Confidence: 0.827591424166667

00:02:41.210 --> 00:02:44.522 So today I hope to take you through
NOTE Confidence: 0.827591424166667

00:02:44.522 --> 00:02:47.217 an interesting tour of placebo
NOTE Confidence: 0.827591424166667

00:02:47.217 --> 00:02:49.585 effects and psychotherapy effects,
NOTE Confidence: 0.827591424166667

00:02:49.590 --> 00:02:51.934 and we'll start with a brief history of
NOTE Confidence: 0.827591424166667

00:02:51.934 --> 00:02:54.430 placebo and the randomized controlled trial.
NOTE Confidence: 0.827591424166667

00:02:54.430 --> 00:02:55.905 Talk about some challenges to
NOTE Confidence: 0.827591424166667

00:02:55.905 --> 00:02:58.125 the RCT that are posed by the
NOTE Confidence: 0.827591424166667

00:02:58.125 --> 00:02:59.489 study of psychedelic therapy,
NOTE Confidence: 0.827591424166667

00:02:59.490 --> 00:03:00.505 many of which are known to us.
NOTE Confidence: 0.827591424166667

00:03:00.510 --> 00:03:02.232 But I'll be talking about them in
NOTE Confidence: 0.827591424166667

00:03:02.232 --> 00:03:04.640 sort of a more granular way with
NOTE Confidence: 0.827591424166667

00:03:04.640 --> 00:03:06.244 respect to psychotherapy effects,
NOTE Confidence: 0.827591424166667

00:03:06.250 --> 00:03:08.482 which will lead us into what I hope we
NOTE Confidence: 0.827591424166667

00:03:08.482 --> 00:03:10.746 can learn from the many decades that.

NOTE Confidence: 0.827591424166667
00:03:10.750 --> 00:03:12.415 Consists of general research into
NOTE Confidence: 0.827591424166667
00:03:12.415 --> 00:03:14.429 psychotherapy effects that we can use
NOTE Confidence: 0.827591424166667
00:03:14.429 --> 00:03:16.175 to inform our work with psychedelics,
NOTE Confidence: 0.827591424166667
00:03:16.180 --> 00:03:18.040 along with some ways forward.
NOTE Confidence: 0.827591424166667
00:03:18.040 --> 00:03:20.704 Along the way you might see some fun.
NOTE Confidence: 0.827591424166667
00:03:20.710 --> 00:03:22.674 AI generated L2 art,
NOTE Confidence: 0.827591424166667
00:03:22.674 --> 00:03:24.638 including this right here,
NOTE Confidence: 0.827591424166667
00:03:24.640 --> 00:03:27.256 which is generated by the prompt,
NOTE Confidence: 0.827591424166667
00:03:27.260 --> 00:03:29.525 which is a female scientist
NOTE Confidence: 0.827591424166667
00:03:29.525 --> 00:03:32.318 choosing between a magic pill or
NOTE Confidence: 0.827591424166667
00:03:32.318 --> 00:03:34.098 placebo by Salvador Dali.
NOTE Confidence: 0.827591424166667
00:03:34.100 --> 00:03:36.548 So to start us off with some definitions,
NOTE Confidence: 0.827591424166667
00:03:36.550 --> 00:03:37.051 right, these are,
NOTE Confidence: 0.827591424166667
00:03:37.051 --> 00:03:38.220 these should be well known to us.
NOTE Confidence: 0.827591424166667
00:03:38.220 --> 00:03:39.996 But just to be extra clear,
NOTE Confidence: 0.827591424166667

00:03:40.000 --> 00:03:41.985 placebo is an intervention the
NOTE Confidence: 0.827591424166667

00:03:41.985 --> 00:03:43.573 physical properties of which
NOTE Confidence: 0.827591424166667

00:03:43.573 --> 00:03:45.869 are not expected to have any
NOTE Confidence: 0.827591424166667

00:03:45.869 --> 00:03:47.699 therapeutic effects on their own.
NOTE Confidence: 0.827591424166667

00:03:47.700 --> 00:03:50.060 So a sugar pill or a sham procedure
NOTE Confidence: 0.827591424166667

00:03:50.060 --> 00:03:51.951 would count and a placebo effect
NOTE Confidence: 0.827591424166667

00:03:51.951 --> 00:03:53.799 is what we call a measurable
NOTE Confidence: 0.827591424166667

00:03:53.864 --> 00:03:55.472 improvement in some condition
NOTE Confidence: 0.827591424166667

00:03:55.472 --> 00:03:57.884 that occurs due to something other
NOTE Confidence: 0.827591424166667

00:03:57.890 --> 00:04:00.460 than the physical properties of
NOTE Confidence: 0.827591424166667

00:04:00.460 --> 00:04:03.030 the treatment being studied here.
NOTE Confidence: 0.827591424166667

00:04:03.030 --> 00:04:05.550 The term placebo is Latin for I shall
NOTE Confidence: 0.827591424166667

00:04:05.550 --> 00:04:08.185 please it was used in the 14th century,
NOTE Confidence: 0.827591424166667

00:04:08.190 --> 00:04:11.126 or for refer to hired mourners at funerals,
NOTE Confidence: 0.827591424166667

00:04:11.130 --> 00:04:13.932 where the word naturally carried a
NOTE Confidence: 0.827591424166667

00:04:13.932 --> 00:04:16.790 connotation of depreciation and substitution,

NOTE Confidence: 0.827591424166667
00:04:16.790 --> 00:04:18.974 because those mortars were often stand
NOTE Confidence: 0.827591424166667
00:04:18.974 --> 00:04:21.310 INS for families of the deceased.
NOTE Confidence: 0.827591424166667
00:04:21.310 --> 00:04:23.668 And the word appears again in
NOTE Confidence: 0.827591424166667
00:04:23.668 --> 00:04:24.847 the medical literature,
NOTE Confidence: 0.827591424166667
00:04:24.850 --> 00:04:27.866 in a 1785 dictionary where it's used to
NOTE Confidence: 0.827591424166667
00:04:27.866 --> 00:04:31.040 describe a commonplace method or medicine,
NOTE Confidence: 0.827591424166667
00:04:31.040 --> 00:04:32.936 and again in 1811.
NOTE Confidence: 0.827591424166667
00:04:32.936 --> 00:04:35.371 Where it's used defined as an
NOTE Confidence: 0.827591424166667
00:04:35.371 --> 00:04:37.056 epithet given to a medicine,
NOTE Confidence: 0.827591424166667
00:04:37.060 --> 00:04:39.775 adapted more to please than
NOTE Confidence: 0.827591424166667
00:04:39.775 --> 00:04:41.947 to benefit the patient.
NOTE Confidence: 0.827591424166667
00:04:41.950 --> 00:04:43.930 And placebo therapies are actually
NOTE Confidence: 0.827591424166667
00:04:43.930 --> 00:04:46.549 widespread in medicine until about the 1950s,
NOTE Confidence: 0.827591424166667
00:04:46.550 --> 00:04:48.874 so it was not at all uncommon.
NOTE Confidence: 0.827591424166667
00:04:48.880 --> 00:04:50.784 And nice little note I have here
NOTE Confidence: 0.827591424166667

00:04:50.784 --> 00:04:52.023 is Thomas Jefferson in 1807,
NOTE Confidence: 0.827591424166667

00:04:52.023 --> 00:04:54.127 wrote in his diary at one point that
NOTE Confidence: 0.827591424166667

00:04:54.127 --> 00:04:55.861 one of the most sick physicians
NOTE Confidence: 0.827591424166667

00:04:55.861 --> 00:04:57.897 he had ever known had assured him
NOTE Confidence: 0.827591424166667

00:04:57.897 --> 00:04:59.613 that he had used more bread,
NOTE Confidence: 0.827591424166667

00:04:59.620 --> 00:05:02.030 pills, drops of colored water,
NOTE Confidence: 0.827591424166667

00:05:02.030 --> 00:05:03.822 and powders of Hickory ashes than all
NOTE Confidence: 0.827591424166667

00:05:03.822 --> 00:05:05.818 of the other medicines put together.
NOTE Confidence: 0.827591424166667

00:05:05.820 --> 00:05:06.160 Which is
NOTE Confidence: 0.633520515

00:05:06.160 --> 00:05:09.420 pretty pretty. But I think we
NOTE Confidence: 0.633520515

00:05:09.420 --> 00:05:10.980 have a couple of unmuted folks.
NOTE Confidence: 0.633520515

00:05:10.980 --> 00:05:14.850 But yeah, pretty great. Perfect.
NOTE Confidence: 0.633520515

00:05:14.850 --> 00:05:18.290 So at the time up until this period of time,
NOTE Confidence: 0.633520515

00:05:18.290 --> 00:05:20.468 basically the many of the medical
NOTE Confidence: 0.633520515

00:05:20.468 --> 00:05:23.046 codes of ethics actually endorsed this
NOTE Confidence: 0.633520515

00:05:23.046 --> 00:05:26.820 necessary deception, and somewhat.

NOTE Confidence: 0.633520515

00:05:26.820 --> 00:05:27.430 More upsettingly,

NOTE Confidence: 0.633520515

00:05:27.430 --> 00:05:29.260 placebo is thought to be more

NOTE Confidence: 0.633520515

00:05:29.260 --> 00:05:31.330 effective in unintelligent, neurotic,

NOTE Confidence: 0.633520515

00:05:31.330 --> 00:05:35.470 or inadequate patients of some sort.

NOTE Confidence: 0.633520515

00:05:35.470 --> 00:05:38.158 And in research, placebos didn't really

NOTE Confidence: 0.633520515

00:05:38.158 --> 00:05:41.180 make their debut until fairly recently,

NOTE Confidence: 0.633520515

00:05:41.180 --> 00:05:42.712 until about the 1950s.

NOTE Confidence: 0.633520515

00:05:42.712 --> 00:05:45.010 Most therapies are usually judged on

NOTE Confidence: 0.633520515

00:05:45.010 --> 00:05:47.708 the basis of some pathophysiologic

NOTE Confidence: 0.633520515

00:05:47.708 --> 00:05:49.812 rationales from authoritative experts,

NOTE Confidence: 0.633520515

00:05:49.820 --> 00:05:51.998 rather than the results of any

NOTE Confidence: 0.633520515

00:05:51.998 --> 00:05:53.450 empirical or comparative research.

NOTE Confidence: 0.633520515

00:05:53.450 --> 00:05:56.738 And perhaps the first example of a real

NOTE Confidence: 0.633520515

00:05:56.740 --> 00:05:58.388 placebo-controlled trial came from

NOTE Confidence: 0.633520515

00:05:58.388 --> 00:06:01.044 this gentleman John Haygarth in 1801,

NOTE Confidence: 0.633520515

00:06:01.044 --> 00:06:04.608 who used the study of the.
NOTE Confidence: 0.633520515

00:06:04.610 --> 00:06:05.266 Perkins Tractor,
NOTE Confidence: 0.633520515

00:06:05.266 --> 00:06:07.562 which is this metal rod right here.
NOTE Confidence: 0.633520515

00:06:07.570 --> 00:06:09.390 So back in those days,
NOTE Confidence: 0.633520515

00:06:09.390 --> 00:06:12.169 if somebody was having some sort of
NOTE Confidence: 0.633520515

00:06:12.169 --> 00:06:14.869 complaint of pain or other ailment,
NOTE Confidence: 0.633520515

00:06:14.870 --> 00:06:17.766 these tractors would be laid upon the body.
NOTE Confidence: 0.633520515

00:06:17.770 --> 00:06:20.542 And John Haygarth was not so sure
NOTE Confidence: 0.633520515

00:06:20.542 --> 00:06:23.238 that the purported method of the
NOTE Confidence: 0.633520515

00:06:23.238 --> 00:06:26.082 methodologic mechanism here was really it.
NOTE Confidence: 0.633520515

00:06:26.090 --> 00:06:28.866 So apparently this is supposed to work by
NOTE Confidence: 0.633520515

00:06:28.866 --> 00:06:30.909 some electromagnetic influence of the metal.
NOTE Confidence: 0.633520515

00:06:30.910 --> 00:06:33.262 So hey, Garth mocked up some
NOTE Confidence: 0.633520515

00:06:33.262 --> 00:06:34.830 wooden Perkins tractors and.
NOTE Confidence: 0.633520515

00:06:34.830 --> 00:06:36.380 Compare their effects to metal
NOTE Confidence: 0.633520515

00:06:36.380 --> 00:06:38.240 ones and found actually there was

NOTE Confidence: 0.633520515

00:06:38.240 --> 00:06:39.788 no difference in a small trial.

NOTE Confidence: 0.633520515

00:06:39.790 --> 00:06:42.065 And he wrote this pretty

NOTE Confidence: 0.633520515

00:06:42.065 --> 00:06:43.430 interesting quote here.

NOTE Confidence: 0.633520515

00:06:43.430 --> 00:06:45.960 An important lesson in physic.

NOTE Confidence: 0.633520515

00:06:45.960 --> 00:06:48.228 Is here to be learned the wonderful

NOTE Confidence: 0.633520515

00:06:48.228 --> 00:06:49.777 and powerful influence of the

NOTE Confidence: 0.633520515

00:06:49.777 --> 00:06:51.319 passions of the mind upon the

NOTE Confidence: 0.633520515

00:06:51.319 --> 00:06:53.070 state and disorder of the body.

NOTE Confidence: 0.633520515

00:06:53.070 --> 00:06:54.936 This is too often overlooked in

NOTE Confidence: 0.633520515

00:06:54.936 --> 00:06:56.180 the cure of diseases,

NOTE Confidence: 0.633520515

00:06:56.180 --> 00:06:57.540 which I would agree with.

NOTE Confidence: 0.76400074

00:07:00.600 --> 00:07:01.671 And further along,

NOTE Confidence: 0.76400074

00:07:01.671 --> 00:07:03.813 and another example of placebos and

NOTE Confidence: 0.76400074

00:07:03.813 --> 00:07:06.120 research famously, was Austin Flint,

NOTE Confidence: 0.76400074

00:07:06.120 --> 00:07:07.997 who studied essentially an inert

NOTE Confidence: 0.76400074

00:07:07.997 --> 00:07:09.911 tincture that he gave to patients
NOTE Confidence: 0.76400074

00:07:09.911 --> 00:07:12.040 with rheumatism and found that many
NOTE Confidence: 0.76400074

00:07:12.040 --> 00:07:13.795 people actually seemed to improve.
NOTE Confidence: 0.76400074

00:07:13.800 --> 00:07:15.444 And he concluded that the disease
NOTE Confidence: 0.76400074

00:07:15.444 --> 00:07:17.000 itself essentially is self limiting.
NOTE Confidence: 0.850143295909091

00:07:19.060 --> 00:07:21.783 Into the 1930s we had several papers
NOTE Confidence: 0.850143295909091

00:07:21.783 --> 00:07:23.972 that were published that introduced
NOTE Confidence: 0.850143295909091

00:07:23.972 --> 00:07:26.810 the idea of using placebos actively
NOTE Confidence: 0.850143295909091

00:07:26.810 --> 00:07:29.080 prospectively in clinical research,
NOTE Confidence: 0.850143295909091

00:07:29.080 --> 00:07:31.534 and in 1938 deal and colleagues
NOTE Confidence: 0.850143295909091

00:07:31.534 --> 00:07:33.798 published the first study explicitly
NOTE Confidence: 0.850143295909091

00:07:33.798 --> 00:07:35.485 describing a placebo-controlled
NOTE Confidence: 0.850143295909091

00:07:35.485 --> 00:07:38.410 condition for a cold vaccine.
NOTE Confidence: 0.850143295909091

00:07:38.410 --> 00:07:40.890 Another landmark was Henry Beechers
NOTE Confidence: 0.850143295909091

00:07:40.890 --> 00:07:43.110 1955 paper the powerful placebo,
NOTE Confidence: 0.850143295909091

00:07:43.110 --> 00:07:45.510 in which he analyzed 15 trials and found

NOTE Confidence: 0.850143295909091

00:07:45.510 --> 00:07:48.036 that the rate of response to treatment

NOTE Confidence: 0.850143295909091

00:07:48.036 --> 00:07:52.380 with placebo is stunningly high at 35%.

NOTE Confidence: 0.850143295909091

00:07:52.380 --> 00:07:55.032 On a sort of parallel track from the

NOTE Confidence: 0.850143295909091

00:07:55.032 --> 00:07:56.868 development of placebos is just the

NOTE Confidence: 0.850143295909091

00:07:56.868 --> 00:07:58.999 development of comparison conditions, right?

NOTE Confidence: 0.850143295909091

00:07:58.999 --> 00:08:01.232 And so the RCT is sometimes dated

NOTE Confidence: 0.850143295909091

00:08:01.232 --> 00:08:03.888 to the 1940s with the study of

NOTE Confidence: 0.850143295909091

00:08:03.888 --> 00:08:06.100 streptomycin for the treatment of TB.

NOTE Confidence: 0.850143295909091

00:08:06.100 --> 00:08:08.545 But elements of comparison conditions

NOTE Confidence: 0.850143295909091

00:08:08.545 --> 00:08:10.990 appeared sporadically over at least

NOTE Confidence: 0.850143295909091

00:08:11.067 --> 00:08:13.077 a few centuries prior to that.

NOTE Confidence: 0.850143295909091

00:08:13.080 --> 00:08:14.200 Common examples James Lynch,

NOTE Confidence: 0.850143295909091

00:08:14.200 --> 00:08:15.880 who's seen here in a painting.

NOTE Confidence: 0.850143295909091

00:08:15.880 --> 00:08:19.202 This is a Scottish surgeon who published

NOTE Confidence: 0.850143295909091

00:08:19.202 --> 00:08:21.946 in 19 in 1753 a prospective period

NOTE Confidence: 0.850143295909091

00:08:21.946 --> 00:08:24.698 of trial where he tested several
NOTE Confidence: 0.850143295909091

00:08:24.698 --> 00:08:27.063 different common kinds of treatments
NOTE Confidence: 0.850143295909091

00:08:27.063 --> 00:08:29.611 for scurvy and found that surprise,
NOTE Confidence: 0.850143295909091

00:08:29.611 --> 00:08:31.375 those containing citrus resulted
NOTE Confidence: 0.850143295909091

00:08:31.375 --> 00:08:33.139 in some dramatic improvement.
NOTE Confidence: 0.791992708333333

00:08:35.260 --> 00:08:37.255 And loosely, controlled trials appeared
NOTE Confidence: 0.791992708333333

00:08:37.255 --> 00:08:40.190 increasingly on the 18th and 19th centuries,
NOTE Confidence: 0.791992708333333

00:08:40.190 --> 00:08:42.530 usually run by skeptics to
NOTE Confidence: 0.791992708333333

00:08:42.530 --> 00:08:44.402 test some dubious remedies,
NOTE Confidence: 0.791992708333333

00:08:44.410 --> 00:08:46.720 alternate allocation trials, and merge.
NOTE Confidence: 0.791992708333333

00:08:46.720 --> 00:08:49.541 And this is actually probably the most
NOTE Confidence: 0.791992708333333

00:08:49.541 --> 00:08:51.335 recent methodologic ancestor of RCT's.
NOTE Confidence: 0.791992708333333

00:08:51.335 --> 00:08:54.495 And this mostly was used in trials of
NOTE Confidence: 0.791992708333333

00:08:54.495 --> 00:08:57.109 treatments for preventive measures for
NOTE Confidence: 0.791992708333333

00:08:57.109 --> 00:08:59.784 different sorts of infectious diseases,
NOTE Confidence: 0.791992708333333

00:08:59.790 --> 00:09:03.130 including this commonly cited example.

NOTE Confidence: 0.7919927083333333
00:09:03.130 --> 00:09:04.440 So this is a Danish.
NOTE Confidence: 0.7919927083333333
00:09:04.440 --> 00:09:06.455 Position Fibiger gave diphtheria antitoxin
NOTE Confidence: 0.7919927083333333
00:09:06.455 --> 00:09:09.209 to patients every other day in his
NOTE Confidence: 0.7919927083333333
00:09:09.209 --> 00:09:11.243 clinic and compared outcomes from those
NOTE Confidence: 0.7919927083333333
00:09:11.243 --> 00:09:13.367 who received it to those who did not.
NOTE Confidence: 0.71346131
00:09:17.710 --> 00:09:19.838 Concerns about selection bias
NOTE Confidence: 0.71346131
00:09:19.838 --> 00:09:21.966 and the alternate allocation
NOTE Confidence: 0.71346131
00:09:21.966 --> 00:09:24.550 model arose in about the 1930s.
NOTE Confidence: 0.71346131
00:09:24.550 --> 00:09:26.540 Max Finland, writing on some
NOTE Confidence: 0.71346131
00:09:26.540 --> 00:09:27.734 alternate allocation studies
NOTE Confidence: 0.71346131
00:09:27.734 --> 00:09:29.549 and pneumonia treatment trials,
NOTE Confidence: 0.71346131
00:09:29.550 --> 00:09:31.552 wrote that he believed that some choice
NOTE Confidence: 0.71346131
00:09:31.552 --> 00:09:33.317 might have been unconsciously exercised
NOTE Confidence: 0.71346131
00:09:33.317 --> 00:09:35.437 in selecting cases for treatment.
NOTE Confidence: 0.71346131
00:09:35.440 --> 00:09:37.848 That may be patients who are very poor
NOTE Confidence: 0.71346131

00:09:37.848 --> 00:09:39.757 or desperate might have been more,
NOTE Confidence: 0.71346131

00:09:39.760 --> 00:09:40.666 or maybe healthier,
NOTE Confidence: 0.71346131

00:09:40.666 --> 00:09:43.266 or sicker might have been put into one
NOTE Confidence: 0.71346131

00:09:43.266 --> 00:09:45.366 treatment allocation rather than another.
NOTE Confidence: 0.71346131

00:09:45.370 --> 00:09:48.268 And it wasn't until 1948 when we have this
NOTE Confidence: 0.71346131

00:09:48.268 --> 00:09:50.598 example of the Austrian Bradford Hill,
NOTE Confidence: 0.71346131

00:09:50.600 --> 00:09:53.461 who actually had the first randomized
NOTE Confidence: 0.71346131

00:09:53.461 --> 00:09:56.166 control design which introduced blinding
NOTE Confidence: 0.71346131

00:09:56.166 --> 00:09:59.852 and which ended up definitively replacing
NOTE Confidence: 0.71346131

00:09:59.852 --> 00:10:02.736 this alternate allocation method.
NOTE Confidence: 0.71346131

00:10:02.740 --> 00:10:06.080 And between then and 1970,
NOTE Confidence: 0.71346131

00:10:06.080 --> 00:10:09.320 this method gradually spread across
NOTE Confidence: 0.71346131

00:10:09.320 --> 00:10:10.464 British physicians and researchers,
NOTE Confidence: 0.71346131

00:10:10.464 --> 00:10:12.180 and then gradually into the US,
NOTE Confidence: 0.71346131

00:10:12.180 --> 00:10:15.561 where in the 1970s the FDA required
NOTE Confidence: 0.71346131

00:10:15.561 --> 00:10:17.492 that pharmaceutical companies submit

NOTE Confidence: 0.71346131

00:10:17.492 --> 00:10:19.952 RCT results with new drug applications.

NOTE Confidence: 0.71346131

00:10:19.952 --> 00:10:22.934 So this is an interesting time period,

NOTE Confidence: 0.71346131

00:10:22.940 --> 00:10:23.426 right,

NOTE Confidence: 0.71346131

00:10:23.426 --> 00:10:26.342 because it coincides almost exactly with

NOTE Confidence: 0.71346131

00:10:26.342 --> 00:10:29.770 the first wave of psychedelic research.

NOTE Confidence: 0.71346131

00:10:29.770 --> 00:10:31.410 And I think this is an important point,

NOTE Confidence: 0.71346131

00:10:31.410 --> 00:10:31.648 right?

NOTE Confidence: 0.71346131

00:10:31.648 --> 00:10:33.552 That it's not just that you know this,

NOTE Confidence: 0.71346131

00:10:33.560 --> 00:10:35.296 this this area is commonly work from

NOTE Confidence: 0.71346131

00:10:35.296 --> 00:10:37.154 this area is commonly criticized as

NOTE Confidence: 0.71346131

00:10:37.154 --> 00:10:41.749 being poorly on rigorously designed.

NOTE Confidence: 0.71346131

00:10:41.750 --> 00:10:44.144 But the reason for that was probably

NOTE Confidence: 0.71346131

00:10:44.144 --> 00:10:46.230 that these methods were not actually

NOTE Confidence: 0.71346131

00:10:46.230 --> 00:10:48.210 widely used at during that time

NOTE Confidence: 0.71346131

00:10:48.210 --> 00:10:50.410 and so some some assessments are

NOTE Confidence: 0.71346131

00:10:50.410 --> 00:10:52.485 meta analysis of studies from this
NOTE Confidence: 0.71346131

00:10:52.485 --> 00:10:54.075 time period do show that there
NOTE Confidence: 0.71346131

00:10:54.075 --> 00:10:56.067 there are some minority of studies
NOTE Confidence: 0.71346131

00:10:56.067 --> 00:10:57.207 that use randomization,
NOTE Confidence: 0.71346131

00:10:57.210 --> 00:11:00.290 blinding or rigorous outcome assessment.
NOTE Confidence: 0.71346131

00:11:00.290 --> 00:11:01.585 But these were mostly toward
NOTE Confidence: 0.71346131

00:11:01.585 --> 00:11:02.880 the end of this period,
NOTE Confidence: 0.71346131

00:11:02.880 --> 00:11:04.655 shortly before the research went
NOTE Confidence: 0.71346131

00:11:04.655 --> 00:11:06.430 dormant for about 30 years.
NOTE Confidence: 0.8122352233333333

00:11:09.110 --> 00:11:10.054 And now we're finding
NOTE Confidence: 0.8122352233333333

00:11:10.054 --> 00:11:11.234 ourselves in the second wave.
NOTE Confidence: 0.8122352233333333

00:11:11.240 --> 00:11:13.515 We're surfing the 2nd wave of of
NOTE Confidence: 0.8122352233333333

00:11:13.515 --> 00:11:15.554 all this research where, you know,
NOTE Confidence: 0.8122352233333333

00:11:15.554 --> 00:11:17.366 places like here at Hopkins Imperial,
NOTE Confidence: 0.8122352233333333

00:11:17.370 --> 00:11:19.488 across the pond, NYU have employed
NOTE Confidence: 0.8122352233333333

00:11:19.488 --> 00:11:21.809 a much more rigorous study design.

NOTE Confidence: 0.8122352233333333
00:11:21.810 --> 00:11:25.188 We've started in healthy individuals and
NOTE Confidence: 0.8122352233333333
00:11:25.188 --> 00:11:28.490 moved gradually into clinical populations.
NOTE Confidence: 0.8122352233333333
00:11:28.490 --> 00:11:31.290 And while we are indeed more rigorous
NOTE Confidence: 0.8122352233333333
00:11:31.290 --> 00:11:34.170 with our outcomes assessment and design,
NOTE Confidence: 0.8122352233333333
00:11:34.170 --> 00:11:36.030 there's still actually pretty few
NOTE Confidence: 0.8122352233333333
00:11:36.030 --> 00:11:37.864 RCT's and many more open label studies.
NOTE Confidence: 0.8122352233333333
00:11:37.870 --> 00:11:41.502 And RCT's have used a variety of control
NOTE Confidence: 0.8122352233333333
00:11:41.502 --> 00:11:43.940 conditions including wait list control,
NOTE Confidence: 0.8122352233333333
00:11:43.940 --> 00:11:45.470 a true placebo,
NOTE Confidence: 0.8122352233333333
00:11:45.470 --> 00:11:47.670 very low dose classic psychedelics,
NOTE Confidence: 0.8122352233333333
00:11:47.670 --> 00:11:49.404 non psychotropic active
NOTE Confidence: 0.8122352233333333
00:11:49.404 --> 00:11:52.294 placebos like niacin or zinc.
NOTE Confidence: 0.8122352233333333
00:11:52.300 --> 00:11:55.400 And psychotropic comparator drugs of
NOTE Confidence: 0.8122352233333333
00:11:55.400 --> 00:11:57.880 alternative mechanisms to psychedelics,
NOTE Confidence: 0.8122352233333333
00:11:57.880 --> 00:11:59.650 but might have some overlapping
NOTE Confidence: 0.8122352233333333

00:11:59.650 --> 00:12:00.358 psychotropic effects.
NOTE Confidence: 0.8122352233333333

00:12:00.360 --> 00:12:03.512 Let's be like methylphenidate,
NOTE Confidence: 0.8122352233333333

00:12:03.512 --> 00:12:04.300 dextromethorphan.
NOTE Confidence: 0.8122352233333333

00:12:04.300 --> 00:12:06.160 And we have some problems
NOTE Confidence: 0.8122352233333333

00:12:06.160 --> 00:12:07.640 in the second wave still,
NOTE Confidence: 0.8122352233333333

00:12:07.640 --> 00:12:09.548 unfortunately and so glaring.
NOTE Confidence: 0.8122352233333333

00:12:09.548 --> 00:12:12.048 Problem number one is that subjective
NOTE Confidence: 0.8122352233333333

00:12:12.048 --> 00:12:14.540 drug effects often lead to unblinding for
NOTE Confidence: 0.8122352233333333

00:12:14.609 --> 00:12:16.809 both participants and research staff.
NOTE Confidence: 0.8122352233333333

00:12:16.810 --> 00:12:19.850 And probably raters too.
NOTE Confidence: 0.8122352233333333

00:12:19.850 --> 00:12:22.166 Even in one of the earliest
NOTE Confidence: 0.8122352233333333

00:12:22.166 --> 00:12:23.710 papers from this era,
NOTE Confidence: 0.8122352233333333

00:12:23.710 --> 00:12:25.057 which compared administration
NOTE Confidence: 0.8122352233333333

00:12:25.057 --> 00:12:26.853 and methylphenidate to cell
NOTE Confidence: 0.8122352233333333

00:12:26.853 --> 00:12:29.030 cybern and healthy participants,
NOTE Confidence: 0.8122352233333333

00:12:29.030 --> 00:12:31.352 a good 3/4 of the participants

NOTE Confidence: 0.8122352233333333

00:12:31.352 --> 00:12:33.368 were able to correctly identify

NOTE Confidence: 0.8122352233333333

00:12:33.368 --> 00:12:35.684 what study arm they were in.

NOTE Confidence: 0.8122352233333333

00:12:35.690 --> 00:12:37.587 And in a much more recent trial

NOTE Confidence: 0.8122352233333333

00:12:37.587 --> 00:12:39.249 that reported on these results,

NOTE Confidence: 0.8122352233333333

00:12:39.250 --> 00:12:41.845 over 90% of participants and

NOTE Confidence: 0.8122352233333333

00:12:41.845 --> 00:12:43.402 therapists correctly guessed

NOTE Confidence: 0.8122352233333333

00:12:43.402 --> 00:12:46.021 treatment allocation in a study of

NOTE Confidence: 0.8122352233333333

00:12:46.021 --> 00:12:47.529 suicide in versus diphenhydramine

NOTE Confidence: 0.8122352233333333

00:12:47.529 --> 00:12:49.278 for alcohol use disorder.

NOTE Confidence: 0.90092511

00:12:54.170 --> 00:12:55.523 And this is a problem, right,

NOTE Confidence: 0.90092511

00:12:55.523 --> 00:12:57.364 because the whole point of blinding is

NOTE Confidence: 0.90092511

00:12:57.364 --> 00:12:59.163 to limit the occurrence of conscious

NOTE Confidence: 0.90092511

00:12:59.163 --> 00:13:00.999 and unconscious bias in the conduct

NOTE Confidence: 0.90092511

00:13:01.055 --> 00:13:02.760 and interpretation of our research.

NOTE Confidence: 0.90092511

00:13:02.760 --> 00:13:04.944 And the essential aim is not met,

NOTE Confidence: 0.90092511

00:13:04.950 --> 00:13:06.435 which is to prevent identification
NOTE Confidence: 0.90092511

00:13:06.435 --> 00:13:08.310 of treatments and to all such
NOTE Confidence: 0.90092511

00:13:08.310 --> 00:13:09.990 opportunities for bias have passed.
NOTE Confidence: 0.90092511

00:13:09.990 --> 00:13:12.742 And this leads us into trouble with things
NOTE Confidence: 0.90092511

00:13:12.742 --> 00:13:15.069 like recruitment and allocation of subjects,
NOTE Confidence: 0.90092511

00:13:15.070 --> 00:13:16.372 their subsequent care,
NOTE Confidence: 0.90092511

00:13:16.372 --> 00:13:19.410 the attitudes of subjects to the treatment,
NOTE Confidence: 0.90092511

00:13:19.410 --> 00:13:20.406 the assessment endpoints,
NOTE Confidence: 0.90092511

00:13:20.406 --> 00:13:21.734 the handling of withdrawals,
NOTE Confidence: 0.90092511

00:13:21.740 --> 00:13:23.168 etcetera, etcetera, etcetera.
NOTE Confidence: 0.740820774166667

00:13:25.250 --> 00:13:26.442 Umm. Function on blinding,
NOTE Confidence: 0.740820774166667

00:13:26.442 --> 00:13:29.050 which is what happens in all these studies,
NOTE Confidence: 0.740820774166667

00:13:29.050 --> 00:13:30.893 can lead to no sibo effects, right?
NOTE Confidence: 0.740820774166667

00:13:30.893 --> 00:13:32.997 So especially if you can imagine in a
NOTE Confidence: 0.740820774166667

00:13:32.997 --> 00:13:34.969 design without any crossover condition,
NOTE Confidence: 0.740820774166667

00:13:34.970 --> 00:13:36.510 the participant with depression,

NOTE Confidence: 0.740820774166667

00:13:36.510 --> 00:13:37.665 severe depression that's

NOTE Confidence: 0.740820774166667

00:13:37.665 --> 00:13:39.110 been intractable might come.

NOTE Confidence: 0.740820774166667

00:13:39.110 --> 00:13:41.812 And really expect to have a high

NOTE Confidence: 0.740820774166667

00:13:41.812 --> 00:13:43.384 expectation for improvement for

NOTE Confidence: 0.740820774166667

00:13:43.384 --> 00:13:45.424 this very much hyped wonder drug.

NOTE Confidence: 0.740820774166667

00:13:45.430 --> 00:13:47.254 Believe and probably be quite certain

NOTE Confidence: 0.740820774166667

00:13:47.254 --> 00:13:49.305 that they received a placebo and

NOTE Confidence: 0.740820774166667

00:13:49.305 --> 00:13:51.255 1st face some further demoralization

NOTE Confidence: 0.740820774166667

00:13:51.255 --> 00:13:52.494 or disappointment, right?

NOTE Confidence: 0.740820774166667

00:13:52.494 --> 00:13:54.712 So it might actually worsen

NOTE Confidence: 0.740820774166667

00:13:54.712 --> 00:13:55.918 or depressive symptoms.

NOTE Confidence: 0.740820774166667

00:13:55.918 --> 00:13:57.124 Compared to say,

NOTE Confidence: 0.740820774166667

00:13:57.130 --> 00:13:59.398 it's just not been in the trial at all.

NOTE Confidence: 0.740820774166667

00:13:59.400 --> 00:14:01.854 And nocebo effects can lead to

NOTE Confidence: 0.740820774166667

00:14:01.854 --> 00:14:03.490 overestimation of differences between

NOTE Confidence: 0.740820774166667

00:14:03.554 --> 00:14:05.478 placebo and experimental groups.
NOTE Confidence: 0.740820774166667

00:14:05.480 --> 00:14:07.172 And this can be compounded further
NOTE Confidence: 0.740820774166667

00:14:07.172 --> 00:14:08.550 by therapists and blinding, right?
NOTE Confidence: 0.740820774166667

00:14:08.550 --> 00:14:10.300 So you can imagine if a therapist
NOTE Confidence: 0.740820774166667

00:14:10.300 --> 00:14:12.554 at one of our these centers has been
NOTE Confidence: 0.740820774166667

00:14:12.554 --> 00:14:14.628 doing this research and they're very
NOTE Confidence: 0.740820774166667

00:14:14.628 --> 00:14:16.838 enthusiastic about psychedelic assisted care.
NOTE Confidence: 0.740820774166667

00:14:16.840 --> 00:14:19.008 Get a sense that maybe somebody did not
NOTE Confidence: 0.740820774166667

00:14:19.008 --> 00:14:21.340 receive so cybin or some other psychedelic,
NOTE Confidence: 0.740820774166667

00:14:21.340 --> 00:14:24.340 they might unwittingly or wittingly
NOTE Confidence: 0.740820774166667

00:14:24.340 --> 00:14:26.398 send messages or signals to them to
NOTE Confidence: 0.740820774166667

00:14:26.398 --> 00:14:28.559 reinforce some of the negative outcomes.
NOTE Confidence: 0.740820774166667

00:14:28.560 --> 00:14:29.500 Though, of course, you know,
NOTE Confidence: 0.740820774166667

00:14:29.500 --> 00:14:31.240 like for example, we might have,
NOTE Confidence: 0.740820774166667

00:14:31.240 --> 00:14:32.780 we, we know you didn't get the
NOTE Confidence: 0.740820774166667

00:14:32.780 --> 00:14:34.178 treatment or like we're so sorry,

NOTE Confidence: 0.740820774166667
00:14:34.180 --> 00:14:35.072 this is so horrible,
NOTE Confidence: 0.740820774166667
00:14:35.072 --> 00:14:35.964 that sort of thing.
NOTE Confidence: 0.875539086875
00:14:38.470 --> 00:14:39.517 Glaring problem #2,
NOTE Confidence: 0.875539086875
00:14:39.517 --> 00:14:41.611 which is where we're going to
NOTE Confidence: 0.875539086875
00:14:41.611 --> 00:14:43.870 spend a little bit more time today.
NOTE Confidence: 0.875539086875
00:14:43.870 --> 00:14:45.421 Secondly, assisted therapy
NOTE Confidence: 0.875539086875
00:14:45.421 --> 00:14:47.489 is a hybrid intervention.
NOTE Confidence: 0.875539086875
00:14:47.490 --> 00:14:50.658 It involves both a drug and
NOTE Confidence: 0.875539086875
00:14:50.658 --> 00:14:52.242 psychotherapy and basically
NOTE Confidence: 0.875539086875
00:14:52.242 --> 00:14:54.418 every setting and contextual
NOTE Confidence: 0.875539086875
00:14:54.418 --> 00:14:56.314 factors along with psychotherapy
NOTE Confidence: 0.875539086875
00:14:56.314 --> 00:14:58.210 likely make some independent
NOTE Confidence: 0.875539086875
00:14:58.274 --> 00:15:00.518 contribution to symptom improvement.
NOTE Confidence: 0.875539086875
00:15:00.520 --> 00:15:02.382 And sentence setting is a is a
NOTE Confidence: 0.875539086875
00:15:02.382 --> 00:15:03.908 term that's kind of frequently
NOTE Confidence: 0.875539086875

00:15:03.908 --> 00:15:05.568 thrown around in this area,
NOTE Confidence: 0.875539086875

00:15:05.570 --> 00:15:08.258 which I'll describe in the next slide.
NOTE Confidence: 0.875539086875

00:15:08.260 --> 00:15:10.045 I would argue that psychotherapy
NOTE Confidence: 0.875539086875

00:15:10.045 --> 00:15:11.830 effects occur even when there
NOTE Confidence: 0.875539086875

00:15:11.889 --> 00:15:13.557 is no explicit psychotherapy.
NOTE Confidence: 0.875539086875

00:15:13.560 --> 00:15:17.448 Modality used like CBT or ACT or am I?
NOTE Confidence: 0.875539086875

00:15:17.450 --> 00:15:19.238 And they arise just by nature
NOTE Confidence: 0.875539086875

00:15:19.238 --> 00:15:20.430 of the interaction between
NOTE Confidence: 0.875539086875

00:15:20.486 --> 00:15:22.186 participant and the study staff.
NOTE Confidence: 0.875539086875

00:15:22.190 --> 00:15:25.166 Some of the preparation that has to happen
NOTE Confidence: 0.875539086875

00:15:25.166 --> 00:15:27.650 of explaining drug effects to a person,
NOTE Confidence: 0.875539086875

00:15:27.650 --> 00:15:28.942 gaining rapport with them,
NOTE Confidence: 0.875539086875

00:15:28.942 --> 00:15:31.246 all of those settings are places where
NOTE Confidence: 0.875539086875

00:15:31.246 --> 00:15:33.076 these kinds of effects can arise,
NOTE Confidence: 0.875539086875

00:15:33.080 --> 00:15:35.540 and we'll talk more about this.
NOTE Confidence: 0.875539086875

00:15:35.540 --> 00:15:38.054 And these effects are very challenging

NOTE Confidence: 0.875539086875

00:15:38.054 --> 00:15:40.360 to standardize and to measure.

NOTE Confidence: 0.875539086875

00:15:40.360 --> 00:15:42.730 So psychotherapy is kind of baked

NOTE Confidence: 0.875539086875

00:15:42.730 --> 00:15:45.660 into the cake is my opinion here.

NOTE Confidence: 0.875539086875

00:15:45.660 --> 00:15:46.636 And so sentence setting.

NOTE Confidence: 0.875539086875

00:15:46.636 --> 00:15:48.483 It's is a term that's used frequently

NOTE Confidence: 0.875539086875

00:15:48.483 --> 00:15:50.133 in the psychedelic sphere and

NOTE Confidence: 0.875539086875

00:15:50.133 --> 00:15:51.453 refers to the psychological,

NOTE Confidence: 0.875539086875

00:15:51.460 --> 00:15:51.858 environmental,

NOTE Confidence: 0.875539086875

00:15:51.858 --> 00:15:53.848 and social factors that can

NOTE Confidence: 0.875539086875

00:15:53.848 --> 00:15:55.440 affect the psychedelic experience.

NOTE Confidence: 0.875539086875

00:15:55.440 --> 00:15:57.876 It's a term coined by Tim Leary

NOTE Confidence: 0.875539086875

00:15:57.876 --> 00:15:59.320 in the early 60s.

NOTE Confidence: 0.875539086875

00:15:59.320 --> 00:16:01.728 And early notions of sentence setting sort

NOTE Confidence: 0.875539086875

00:16:01.728 --> 00:16:04.307 of recognize that psychedelics might act as,

NOTE Confidence: 0.875539086875

00:16:04.310 --> 00:16:05.860 quote UN quote nonspecific amplifiers

NOTE Confidence: 0.875539086875

00:16:05.860 --> 00:16:08.190 of the contents of the consciousness.
NOTE Confidence: 0.875539086875

00:16:08.190 --> 00:16:10.854 And so the the aim was to improve
NOTE Confidence: 0.875539086875

00:16:10.854 --> 00:16:13.771 the contents of the consciousness by
NOTE Confidence: 0.875539086875

00:16:13.771 --> 00:16:15.400 introducing pleasing surroundings
NOTE Confidence: 0.875539086875

00:16:15.400 --> 00:16:18.475 or warm interactions with with staff
NOTE Confidence: 0.875539086875

00:16:18.475 --> 00:16:21.930 and other sorts of factors like that.
NOTE Confidence: 0.875539086875

00:16:21.930 --> 00:16:24.106 And so preparation, expectation,
NOTE Confidence: 0.875539086875

00:16:24.106 --> 00:16:24.650 environment,
NOTE Confidence: 0.875539086875

00:16:24.650 --> 00:16:26.426 even broader cultural attitudes
NOTE Confidence: 0.875539086875

00:16:26.426 --> 00:16:28.646 might shape acute drug effects,
NOTE Confidence: 0.875539086875

00:16:28.650 --> 00:16:29.700 even some of the hype.
NOTE Confidence: 0.875539086875

00:16:29.700 --> 00:16:30.537 That we're seeing,
NOTE Confidence: 0.875539086875

00:16:30.537 --> 00:16:31.932 we're on psychedelics are likely
NOTE Confidence: 0.875539086875

00:16:31.932 --> 00:16:33.433 changing some of the acute drug
NOTE Confidence: 0.875539086875

00:16:33.433 --> 00:16:34.771 effects that we're seeing and that
NOTE Confidence: 0.875539086875

00:16:34.823 --> 00:16:36.755 might affect longer term therapeutic benefit.

NOTE Confidence: 0.832173125454546
00:16:38.900 --> 00:16:40.064 Natalie, do you mind if I
NOTE Confidence: 0.832173125454546
00:16:40.064 --> 00:16:41.330 jump in with a question?
NOTE Confidence: 0.609311596666667
00:16:42.020 --> 00:16:42.869 I already did.
NOTE Confidence: 0.852136755
00:16:42.880 --> 00:16:44.068 So I hope you don't mind.
NOTE Confidence: 0.691576996
00:16:44.080 --> 00:16:44.960 Yeah, you go for it.
NOTE Confidence: 0.691576996
00:16:44.960 --> 00:16:47.670 Chris, I just want to comment
NOTE Confidence: 0.83181146
00:16:47.680 --> 00:16:49.564 that everything you're saying over the
NOTE Confidence: 0.83181146
00:16:49.564 --> 00:16:52.054 last two slides, which I, you know,
NOTE Confidence: 0.83181146
00:16:52.054 --> 00:16:54.170 strongly agree with about how psychotherapy
NOTE Confidence: 0.83181146
00:16:54.170 --> 00:16:56.778 is happening even if you don't mean to.
NOTE Confidence: 0.83181146
00:16:56.780 --> 00:16:58.712 And you know, how set and setting
NOTE Confidence: 0.83181146
00:16:58.712 --> 00:17:00.180 are are likely to matter.
NOTE Confidence: 0.83181146
00:17:00.180 --> 00:17:01.924 I think that's true of of
NOTE Confidence: 0.83181146
00:17:01.924 --> 00:17:03.934 of all of our interventions.
NOTE Confidence: 0.83181146
00:17:03.940 --> 00:17:07.460 I think it's acute in the case of
NOTE Confidence: 0.83181146

00:17:07.460 --> 00:17:09.073 psychedelics talking about it.
NOTE Confidence: 0.83181146

00:17:09.073 --> 00:17:10.246 And that's good.
NOTE Confidence: 0.83181146

00:17:10.250 --> 00:17:13.226 But one I hope you know,
NOTE Confidence: 0.83181146

00:17:13.230 --> 00:17:15.730 good outcome of these conversations
NOTE Confidence: 0.83181146

00:17:15.730 --> 00:17:18.230 that the psychedelics are forcing
NOTE Confidence: 0.83181146

00:17:18.310 --> 00:17:20.704 into the mainstream is to recognize
NOTE Confidence: 0.83181146

00:17:20.704 --> 00:17:23.315 the extent to which these these
NOTE Confidence: 0.83181146

00:17:23.315 --> 00:17:26.141 issues are also true with more
NOTE Confidence: 0.83181146

00:17:26.141 --> 00:17:29.070 traditional mainstream like.
NOTE Confidence: 0.83181146

00:17:29.070 --> 00:17:30.630 Treatment and and contribute to
NOTE Confidence: 0.83181146

00:17:30.630 --> 00:17:32.190 placebo control and contribute to
NOTE Confidence: 0.83181146

00:17:32.246 --> 00:17:33.661 much of the clinical improvement
NOTE Confidence: 0.83181146

00:17:33.661 --> 00:17:35.470 of our patients outside of studies
NOTE Confidence: 0.8082886625

00:17:35.540 --> 00:17:37.436 for sure. Yeah, I would agree with that.
NOTE Confidence: 0.8082886625

00:17:37.440 --> 00:17:39.792 I would argue though that probably
NOTE Confidence: 0.8082886625

00:17:39.792 --> 00:17:42.232 psychologist therapy is a special case

NOTE Confidence: 0.8082886625

00:17:42.232 --> 00:17:45.025 of an especially potent version of what

NOTE Confidence: 0.8082886625

00:17:45.025 --> 00:17:47.121 normally happens in therapy happening

NOTE Confidence: 0.8082886625

00:17:47.121 --> 00:17:49.700 in like a very concentrated form and

NOTE Confidence: 0.8082886625

00:17:49.700 --> 00:17:51.860 we'll get into all of that about why,

NOTE Confidence: 0.8082886625

00:17:51.860 --> 00:17:53.030 why I think that is.

NOTE Confidence: 0.7139288

00:17:54.290 --> 00:17:56.120 That there's a huge difference

NOTE Confidence: 0.870088

00:17:56.130 --> 00:17:59.200 in the dose. Of psychotherapy

NOTE Confidence: 0.82835284

00:17:59.290 --> 00:18:01.250 the way that it's right piece

NOTE Confidence: 0.82835284

00:18:01.250 --> 00:18:03.538 used in psychedelic treatment.

NOTE Confidence: 0.91528873

00:18:03.550 --> 00:18:07.070 I mean people get almost 16 hours of.

NOTE Confidence: 0.91528873

00:18:07.070 --> 00:18:09.294 Psychotherapy across the course

NOTE Confidence: 0.91528873

00:18:09.294 --> 00:18:12.050 of a typical psychedelic,

NOTE Confidence: 0.91528873

00:18:12.050 --> 00:18:13.030 you know, treatment program,

NOTE Confidence: 0.91528873

00:18:13.030 --> 00:18:14.810 which is more than what most people

NOTE Confidence: 0.83037063

00:18:14.820 --> 00:18:18.620 get in an entire year, right in regular care.

NOTE Confidence: 0.828228054166667

00:18:18.770 --> 00:18:20.142 And I wasn't sure what the what
NOTE Confidence: 0.828228054166667

00:18:20.142 --> 00:18:21.140 the audience for this was.
NOTE Confidence: 0.828228054166667

00:18:21.140 --> 00:18:24.584 And I I've considered making an explicit
NOTE Confidence: 0.828228054166667

00:18:24.590 --> 00:18:26.291 slide just about like what the contents
NOTE Confidence: 0.828228054166667

00:18:26.291 --> 00:18:28.200 of a typical intervention looks like.
NOTE Confidence: 0.828228054166667

00:18:28.200 --> 00:18:30.608 But that's absolutely right that you know,
NOTE Confidence: 0.828228054166667

00:18:30.610 --> 00:18:32.914 I'll just briefly say that in a in a
NOTE Confidence: 0.828228054166667

00:18:32.914 --> 00:18:35.028 study here, for example, of depression,
NOTE Confidence: 0.828228054166667

00:18:35.028 --> 00:18:37.550 a person will get 8 hours of.
NOTE Confidence: 0.828228054166667

00:18:37.550 --> 00:18:39.308 2 therapists in a room together
NOTE Confidence: 0.828228054166667

00:18:39.308 --> 00:18:40.864 with a patient where they'll
NOTE Confidence: 0.828228054166667

00:18:40.864 --> 00:18:42.796 talk at length about their life,
NOTE Confidence: 0.828228054166667

00:18:42.800 --> 00:18:45.397 about their problems, that sort of thing.
NOTE Confidence: 0.828228054166667

00:18:45.400 --> 00:18:46.798 And then of course they're there
NOTE Confidence: 0.828228054166667

00:18:46.798 --> 00:18:48.253 for the entirety of drug effects
NOTE Confidence: 0.828228054166667

00:18:48.253 --> 00:18:49.438 of one or more sessions.

NOTE Confidence: 0.828228054166667
00:18:49.440 --> 00:18:51.060 They're both there for next day,
NOTE Confidence: 0.828228054166667
00:18:51.060 --> 00:18:54.240 follow up one week, follow up monthly,
NOTE Confidence: 0.828228054166667
00:18:54.240 --> 00:18:55.620 long term follow-ups.
NOTE Confidence: 0.828228054166667
00:18:55.620 --> 00:18:59.208 That's quite a lot of therapy and people.
NOTE Confidence: 0.828228054166667
00:18:59.208 --> 00:19:02.106 Seem to to stick with it too.
NOTE Confidence: 0.828228054166667
00:19:02.110 --> 00:19:03.970 Unlike in many studies of psychotherapy
NOTE Confidence: 0.828228054166667
00:19:03.970 --> 00:19:05.849 where there's a lot of dropout,
NOTE Confidence: 0.828228054166667
00:19:05.850 --> 00:19:06.890 at least at least here,
NOTE Confidence: 0.828228054166667
00:19:06.890 --> 00:19:08.906 for the most part people tend to
NOTE Confidence: 0.828228054166667
00:19:08.906 --> 00:19:10.769 stick around for whatever reason.
NOTE Confidence: 0.828228054166667
00:19:10.770 --> 00:19:10.940 That
NOTE Confidence: 0.823906578571429
00:19:10.950 --> 00:19:12.119 does raise the question, if you like,
NOTE Confidence: 0.823906578571429
00:19:12.120 --> 00:19:13.195 to the extent that psychedelics
NOTE Confidence: 0.823906578571429
00:19:13.195 --> 00:19:14.491 are different in the terms of
NOTE Confidence: 0.823906578571429
00:19:14.491 --> 00:19:15.559 the the dose and the magnitude
NOTE Confidence: 0.823906578571429

00:19:15.559 --> 00:19:16.729 of the effects of these things,
NOTE Confidence: 0.823906578571429

00:19:16.730 --> 00:19:18.752 is that that because of the
NOTE Confidence: 0.823906578571429

00:19:18.752 --> 00:19:20.730 psychedelics or because of the dose?
NOTE Confidence: 0.823906578571429

00:19:20.730 --> 00:19:22.180 The answer is probably both.
NOTE Confidence: 0.71552882

00:19:22.910 --> 00:19:28.758 Hard to say, yeah. All right, so.
NOTE Confidence: 0.71552882

00:19:28.760 --> 00:19:30.344 This is a fun quote from
NOTE Confidence: 0.71552882

00:19:30.344 --> 00:19:31.400 my colleague Matt Johnson,
NOTE Confidence: 0.71552882

00:19:31.400 --> 00:19:33.134 who writes psychedelic therapy is more
NOTE Confidence: 0.71552882

00:19:33.134 --> 00:19:34.610 psychotherapy than most pharma companies
NOTE Confidence: 0.71552882

00:19:34.610 --> 00:19:36.514 and neuroscientists know how to deal with,
NOTE Confidence: 0.71552882

00:19:36.520 --> 00:19:38.224 and more pharmacology than most psycho
NOTE Confidence: 0.71552882

00:19:38.224 --> 00:19:39.879 therapists know how to deal with.
NOTE Confidence: 0.71552882

00:19:39.880 --> 00:19:42.250 So it's a kind of sneaky.
NOTE Confidence: 0.71552882

00:19:42.250 --> 00:19:44.518 Little intervention that can be kind
NOTE Confidence: 0.71552882

00:19:44.518 --> 00:19:47.140 of complicated and unlike for typical
NOTE Confidence: 0.71552882

00:19:47.140 --> 00:19:49.000 placebo-controlled RCT's for other

NOTE Confidence: 0.71552882

00:19:49.000 --> 00:19:51.361 drugs where investigators are striving

NOTE Confidence: 0.71552882

00:19:51.361 --> 00:19:54.073 to minimize those factors that are

NOTE Confidence: 0.71552882

00:19:54.073 --> 00:19:56.347 known to boost placebo response,

NOTE Confidence: 0.71552882

00:19:56.350 --> 00:19:58.040 which is especially important when

NOTE Confidence: 0.71552882

00:19:58.040 --> 00:19:59.730 the clinical target that we're

NOTE Confidence: 0.71552882

00:19:59.790 --> 00:20:01.575 looking at is known to have a

NOTE Confidence: 0.71552882

00:20:01.575 --> 00:20:02.969 very large response to placebo.

NOTE Confidence: 0.71552882

00:20:02.970 --> 00:20:06.729 That would include depression and pain which

NOTE Confidence: 0.71552882

00:20:06.729 --> 00:20:10.420 have responses in the range of 30 to 40%.

NOTE Confidence: 0.71552882

00:20:10.420 --> 00:20:12.044 So in most in most cases these are

NOTE Confidence: 0.71552882

00:20:12.044 --> 00:20:13.800 are are sort of driven down in an

NOTE Confidence: 0.71552882

00:20:13.800 --> 00:20:15.398 effort to to really understand what

NOTE Confidence: 0.71552882

00:20:15.398 --> 00:20:17.088 the actual treatment effects are,

NOTE Confidence: 0.71552882

00:20:17.090 --> 00:20:17.371 right,

NOTE Confidence: 0.71552882

00:20:17.371 --> 00:20:19.057 not any kind of placebo enhancement

NOTE Confidence: 0.71552882

00:20:19.057 --> 00:20:20.399 effects or anything like that.

NOTE Confidence: 0.71552882

00:20:20.400 --> 00:20:22.770 But those factors that boost placebo

NOTE Confidence: 0.71552882

00:20:22.770 --> 00:20:24.835 response are rife and psychedelic

NOTE Confidence: 0.71552882

00:20:24.835 --> 00:20:27.289 assisted treatment and in many cases

NOTE Confidence: 0.71552882

00:20:27.289 --> 00:20:30.124 are sort of touted to be necessary

NOTE Confidence: 0.71552882

00:20:30.124 --> 00:20:32.129 for both safety and efficacy.

NOTE Confidence: 0.71552882

00:20:32.130 --> 00:20:34.146 And so it's very hard to actually

NOTE Confidence: 0.71552882

00:20:34.146 --> 00:20:36.067 design a study especially right now

NOTE Confidence: 0.71552882

00:20:36.067 --> 00:20:38.377 when we're still in the early days

NOTE Confidence: 0.71552882

00:20:38.445 --> 00:20:40.429 to to to look at that piece meal.

NOTE Confidence: 0.71552882

00:20:40.430 --> 00:20:41.886 And in many ways,

NOTE Confidence: 0.71552882

00:20:41.886 --> 00:20:43.706 clinical trials of psychedelics tend

NOTE Confidence: 0.71552882

00:20:43.706 --> 00:20:45.982 to resemble psychotherapy research much

NOTE Confidence: 0.71552882

00:20:45.982 --> 00:20:48.742 more than the average pharma study.

NOTE Confidence: 0.71552882

00:20:48.750 --> 00:20:51.221 And an illustration I like to pull

NOTE Confidence: 0.71552882

00:20:51.221 --> 00:20:54.618 out of of those of what we know about.

NOTE Confidence: 0.71552882

00:20:54.620 --> 00:20:57.356 Contextual factors that tend to enhance

NOTE Confidence: 0.71552882

00:20:57.356 --> 00:20:59.180 placebo responses interesting study

NOTE Confidence: 0.71552882

00:20:59.245 --> 00:21:01.467 by kaptchuk and colleagues and 2008

NOTE Confidence: 0.71552882

00:21:01.467 --> 00:21:03.849 where they did a stepwise manipulation

NOTE Confidence: 0.71552882

00:21:03.849 --> 00:21:06.829 of factors known to enhance placebo effect.

NOTE Confidence: 0.71552882

00:21:06.830 --> 00:21:09.870 And they did so in A3 ARM study

NOTE Confidence: 0.71552882

00:21:09.870 --> 00:21:12.532 of people with IBS in which folks

NOTE Confidence: 0.71552882

00:21:12.532 --> 00:21:14.302 are randomized to receive either

NOTE Confidence: 0.71552882

00:21:14.302 --> 00:21:16.190 a waiting list intervention,

NOTE Confidence: 0.71552882

00:21:16.190 --> 00:21:18.605 sham acupuncture plus a limited

NOTE Confidence: 0.71552882

00:21:18.605 --> 00:21:20.537 patient practitioner relationship or

NOTE Confidence: 0.71552882

00:21:20.537 --> 00:21:23.511 sham acupuncture plus an augmented

NOTE Confidence: 0.71552882

00:21:23.511 --> 00:21:25.326 patient practitioner relationship.

NOTE Confidence: 0.71552882

00:21:25.330 --> 00:21:25.898 So.

NOTE Confidence: 0.71552882

00:21:25.898 --> 00:21:28.738 Folks ventured if they entered

NOTE Confidence: 0.71552882

00:21:28.738 --> 00:21:31.010 a sham acupuncture arm,
NOTE Confidence: 0.71552882

00:21:31.010 --> 00:21:33.453 they received 6 to 8 dummy needles
NOTE Confidence: 0.71552882

00:21:33.453 --> 00:21:35.538 that were placed over the course
NOTE Confidence: 0.71552882

00:21:35.538 --> 00:21:37.458 of about 20 minutes or so.
NOTE Confidence: 0.71552882

00:21:37.460 --> 00:21:39.692 And if you're in the limited arm of
NOTE Confidence: 0.71552882

00:21:39.692 --> 00:21:41.909 the sham acupuncture intervention,
NOTE Confidence: 0.71552882

00:21:41.910 --> 00:21:43.638 you got kind of a a cranky person
NOTE Confidence: 0.71552882

00:21:43.638 --> 00:21:45.392 who entered the room stated that
NOTE Confidence: 0.71552882

00:21:45.392 --> 00:21:46.977 they had reviewed the patient's
NOTE Confidence: 0.71552882

00:21:46.977 --> 00:21:48.914 questionnaire and quote, knew what to do.
NOTE Confidence: 0.71552882

00:21:48.914 --> 00:21:50.923 And they explained that this was a
NOTE Confidence: 0.71552882

00:21:50.923 --> 00:21:52.879 scientific study for which they've been
NOTE Confidence: 0.71552882

00:21:52.879 --> 00:21:55.189 instructed not to converse with patients.
NOTE Confidence: 0.71552882

00:21:55.190 --> 00:21:57.302 They placed the placebo needles into
NOTE Confidence: 0.71552882

00:21:57.302 --> 00:21:59.288 these fake acupuncture sites and then
NOTE Confidence: 0.71552882

00:21:59.288 --> 00:22:01.368 left the patient alone in a quiet room,

NOTE Confidence: 0.71552882
00:22:01.370 --> 00:22:03.070 after which they returned and
NOTE Confidence: 0.71552882
00:22:03.070 --> 00:22:04.770 removed the needles and left.
NOTE Confidence: 0.71552882
00:22:04.770 --> 00:22:07.969 Or people were randomized to an augmented.
NOTE Confidence: 0.71552882
00:22:07.970 --> 00:22:09.500 Practitioner relationship intervention,
NOTE Confidence: 0.71552882
00:22:09.500 --> 00:22:13.620 in which the person who was doing the
NOTE Confidence: 0.71552882
00:22:13.620 --> 00:22:15.995 intervention was instructed to incorporate
NOTE Confidence: 0.71552882
00:22:15.995 --> 00:22:18.670 at least five primary behaviors,
NOTE Confidence: 0.71552882
00:22:18.670 --> 00:22:21.730 including a warm, friendly manner.
NOTE Confidence: 0.71552882
00:22:21.730 --> 00:22:23.230 Active listening.
NOTE Confidence: 0.71552882
00:22:23.230 --> 00:22:25.480 Demonstration of empathy,
NOTE Confidence: 0.71552882
00:22:25.480 --> 00:22:27.658 communication of confidence
NOTE Confidence: 0.71552882
00:22:27.658 --> 00:22:29.836 and positive expectation.
NOTE Confidence: 0.71552882
00:22:29.840 --> 00:22:31.720 20 seconds of thoughtful silence
NOTE Confidence: 0.71552882
00:22:31.720 --> 00:22:33.600 while feeling the pulse and
NOTE Confidence: 0.71552882
00:22:33.663 --> 00:22:35.479 pondering the treatment plan.
NOTE Confidence: 0.71552882

00:22:35.480 --> 00:22:36.682 Extended conversation
NOTE Confidence: 0.71552882

00:22:36.682 --> 00:22:39.086 about history of symptoms.
NOTE Confidence: 0.817695729333333

00:22:39.090 --> 00:22:40.480 And eliciting the patient's own
NOTE Confidence: 0.817695729333333

00:22:40.480 --> 00:22:42.194 explanations of the cause and the
NOTE Confidence: 0.817695729333333

00:22:42.194 --> 00:22:43.586 meaning of their symptoms, right?
NOTE Confidence: 0.817695729333333

00:22:43.586 --> 00:22:44.770 And so this might.
NOTE Confidence: 0.817695729333333

00:22:44.770 --> 00:22:46.768 And finally a discussion of the
NOTE Confidence: 0.817695729333333

00:22:46.768 --> 00:22:48.786 impact of the symptoms on the
NOTE Confidence: 0.817695729333333

00:22:48.786 --> 00:22:50.640 other areas of the person's life.
NOTE Confidence: 0.817695729333333

00:22:50.640 --> 00:22:52.956 Which might sound familiar to you
NOTE Confidence: 0.817695729333333

00:22:52.960 --> 00:22:54.874 because this is basically an almost
NOTE Confidence: 0.817695729333333

00:22:54.874 --> 00:22:56.717 verbatim list of things that a
NOTE Confidence: 0.817695729333333

00:22:56.717 --> 00:22:58.253 person is supposed to be doing.
NOTE Confidence: 0.817695729333333

00:22:58.260 --> 00:22:59.908 If you look at the manual of any
NOTE Confidence: 0.817695729333333

00:22:59.908 --> 00:23:01.324 kind of psychedelic assisted
NOTE Confidence: 0.817695729333333

00:23:01.324 --> 00:23:02.746 therapy training program,

NOTE Confidence: 0.817695729333333
00:23:02.750 --> 00:23:04.796 where we're or what folks in
NOTE Confidence: 0.817695729333333
00:23:04.796 --> 00:23:06.160 these larger randomized controlled
NOTE Confidence: 0.817695729333333
00:23:06.217 --> 00:23:07.945 trials are supposed to be doing.
NOTE Confidence: 0.817695729333333
00:23:07.950 --> 00:23:09.486 And it might also sound familiar
NOTE Confidence: 0.817695729333333
00:23:09.486 --> 00:23:10.945 because these are just components
NOTE Confidence: 0.817695729333333
00:23:10.945 --> 00:23:12.097 of good psychotherapy,
NOTE Confidence: 0.817695729333333
00:23:12.100 --> 00:23:14.627 which makes it a little more confusing.
NOTE Confidence: 0.817695729333333
00:23:14.630 --> 00:23:17.150 And So what did catchup and colleagues find?
NOTE Confidence: 0.817695729333333
00:23:17.150 --> 00:23:17.527 Well,
NOTE Confidence: 0.817695729333333
00:23:17.527 --> 00:23:20.166 in terms of global improvement from IBS,
NOTE Confidence: 0.817695729333333
00:23:20.170 --> 00:23:22.135 there was a significant improvement
NOTE Confidence: 0.817695729333333
00:23:22.135 --> 00:23:24.967 in both of the sham acupuncture arms
NOTE Confidence: 0.817695729333333
00:23:24.967 --> 00:23:27.481 with more improvement in the augmented
NOTE Confidence: 0.817695729333333
00:23:27.481 --> 00:23:29.399 relationship or the warm relationship.
NOTE Confidence: 0.817695729333333
00:23:29.400 --> 00:23:31.915 Adequate relief was much higher
NOTE Confidence: 0.817695729333333

00:23:31.915 --> 00:23:33.927 in the augmented relationship.
NOTE Confidence: 0.8176957293333333

00:23:33.930 --> 00:23:36.350 Symptom severity improvement was much
NOTE Confidence: 0.8176957293333333

00:23:36.350 --> 00:23:39.850 better in that arm and quality of life,
NOTE Confidence: 0.8176957293333333

00:23:39.850 --> 00:23:42.190 which is a favorite outcome measure.
NOTE Confidence: 0.8176957293333333

00:23:42.190 --> 00:23:43.790 It's like all consistent therapy
NOTE Confidence: 0.8176957293333333

00:23:43.790 --> 00:23:45.078 with significantly better, right.
NOTE Confidence: 0.8176957293333333

00:23:45.078 --> 00:23:47.374 So I think this shows you just
NOTE Confidence: 0.8176957293333333

00:23:47.374 --> 00:23:50.834 sort of what the power is of that
NOTE Confidence: 0.8176957293333333

00:23:50.834 --> 00:23:52.196 warm therapeutic relationship.
NOTE Confidence: 0.8176957293333333

00:23:52.200 --> 00:23:54.391 And so we've talked about set and
NOTE Confidence: 0.8176957293333333

00:23:54.391 --> 00:23:56.507 setting and probably a lot of those
NOTE Confidence: 0.8176957293333333

00:23:56.507 --> 00:23:58.175 factors that are known to enhance
NOTE Confidence: 0.8176957293333333

00:23:58.242 --> 00:24:00.468 placebo response are present in folks
NOTE Confidence: 0.8176957293333333

00:24:00.468 --> 00:24:02.337 that are doing psychedelic assisted
NOTE Confidence: 0.8176957293333333

00:24:02.337 --> 00:24:05.353 therapy and paying mine to set and setting.
NOTE Confidence: 0.8176957293333333

00:24:05.360 --> 00:24:07.537 But another kind of area that we

NOTE Confidence: 0.817695729333333
00:24:07.537 --> 00:24:09.622 there's sort of less talked about
NOTE Confidence: 0.817695729333333
00:24:09.622 --> 00:24:11.794 is what we're called common factors
NOTE Confidence: 0.817695729333333
00:24:11.794 --> 00:24:13.720 of psychotherapy which is.
NOTE Confidence: 0.817695729333333
00:24:13.720 --> 00:24:15.295 But we'll talk about for a lot
NOTE Confidence: 0.817695729333333
00:24:15.295 --> 00:24:16.720 of the rest of this hour,
NOTE Confidence: 0.817695729333333
00:24:16.720 --> 00:24:18.225 and it's something I wrote a paper
NOTE Confidence: 0.817695729333333
00:24:18.225 --> 00:24:19.999 about with my colleague Sandeep Nayak.
NOTE Confidence: 0.817695729333333
00:24:20.000 --> 00:24:22.424 That's where there's a lot more detail on
NOTE Confidence: 0.817695729333333
00:24:22.424 --> 00:24:25.195 some of the ideas you'll hear about today.
NOTE Confidence: 0.817695729333333
00:24:25.200 --> 00:24:27.248 So what is psychotherapy?
NOTE Confidence: 0.817695729333333
00:24:27.248 --> 00:24:31.106 Well, if we take a very broad definition,
NOTE Confidence: 0.817695729333333
00:24:31.110 --> 00:24:33.250 which I like to do,
NOTE Confidence: 0.817695729333333
00:24:33.250 --> 00:24:34.816 it's like therapy is the use
NOTE Confidence: 0.817695729333333
00:24:34.816 --> 00:24:35.599 of psychological methods.
NOTE Confidence: 0.817695729333333
00:24:35.600 --> 00:24:36.432 That is,
NOTE Confidence: 0.817695729333333

00:24:36.432 --> 00:24:38.096 verbal and nonverbal communication
NOTE Confidence: 0.8176957293333333

00:24:38.096 --> 00:24:40.670 done by a socially sanctioned healer
NOTE Confidence: 0.8176957293333333

00:24:40.670 --> 00:24:43.184 to bring relief from a sufferer.
NOTE Confidence: 0.8176957293333333

00:24:43.190 --> 00:24:44.096 And of course,
NOTE Confidence: 0.8176957293333333

00:24:44.096 --> 00:24:45.908 there are some exceptions to this.
NOTE Confidence: 0.8176957293333333

00:24:45.910 --> 00:24:47.606 And you could think of, you know,
NOTE Confidence: 0.8176957293333333

00:24:47.606 --> 00:24:48.980 like computer administrative
NOTE Confidence: 0.8176957293333333

00:24:48.980 --> 00:24:49.961 forms of psychotherapy,
NOTE Confidence: 0.8176957293333333

00:24:49.961 --> 00:24:51.596 which are a little different.
NOTE Confidence: 0.8176957293333333

00:24:51.600 --> 00:24:52.036 You know,
NOTE Confidence: 0.8176957293333333

00:24:52.036 --> 00:24:53.562 who is the socially sanctioned healer there?
NOTE Confidence: 0.8176957293333333

00:24:53.570 --> 00:24:55.425 It's a little bit harder to say.
NOTE Confidence: 0.8176957293333333

00:24:55.430 --> 00:24:57.374 But generally this is what I
NOTE Confidence: 0.8176957293333333

00:24:57.374 --> 00:24:58.910 would take psychotherapy to be,
NOTE Confidence: 0.8176957293333333

00:24:58.910 --> 00:25:00.710 and by this definition this would
NOTE Confidence: 0.8176957293333333

00:25:00.710 --> 00:25:02.430 include various forms of religion,

NOTE Confidence: 0.817695729333333
00:25:02.430 --> 00:25:04.965 magical healing for both somatic
NOTE Confidence: 0.817695729333333
00:25:04.965 --> 00:25:06.486 and psychological ailments,
NOTE Confidence: 0.817695729333333
00:25:06.490 --> 00:25:08.470 including many practices that are still
NOTE Confidence: 0.817695729333333
00:25:08.470 --> 00:25:11.119 in use today in indigenous societies.
NOTE Confidence: 0.8360997675
00:25:13.130 --> 00:25:13.806 Western psychotherapy,
NOTE Confidence: 0.8360997675
00:25:13.806 --> 00:25:15.496 which is probably closer to
NOTE Confidence: 0.8360997675
00:25:15.496 --> 00:25:16.949 psychotherapy as we know it,
NOTE Confidence: 0.8360997675
00:25:16.950 --> 00:25:19.212 emerged in the 18th and 19th
NOTE Confidence: 0.8360997675
00:25:19.212 --> 00:25:21.450 century Europe and this happened,
NOTE Confidence: 0.8360997675
00:25:21.450 --> 00:25:23.627 is greater value as being placed on
NOTE Confidence: 0.8360997675
00:25:23.627 --> 00:25:25.297 therapies that seem to demonstrate
NOTE Confidence: 0.8360997675
00:25:25.297 --> 00:25:27.331 a logical or rational mechanism as
NOTE Confidence: 0.8360997675
00:25:27.331 --> 00:25:29.727 opposed to being based in faith, right?
NOTE Confidence: 0.8360997675
00:25:29.727 --> 00:25:32.062 So religious based their base
NOTE Confidence: 0.8360997675
00:25:32.062 --> 00:25:33.930 like the moral therapies,
NOTE Confidence: 0.8360997675

00:25:33.930 --> 00:25:35.875 moral treatments were displaced by
NOTE Confidence: 0.8360997675

00:25:35.875 --> 00:25:37.820 more scientific efforts to understand
NOTE Confidence: 0.8360997675

00:25:37.874 --> 00:25:39.789 and influence human behaviors or
NOTE Confidence: 0.8360997675

00:25:39.789 --> 00:25:42.566 inferiority and approaches and related ways.
NOTE Confidence: 0.8360997675

00:25:42.566 --> 00:25:44.278 Thank you.
NOTE Confidence: 0.8360997675

00:25:44.280 --> 00:25:45.480 And today, for better or worse,
NOTE Confidence: 0.8360997675

00:25:45.480 --> 00:25:47.410 we have hundreds of distinct
NOTE Confidence: 0.8360997675

00:25:47.410 --> 00:25:49.340 psychotherapies that are still practiced,
NOTE Confidence: 0.8360997675

00:25:49.340 --> 00:25:51.556 and a couple seem to dominate the field.
NOTE Confidence: 0.8360997675

00:25:51.560 --> 00:25:52.652 But Despite that,
NOTE Confidence: 0.8360997675

00:25:52.652 --> 00:25:54.472 we've largely failed to find
NOTE Confidence: 0.8360997675

00:25:54.472 --> 00:25:56.056 consensus in psychotherapy about
NOTE Confidence: 0.8360997675

00:25:56.056 --> 00:25:58.426 what what should make up core
NOTE Confidence: 0.8360997675

00:25:58.426 --> 00:26:00.330 principles and things like that.
NOTE Confidence: 0.900548104285714

00:26:02.620 --> 00:26:04.121 And so how does this all work, right?
NOTE Confidence: 0.900548104285714

00:26:04.121 --> 00:26:07.138 So why should hundreds of different kinds

NOTE Confidence: 0.900548104285714

00:26:07.138 --> 00:26:09.539 of psychotherapies that all purport to

NOTE Confidence: 0.900548104285714

00:26:09.539 --> 00:26:11.741 work by different mechanisms all have

NOTE Confidence: 0.900548104285714

00:26:11.808 --> 00:26:14.448 some moderate degree of effectiveness?

NOTE Confidence: 0.900548104285714

00:26:14.450 --> 00:26:15.590 You know, with rare exceptions,

NOTE Confidence: 0.900548104285714

00:26:15.590 --> 00:26:18.120 studies have generally failed to

NOTE Confidence: 0.900548104285714

00:26:18.120 --> 00:26:19.638 convincingly demonstrate superiority

NOTE Confidence: 0.900548104285714

00:26:19.638 --> 00:26:22.160 of 1 therapy over another.

NOTE Confidence: 0.900548104285714

00:26:22.160 --> 00:26:24.836 And one attempt to answer this

NOTE Confidence: 0.900548104285714

00:26:24.836 --> 00:26:27.824 question was posited by the gentleman

NOTE Confidence: 0.900548104285714

00:26:27.824 --> 00:26:30.648 Rosenzweig in 1936 who thought that

NOTE Confidence: 0.900548104285714

00:26:30.648 --> 00:26:32.783 perhaps it's those common factors

NOTE Confidence: 0.900548104285714

00:26:32.783 --> 00:26:35.280 that are shared by all therapies.

NOTE Confidence: 0.900548104285714

00:26:35.280 --> 00:26:37.080 Those might be mostly responsible for

NOTE Confidence: 0.900548104285714

00:26:37.080 --> 00:26:39.271 the efficacy we see rather than any

NOTE Confidence: 0.900548104285714

00:26:39.271 --> 00:26:40.826 kind of specific characteristics of

NOTE Confidence: 0.900548104285714

00:26:40.826 --> 00:26:43.206 this or that treatment or any kind of
NOTE Confidence: 0.900548104285714

00:26:43.206 --> 00:26:45.970 special theory about why this or that works.
NOTE Confidence: 0.900548104285714

00:26:45.970 --> 00:26:49.093 And this is expounded upon in Jerome
NOTE Confidence: 0.900548104285714

00:26:49.093 --> 00:26:52.256 Frank's persuasion and healing which was.
NOTE Confidence: 0.900548104285714

00:26:52.256 --> 00:26:55.120 An awesome book to read as a resident.
NOTE Confidence: 0.900548104285714

00:26:55.120 --> 00:26:57.487 A little bit humbling and kind of a hard
NOTE Confidence: 0.900548104285714

00:26:57.487 --> 00:26:59.639 place to start as a budding therapist,
NOTE Confidence: 0.900548104285714

00:26:59.640 --> 00:27:02.040 but but I think ultimately a
NOTE Confidence: 0.900548104285714

00:27:02.040 --> 00:27:03.240 very useful book.
NOTE Confidence: 0.900548104285714

00:27:03.240 --> 00:27:05.517 So this is where I sort of came across
NOTE Confidence: 0.900548104285714

00:27:05.517 --> 00:27:07.888 with these ideas and for the first time.
NOTE Confidence: 0.900548104285714

00:27:07.890 --> 00:27:09.588 And other common factors there of
NOTE Confidence: 0.900548104285714

00:27:09.588 --> 00:27:11.010 models have emerged since then.
NOTE Confidence: 0.900548104285714

00:27:11.010 --> 00:27:12.990 It's not just Jerome Franks
NOTE Confidence: 0.900548104285714

00:27:12.990 --> 00:27:14.376 common tractors models,
NOTE Confidence: 0.900548104285714

00:27:14.376 --> 00:27:16.686 also lamp olds contextual model,

NOTE Confidence: 0.900548104285714

00:27:16.690 --> 00:27:17.959 olinsky's process model.

NOTE Confidence: 0.92350772

00:27:20.010 --> 00:27:23.826 They all are quite similar and share sort

NOTE Confidence: 0.92350772

00:27:23.826 --> 00:27:27.452 of factors related to expectancy and the

NOTE Confidence: 0.92350772

00:27:27.452 --> 00:27:30.610 therapeutic relationship primarily but for.

NOTE Confidence: 0.92350772

00:27:30.610 --> 00:27:32.395 Structuring the the rest of my thoughts

NOTE Confidence: 0.92350772

00:27:32.395 --> 00:27:34.810 of this, I generally used room Frank's

NOTE Confidence: 0.92350772

00:27:34.810 --> 00:27:36.868 persuasion and healing common factors model.

NOTE Confidence: 0.92350772

00:27:36.868 --> 00:27:39.665 And so in an effort to understand why so

NOTE Confidence: 0.92350772

00:27:39.665 --> 00:27:41.465 many vastly different forms of therapy

NOTE Confidence: 0.92350772

00:27:41.465 --> 00:27:43.847 all seem to have at least some efficacy,

NOTE Confidence: 0.92350772

00:27:43.850 --> 00:27:45.386 Jerome Frank went off and surveyed

NOTE Confidence: 0.92350772

00:27:45.386 --> 00:27:46.980 a variety of healing traditions,

NOTE Confidence: 0.92350772

00:27:46.980 --> 00:27:49.404 including non Western ones included that

NOTE Confidence: 0.92350772

00:27:49.404 --> 00:27:52.450 they all share a handful of aspects,

NOTE Confidence: 0.92350772

00:27:52.450 --> 00:27:55.110 namely this emotionally charged

NOTE Confidence: 0.92350772

00:27:55.110 --> 00:27:56.440 healing relationship.
NOTE Confidence: 0.92350772

00:27:56.440 --> 00:27:58.820 A special healing setting.
NOTE Confidence: 0.92350772

00:27:58.820 --> 00:28:00.888 A rationale, conceptual scheme,
NOTE Confidence: 0.92350772

00:28:00.888 --> 00:28:03.961 or myth that is acceptable to the
NOTE Confidence: 0.92350772

00:28:03.961 --> 00:28:07.098 person who's receiving therapy and a
NOTE Confidence: 0.92350772

00:28:07.098 --> 00:28:09.822 ritual or procedure that is undertaken
NOTE Confidence: 0.92350772

00:28:09.822 --> 00:28:13.087 together by the sufferer and the healer.
NOTE Confidence: 0.92350772

00:28:13.090 --> 00:28:14.754 And given some of the overlap with common
NOTE Confidence: 0.92350772

00:28:14.754 --> 00:28:16.329 aspects of psychology assisted therapy,
NOTE Confidence: 0.92350772

00:28:16.330 --> 00:28:18.172 these factors might also be doing
NOTE Confidence: 0.92350772

00:28:18.172 --> 00:28:20.297 most of the heavy lifting and what
NOTE Confidence: 0.92350772

00:28:20.297 --> 00:28:22.236 we think of as set in setting
NOTE Confidence: 0.92350772

00:28:22.300 --> 00:28:24.228 in psychedelic assisted therapy.
NOTE Confidence: 0.92350772

00:28:24.230 --> 00:28:26.170 So next I'll just sort of go over some of
NOTE Confidence: 0.92350772

00:28:26.227 --> 00:28:27.850 what these are, a little bit more detail,
NOTE Confidence: 0.92350772

00:28:27.850 --> 00:28:30.400 how they might show up.

NOTE Confidence: 0.92350772

00:28:30.400 --> 00:28:32.640 Things like assisted therapy, uh,

NOTE Confidence: 0.92350772

00:28:32.640 --> 00:28:34.306 some of the evidence to support that.

NOTE Confidence: 0.92350772

00:28:34.310 --> 00:28:36.222 So the therapeutic relationship

NOTE Confidence: 0.92350772

00:28:36.222 --> 00:28:39.090 is probably the biggest and most

NOTE Confidence: 0.92350772

00:28:39.166 --> 00:28:41.926 commonly sort of cited common factor.

NOTE Confidence: 0.92350772

00:28:41.930 --> 00:28:44.222 Lots of meta analysis on this

NOTE Confidence: 0.92350772

00:28:44.222 --> 00:28:45.750 topic and one here,

NOTE Confidence: 0.92350772

00:28:45.750 --> 00:28:48.318 including data from over 30,000 patients,

NOTE Confidence: 0.92350772

00:28:48.320 --> 00:28:50.072 revealed that working alliance

NOTE Confidence: 0.92350772

00:28:50.072 --> 00:28:52.262 as measured by Working Alliance

NOTE Confidence: 0.92350772

00:28:52.262 --> 00:28:54.461 inventory was highly correlated with

NOTE Confidence: 0.92350772

00:28:54.461 --> 00:28:57.978 outcomes with an Pearsons R of .28,

NOTE Confidence: 0.92350772

00:28:57.978 --> 00:29:00.418 equivalent to Cohen's DF .57.

NOTE Confidence: 0.92350772

00:29:00.420 --> 00:29:01.824 And this didn't differ

NOTE Confidence: 0.92350772

00:29:01.824 --> 00:29:02.877 across different therapies.

NOTE Confidence: 0.92350772

00:29:02.880 --> 00:29:05.232 So working alliance was important or
NOTE Confidence: 0.92350772

00:29:05.232 --> 00:29:07.790 as important to CBT as it was to.
NOTE Confidence: 0.92350772

00:29:07.790 --> 00:29:10.710 Psychodynamic therapy.
NOTE Confidence: 0.92350772

00:29:10.710 --> 00:29:13.050 Rogerian factors of the therapists
NOTE Confidence: 0.92350772

00:29:13.050 --> 00:29:15.390 and things like empathy congruence
NOTE Confidence: 0.92350772

00:29:15.459 --> 00:29:17.899 ratings were also positively correlated
NOTE Confidence: 0.92350772

00:29:17.899 --> 00:29:20.339 with outcomes and contributed to
NOTE Confidence: 0.92350772

00:29:20.412 --> 00:29:22.986 medium effect sizes and meta analysis.
NOTE Confidence: 0.92350772

00:29:22.990 --> 00:29:25.210 Umm, and 11 factor here.
NOTE Confidence: 0.92350772

00:29:25.210 --> 00:29:26.590 It's just a note, right?
NOTE Confidence: 0.92350772

00:29:26.590 --> 00:29:28.130 Is the psychological therapy is
NOTE Confidence: 0.92350772

00:29:28.130 --> 00:29:29.670 unique in that they're usually,
NOTE Confidence: 0.92350772

00:29:29.670 --> 00:29:30.770 to date in most trials,
NOTE Confidence: 0.92350772

00:29:30.770 --> 00:29:32.667 have two therapists rather than just one.
NOTE Confidence: 0.92350772

00:29:32.670 --> 00:29:34.536 You know what what effect that
NOTE Confidence: 0.92350772

00:29:34.536 --> 00:29:36.130 might have over our benefit that

NOTE Confidence: 0.92350772

00:29:36.130 --> 00:29:37.450 might have over just one therapist?

NOTE Confidence: 0.92350772

00:29:37.450 --> 00:29:38.530 We don't really know,

NOTE Confidence: 0.92350772

00:29:38.530 --> 00:29:40.636 but it's something we could, we should,

NOTE Confidence: 0.92350772

00:29:40.636 --> 00:29:43.282 we could and should try to measure.

NOTE Confidence: 0.92350772

00:29:43.290 --> 00:29:43.668 Umm.

NOTE Confidence: 0.92350772

00:29:43.668 --> 00:29:46.314 And this is just some preliminary data

NOTE Confidence: 0.92350772

00:29:46.314 --> 00:29:49.749 from an analysis we're just starting to do,

NOTE Confidence: 0.92350772

00:29:49.750 --> 00:29:51.406 but we did take some of,

NOTE Confidence: 0.92350772

00:29:51.410 --> 00:29:53.260 we actually did take working

NOTE Confidence: 0.92350772

00:29:53.260 --> 00:29:55.527 alliance measures in our study of

NOTE Confidence: 0.92350772

00:29:55.527 --> 00:29:57.282 our waiting list controlled study

NOTE Confidence: 0.92350772

00:29:57.282 --> 00:29:59.709 for Cell 7 assisted therapy for

NOTE Confidence: 0.92350772

00:29:59.709 --> 00:30:01.140 major depressive disorder.

NOTE Confidence: 0.92350772

00:30:01.140 --> 00:30:02.658 A number of different time points

NOTE Confidence: 0.92350772

00:30:02.658 --> 00:30:04.405 and we did find that therapeutic

NOTE Confidence: 0.92350772

00:30:04.405 --> 00:30:06.451 bond scores under the working lines
NOTE Confidence: 0.92350772

00:30:06.451 --> 00:30:08.253 inventory had a moderately large
NOTE Confidence: 0.92350772

00:30:08.253 --> 00:30:09.677 correlation with the improvements
NOTE Confidence: 0.92350772

00:30:09.677 --> 00:30:12.398 in depression at one month with a
NOTE Confidence: 0.92350772

00:30:12.398 --> 00:30:15.412 correlation of .6 and a stronger bond
NOTE Confidence: 0.92350772

00:30:15.412 --> 00:30:18.576 in the final prep was also correlated.
NOTE Confidence: 0.92350772

00:30:18.580 --> 00:30:21.530 With higher ratings of mystical
NOTE Confidence: 0.92350772

00:30:21.530 --> 00:30:23.890 experiences and psychological insight.
NOTE Confidence: 0.92350772

00:30:23.890 --> 00:30:26.518 So pretty significant and it already
NOTE Confidence: 0.92350772

00:30:26.518 --> 00:30:29.539 does seem to be showing basically this
NOTE Confidence: 0.92350772

00:30:29.539 --> 00:30:32.500 is a an important factor for improvement
NOTE Confidence: 0.92350772

00:30:32.577 --> 00:30:34.729 in psychedelic assisted therapy.
NOTE Confidence: 0.768358183636364

00:30:34.730 --> 00:30:35.792 Of course, the end is small
NOTE Confidence: 0.768358183636364

00:30:35.792 --> 00:30:37.020 and this is still preliminary.
NOTE Confidence: 0.768358183636364

00:30:37.020 --> 00:30:38.634 We're we're taking a look at
NOTE Confidence: 0.768358183636364

00:30:38.634 --> 00:30:40.059 maybe some other mediating factors

NOTE Confidence: 0.768358183636364
00:30:40.059 --> 00:30:41.529 that might be involved here.
NOTE Confidence: 0.768358183636364
00:30:41.530 --> 00:30:43.400 Can I ask you a question about that?
NOTE Confidence: 0.768358183636364
00:30:43.400 --> 00:30:44.990 Yeah, in that
NOTE Confidence: 0.826302133333333
00:30:45.000 --> 00:30:45.640 previous slide.
NOTE Confidence: 0.826302133333333
00:30:45.640 --> 00:30:47.870 So when you that stronger bond,
NOTE Confidence: 0.826302133333333
00:30:47.870 --> 00:30:49.706 is that adjusted for how
NOTE Confidence: 0.826302133333333
00:30:49.706 --> 00:30:51.420 suggestible the person is because
NOTE Confidence: 0.826302133333333
00:30:51.420 --> 00:30:53.500 it seems that session is.
NOTE Confidence: 0.826302133333333
00:30:53.500 --> 00:30:55.470 Need to prepare people about
NOTE Confidence: 0.826302133333333
00:30:55.470 --> 00:30:58.100 what to expect and. Right.
NOTE Confidence: 0.795730171666667
00:30:58.110 --> 00:31:00.276 Mm-hmm. So these are not adjusted.
NOTE Confidence: 0.795730171666667
00:31:00.280 --> 00:31:01.960 We're still looking into doing that.
NOTE Confidence: 0.795730171666667
00:31:01.960 --> 00:31:04.858 We do have big 5 inventory and we also
NOTE Confidence: 0.795730171666667
00:31:04.858 --> 00:31:07.750 have like the pilot gym absorption measure
NOTE Confidence: 0.795730171666667
00:31:07.750 --> 00:31:11.194 that we we could use to sort of look at
NOTE Confidence: 0.795730171666667

00:31:11.194 --> 00:31:13.506 personality factors or suggestibility.
NOTE Confidence: 0.795730171666667

00:31:13.510 --> 00:31:14.800 Which is what we're working on.
NOTE Confidence: 0.795730171666667

00:31:14.800 --> 00:31:15.574 We're just resubmitting
NOTE Confidence: 0.795730171666667

00:31:15.574 --> 00:31:16.606 this abstract right now.
NOTE Confidence: 0.795730171666667

00:31:16.610 --> 00:31:17.240 But yeah, that's,
NOTE Confidence: 0.795730171666667

00:31:17.240 --> 00:31:18.500 that's a that's a good question
NOTE Confidence: 0.795730171666667

00:31:18.500 --> 00:31:19.710 and one that I have as well.
NOTE Confidence: 0.831697328

00:31:23.300 --> 00:31:24.830 So the healing setting, right,
NOTE Confidence: 0.831697328

00:31:24.830 --> 00:31:27.386 there's a lot of attention has been paid to
NOTE Confidence: 0.831697328

00:31:27.386 --> 00:31:30.248 sort of the unique facilities that might be
NOTE Confidence: 0.831697328

00:31:30.248 --> 00:31:32.433 needed for psychedelic assisted therapy.
NOTE Confidence: 0.831697328

00:31:32.440 --> 00:31:34.616 So in some societies, healing might occur in
NOTE Confidence: 0.831697328

00:31:34.616 --> 00:31:36.919 a temple or other kind of sacred location.
NOTE Confidence: 0.831697328

00:31:36.920 --> 00:31:38.876 And in secular forms of healing,
NOTE Confidence: 0.831697328

00:31:38.880 --> 00:31:40.490 clinicians meet patients and clinics
NOTE Confidence: 0.831697328

00:31:40.490 --> 00:31:42.628 and hospitals, places that carry what

NOTE Confidence: 0.831697328

00:31:42.628 --> 00:31:45.206 Frank called an aura of science, right.

NOTE Confidence: 0.831697328

00:31:45.206 --> 00:31:47.628 So this kind of like heavy influence

NOTE Confidence: 0.831697328

00:31:47.628 --> 00:31:49.749 that maybe this is some special

NOTE Confidence: 0.831697328

00:31:49.749 --> 00:31:51.789 place where science is done and.

NOTE Confidence: 0.831697328

00:31:51.790 --> 00:31:53.956 Might have some gravity to it.

NOTE Confidence: 0.831697328

00:31:53.960 --> 00:31:55.736 And so location can reinforce the

NOTE Confidence: 0.831697328

00:31:55.736 --> 00:31:57.305 expectation of help by symbolizing

NOTE Confidence: 0.831697328

00:31:57.305 --> 00:31:59.601 the therapist role as a healer by

NOTE Confidence: 0.831697328

00:31:59.601 --> 00:32:01.369 providing safety and confidentiality,

NOTE Confidence: 0.831697328

00:32:01.370 --> 00:32:03.800 encouraging the patient to disclose or

NOTE Confidence: 0.831697328

00:32:03.800 --> 00:32:06.299 share things they wouldn't otherwise do.

NOTE Confidence: 0.831697328

00:32:06.300 --> 00:32:08.589 And obviously this is a little bit

NOTE Confidence: 0.831697328

00:32:08.589 --> 00:32:11.036 more difficult to study on a large

NOTE Confidence: 0.831697328

00:32:11.036 --> 00:32:13.422 scale in psychotherapy and can be very,

NOTE Confidence: 0.831697328

00:32:13.422 --> 00:32:14.088 very variable.

NOTE Confidence: 0.831697328

00:32:14.090 --> 00:32:15.833 But there are a lot of smaller
NOTE Confidence: 0.831697328

00:32:15.833 --> 00:32:17.570 studies looking at tweaking individual
NOTE Confidence: 0.831697328

00:32:17.570 --> 00:32:19.434 characteristics of the treatment
NOTE Confidence: 0.831697328

00:32:19.434 --> 00:32:21.410 environment showing some, you know, mild.
NOTE Confidence: 0.831697328

00:32:21.410 --> 00:32:24.200 Significant effects there.
NOTE Confidence: 0.831697328

00:32:24.200 --> 00:32:25.910 There was one study, uh,
NOTE Confidence: 0.831697328

00:32:25.910 --> 00:32:28.040 which is a prospective survey study
NOTE Confidence: 0.831697328

00:32:28.040 --> 00:32:29.460 of naturalistic psychedelic users
NOTE Confidence: 0.831697328

00:32:29.511 --> 00:32:31.131 that found that taking psychedelics
NOTE Confidence: 0.831697328

00:32:31.131 --> 00:32:33.125 and what a person described as
NOTE Confidence: 0.831697328

00:32:33.125 --> 00:32:34.088 a therapeutic setting,
NOTE Confidence: 0.831697328

00:32:34.090 --> 00:32:35.806 so like a retreat setting or
NOTE Confidence: 0.831697328

00:32:35.806 --> 00:32:36.664 something like that,
NOTE Confidence: 0.831697328

00:32:36.670 --> 00:32:38.654 was positively associated with
NOTE Confidence: 0.831697328

00:32:38.654 --> 00:32:40.638 well-being after drug ingestion.
NOTE Confidence: 0.831697328

00:32:40.640 --> 00:32:42.254 So just a small piece of

NOTE Confidence: 0.831697328

00:32:42.254 --> 00:32:43.330 evidence suggesting or yes,

NOTE Confidence: 0.831697328

00:32:43.330 --> 00:32:45.690 the the setting is important.

NOTE Confidence: 0.831697328

00:32:45.690 --> 00:32:46.140 I'm

NOTE Confidence: 0.80916401

00:32:46.150 --> 00:32:50.616 curious whether you have thoughts about why.

NOTE Confidence: 0.80916401

00:32:50.620 --> 00:32:53.200 Eastern motives and motifs often

NOTE Confidence: 0.85539347

00:32:53.210 --> 00:32:55.754 end up in these settings like

NOTE Confidence: 0.85539347

00:32:55.754 --> 00:32:58.410 Tibetan and and not incur

NOTE Confidence: 0.85539347

00:32:58.410 --> 00:33:00.727 settings or you know why is.

NOTE Confidence: 0.85539347

00:33:00.727 --> 00:33:02.362 Has anyone looked at the

NOTE Confidence: 0.85539347

00:33:02.362 --> 00:33:03.343 difference between those?

NOTE Confidence: 0.842620591666667

00:33:05.720 --> 00:33:08.138 Not to my knowledge that specifically.

NOTE Confidence: 0.842620591666667

00:33:08.140 --> 00:33:09.946 And we've had some arguments here

NOTE Confidence: 0.842620591666667

00:33:09.946 --> 00:33:11.839 at Hopkins about what should and

NOTE Confidence: 0.842620591666667

00:33:11.839 --> 00:33:13.729 shouldn't be in the treatment room.

NOTE Confidence: 0.842620591666667

00:33:13.730 --> 00:33:15.055 And you know, people wanted

NOTE Confidence: 0.842620591666667

00:33:15.055 --> 00:33:16.380 to keep the Buddhist statue.
NOTE Confidence: 0.842620591666667

00:33:16.380 --> 00:33:18.315 Others really did not want
NOTE Confidence: 0.842620591666667

00:33:18.315 --> 00:33:19.476 the Buddhist statue.
NOTE Confidence: 0.842620591666667

00:33:19.480 --> 00:33:21.814 We have our little chalice, you know,
NOTE Confidence: 0.842620591666667

00:33:21.814 --> 00:33:24.076 another symbol that we use is,
NOTE Confidence: 0.842620591666667

00:33:24.080 --> 00:33:25.826 which is a holdover carryover from
NOTE Confidence: 0.842620591666667

00:33:25.826 --> 00:33:27.556 when this research was being done
NOTE Confidence: 0.842620591666667

00:33:27.556 --> 00:33:29.341 in the first wave at the Maryland
NOTE Confidence: 0.842620591666667

00:33:29.341 --> 00:33:30.779 State Psychiatric Institute.
NOTE Confidence: 0.842620591666667

00:33:30.780 --> 00:33:32.922 We have a rose in the room
NOTE Confidence: 0.842620591666667

00:33:32.922 --> 00:33:33.840 with every session,
NOTE Confidence: 0.842620591666667

00:33:33.840 --> 00:33:34.684 and before every session
NOTE Confidence: 0.842620591666667

00:33:34.684 --> 00:33:35.739 we talk about the roads,
NOTE Confidence: 0.842620591666667

00:33:35.740 --> 00:33:37.805 but with the point of the roses.
NOTE Confidence: 0.842620591666667

00:33:37.810 --> 00:33:39.772 We have like little little things
NOTE Confidence: 0.842620591666667

00:33:39.772 --> 00:33:42.035 here that we try not to keep it

NOTE Confidence: 0.842620591666667
00:33:42.035 --> 00:33:43.736 to obviously overtly religious.
NOTE Confidence: 0.842620591666667
00:33:43.736 --> 00:33:44.228 Umm.
NOTE Confidence: 0.842620591666667
00:33:44.228 --> 00:33:47.639 There's more more sort of like nature
NOTE Confidence: 0.842620591666667
00:33:47.639 --> 00:33:50.647 motifs in the setup that we have now,
NOTE Confidence: 0.842620591666667
00:33:50.650 --> 00:33:52.114 but that's that's a good question
NOTE Confidence: 0.842620591666667
00:33:52.114 --> 00:33:53.740 and one that we fight about.
NOTE Confidence: 0.42005152
00:33:56.090 --> 00:33:59.296 Umm. And then we have the rationale.
NOTE Confidence: 0.42005152
00:33:59.300 --> 00:34:00.206 Conceptual schemer, myth.
NOTE Confidence: 0.42005152
00:34:00.206 --> 00:34:02.320 And so in conjunction with the ritual.
NOTE Confidence: 0.42005152
00:34:02.320 --> 00:34:04.726 The myth is something that inspires
NOTE Confidence: 0.42005152
00:34:04.726 --> 00:34:06.514 expectations of health, right,
NOTE Confidence: 0.42005152
00:34:06.514 --> 00:34:08.850 arouses strong emotional responses
NOTE Confidence: 0.42005152
00:34:08.850 --> 00:34:11.512 from people, can enhance a sense
NOTE Confidence: 0.42005152
00:34:11.512 --> 00:34:13.377 of mastery or self efficacy,
NOTE Confidence: 0.42005152
00:34:13.380 --> 00:34:15.355 and Frank would describe rationale
NOTE Confidence: 0.42005152

00:34:15.355 --> 00:34:16.935 as a specific ingredient.
NOTE Confidence: 0.42005152

00:34:16.940 --> 00:34:18.458 So not really a common factor,
NOTE Confidence: 0.42005152

00:34:18.460 --> 00:34:20.278 but the specific details of it.
NOTE Confidence: 0.42005152

00:34:20.280 --> 00:34:23.376 But it has to be there in some form.
NOTE Confidence: 0.42005152

00:34:23.380 --> 00:34:25.340 And so in indigenous forms of healing.
NOTE Confidence: 0.42005152

00:34:25.340 --> 00:34:26.978 The myth is drawn from the
NOTE Confidence: 0.42005152

00:34:26.978 --> 00:34:28.070 cosmology of the group.
NOTE Confidence: 0.42005152

00:34:28.070 --> 00:34:29.204 In our society,
NOTE Confidence: 0.42005152

00:34:29.204 --> 00:34:31.472 the enduring source of symbolic healing
NOTE Confidence: 0.42005152

00:34:31.472 --> 00:34:33.527 power has been faith in science,
NOTE Confidence: 0.42005152

00:34:33.530 --> 00:34:34.626 right in connection with
NOTE Confidence: 0.42005152

00:34:34.626 --> 00:34:35.448 the prestigious figure.
NOTE Confidence: 0.42005152

00:34:35.450 --> 00:34:37.637 In many cases, and so long as the patient
NOTE Confidence: 0.42005152

00:34:37.637 --> 00:34:39.220 accepts the myth of the rationale,
NOTE Confidence: 0.42005152

00:34:39.220 --> 00:34:42.886 the actual contents seem less important.
NOTE Confidence: 0.42005152

00:34:42.890 --> 00:34:44.626 And this is true of psychotherapy as well,

NOTE Confidence: 0.42005152

00:34:44.630 --> 00:34:46.946 that as long as the person

NOTE Confidence: 0.42005152

00:34:46.950 --> 00:34:48.225 finds it acceptable,

NOTE Confidence: 0.42005152

00:34:48.225 --> 00:34:49.925 whatever the explanation is,

NOTE Confidence: 0.42005152

00:34:49.930 --> 00:34:53.416 then it seems to be effective.

NOTE Confidence: 0.42005152

00:34:53.420 --> 00:34:55.387 There have been a lot of studies

NOTE Confidence: 0.42005152

00:34:55.387 --> 00:34:57.672 on this about sort of trying to

NOTE Confidence: 0.42005152

00:34:57.672 --> 00:34:59.387 pick apart the specific rationale

NOTE Confidence: 0.42005152

00:34:59.387 --> 00:35:01.080 bits of the psychotherapy.

NOTE Confidence: 0.42005152

00:35:01.080 --> 00:35:03.438 And this occurs mainly in dismantling

NOTE Confidence: 0.42005152

00:35:03.438 --> 00:35:05.460 studies in which parts of the

NOTE Confidence: 0.42005152

00:35:05.460 --> 00:35:07.140 therapy are removed one by one.

NOTE Confidence: 0.42005152

00:35:07.140 --> 00:35:08.570 And this includes like critical

NOTE Confidence: 0.42005152

00:35:08.570 --> 00:35:10.409 elements of the therapy or so-called

NOTE Confidence: 0.42005152

00:35:10.409 --> 00:35:12.179 critical elements of the therapy,

NOTE Confidence: 0.42005152

00:35:12.180 --> 00:35:12.546 right.

NOTE Confidence: 0.42005152

00:35:12.546 --> 00:35:14.742 And to date this has resulted
NOTE Confidence: 0.42005152

00:35:14.742 --> 00:35:16.451 in no statistically significant
NOTE Confidence: 0.42005152

00:35:16.451 --> 00:35:18.599 change in treatment efficacy.
NOTE Confidence: 0.42005152

00:35:18.600 --> 00:35:21.489 So if you know for example try don't know
NOTE Confidence: 0.42005152

00:35:21.489 --> 00:35:23.269 psychodynamic therapy but without any.
NOTE Confidence: 0.42005152

00:35:23.270 --> 00:35:25.200 Analysis of.
NOTE Confidence: 0.42005152

00:35:25.200 --> 00:35:26.013 Some inner conflict,
NOTE Confidence: 0.42005152

00:35:26.013 --> 00:35:26.284 right?
NOTE Confidence: 0.42005152

00:35:26.284 --> 00:35:27.910 Or or some other important piece
NOTE Confidence: 0.42005152

00:35:27.956 --> 00:35:29.690 of something that you think is
NOTE Confidence: 0.42005152

00:35:29.690 --> 00:35:30.846 absolutely critical that actually
NOTE Confidence: 0.42005152

00:35:30.894 --> 00:35:32.430 doesn't seem to make a difference.
NOTE Confidence: 0.717888242666667

00:35:34.600 --> 00:35:35.476 She just asked, well,
NOTE Confidence: 0.717888242666667

00:35:35.476 --> 00:35:37.304 what is the myth or the rationale
NOTE Confidence: 0.717888242666667

00:35:37.304 --> 00:35:39.136 behind psychology assisted treatment?
NOTE Confidence: 0.717888242666667

00:35:39.140 --> 00:35:40.596 And I would argue that it's a

NOTE Confidence: 0.717888242666667
00:35:40.596 --> 00:35:42.457 bit of a special case because we
NOTE Confidence: 0.717888242666667
00:35:42.457 --> 00:35:44.227 can for patients can draw from
NOTE Confidence: 0.717888242666667
00:35:44.291 --> 00:35:45.960 multiple different domains, right.
NOTE Confidence: 0.717888242666667
00:35:45.960 --> 00:35:47.642 So on the one hand, especially now.
NOTE Confidence: 0.717888242666667
00:35:47.642 --> 00:35:50.204 We have a variety of biological effects
NOTE Confidence: 0.717888242666667
00:35:50.204 --> 00:35:52.828 that are backed by, quote UN quote,
NOTE Confidence: 0.717888242666667
00:35:52.828 --> 00:35:54.059 psychedelic science. Right.
NOTE Confidence: 0.717888242666667
00:35:54.059 --> 00:35:56.771 And so if the person is more empirically
NOTE Confidence: 0.717888242666667
00:35:56.771 --> 00:35:58.997 minded and more logical or rational,
NOTE Confidence: 0.717888242666667
00:35:59.000 --> 00:36:00.304 they might be intrigued
NOTE Confidence: 0.717888242666667
00:36:00.304 --> 00:36:01.934 by some of these effects.
NOTE Confidence: 0.717888242666667
00:36:01.940 --> 00:36:03.120 And low and behold,
NOTE Confidence: 0.717888242666667
00:36:03.120 --> 00:36:05.187 there's actually a like growing body of
NOTE Confidence: 0.717888242666667
00:36:05.187 --> 00:36:08.900 data to support all sorts of interesting.
NOTE Confidence: 0.717888242666667
00:36:08.900 --> 00:36:09.582 You know,
NOTE Confidence: 0.717888242666667

00:36:09.582 --> 00:36:10.946 objective findings about psychedelics

NOTE Confidence: 0.717888242666667

00:36:10.946 --> 00:36:13.060 and what they do to the brain.

NOTE Confidence: 0.717888242666667

00:36:13.060 --> 00:36:15.448 And there's also a variety of

NOTE Confidence: 0.717888242666667

00:36:15.448 --> 00:36:17.040 quite profound subjective effects

NOTE Confidence: 0.717888242666667

00:36:17.107 --> 00:36:19.452 that can occur that are open to

NOTE Confidence: 0.717888242666667

00:36:19.452 --> 00:36:21.279 the interpretation of the patient.

NOTE Confidence: 0.717888242666667

00:36:21.280 --> 00:36:24.580 So this can be religious experiences,

NOTE Confidence: 0.717888242666667

00:36:24.580 --> 00:36:26.206 psych, psychological insights,

NOTE Confidence: 0.717888242666667

00:36:26.206 --> 00:36:28.728 all sorts of things, right.

NOTE Confidence: 0.717888242666667

00:36:28.728 --> 00:36:30.120 And it's sort of,

NOTE Confidence: 0.717888242666667

00:36:30.120 --> 00:36:31.776 it might be the only therapy that I

NOTE Confidence: 0.717888242666667

00:36:31.776 --> 00:36:33.317 know that that sort of can powerfully

NOTE Confidence: 0.717888242666667

00:36:33.317 --> 00:36:34.860 seem to do this and this way,

NOTE Confidence: 0.717888242666667

00:36:34.860 --> 00:36:35.134 right,

NOTE Confidence: 0.717888242666667

00:36:35.134 --> 00:36:36.504 that there's multiple kinds of

NOTE Confidence: 0.717888242666667

00:36:36.504 --> 00:36:37.910 explanations that can be drawn.

NOTE Confidence: 0.7980343

00:36:40.030 --> 00:36:41.359 Which seems special.

NOTE Confidence: 0.852942961428572

00:36:44.380 --> 00:36:46.074 And then finally we have the ritual.

NOTE Confidence: 0.852942961428572

00:36:46.080 --> 00:36:47.494 And boy, do we have a ritual.

NOTE Confidence: 0.852942961428572

00:36:47.500 --> 00:36:49.220 And it's like therapy, right?

NOTE Confidence: 0.852942961428572

00:36:49.220 --> 00:36:52.158 This is like the big The Big Bang, right?

NOTE Confidence: 0.852942961428572

00:36:52.158 --> 00:36:52.752 Or sort of.

NOTE Confidence: 0.852942961428572

00:36:52.752 --> 00:36:54.300 There's a lot of emphasis placed on this,

NOTE Confidence: 0.852942961428572

00:36:54.300 --> 00:36:56.470 but the ritual is a symbolic extension

NOTE Confidence: 0.852942961428572

00:36:56.470 --> 00:36:58.518 of the myth or the rationale.

NOTE Confidence: 0.852942961428572

00:36:58.520 --> 00:36:59.768 It's usually undertaken together

NOTE Confidence: 0.852942961428572

00:36:59.768 --> 00:37:01.640 by the healer and the patient.

NOTE Confidence: 0.852942961428572

00:37:01.640 --> 00:37:05.024 And here we have an image of our special.

NOTE Confidence: 0.852942961428572

00:37:05.030 --> 00:37:07.305 Chalice that was gifted to the program.

NOTE Confidence: 0.852942961428572

00:37:07.310 --> 00:37:08.880 It's actually a copal burner,

NOTE Confidence: 0.852942961428572

00:37:08.880 --> 00:37:10.950 an incense burner from Mexico that

NOTE Confidence: 0.852942961428572

00:37:10.950 --> 00:37:13.549 was used in soil sabin ceremonies.
NOTE Confidence: 0.852942961428572

00:37:13.550 --> 00:37:16.278 And so this is what we actually give
NOTE Confidence: 0.852942961428572

00:37:16.278 --> 00:37:18.448 participants their capsule in and this is,
NOTE Confidence: 0.852942961428572

00:37:18.450 --> 00:37:20.910 you know, kind of a heavy,
NOTE Confidence: 0.852942961428572

00:37:20.910 --> 00:37:23.178 certainly not an inert part of it.
NOTE Confidence: 0.786244317727273

00:37:25.280 --> 00:37:27.814 And Frank notes that the method by
NOTE Confidence: 0.786244317727273

00:37:27.814 --> 00:37:29.504 which psychotherapy might work is
NOTE Confidence: 0.786244317727273

00:37:29.504 --> 00:37:31.130 by affording the patient to take
NOTE Confidence: 0.786244317727273

00:37:31.130 --> 00:37:33.306 A to have a an emotionally intense
NOTE Confidence: 0.786244317727273

00:37:33.306 --> 00:37:35.316 experience and to survive it,
NOTE Confidence: 0.786244317727273

00:37:35.320 --> 00:37:38.370 and thereby to strengthen their
NOTE Confidence: 0.786244317727273

00:37:38.370 --> 00:37:40.200 self-confidence and mastery.
NOTE Confidence: 0.786244317727273

00:37:40.200 --> 00:37:42.252 He writes that new experiences in
NOTE Confidence: 0.786244317727273

00:37:42.252 --> 00:37:44.479 therapy can enhance morale by showing
NOTE Confidence: 0.786244317727273

00:37:44.479 --> 00:37:46.075 patients potentially helpful alternative
NOTE Confidence: 0.786244317727273

00:37:46.075 --> 00:37:48.360 ways of looking at themselves,

NOTE Confidence: 0.786244317727273
00:37:48.360 --> 00:37:50.610 and specifically rates the more numerous
NOTE Confidence: 0.786244317727273
00:37:50.610 --> 00:37:53.220 and the more intense the experiential,
NOTE Confidence: 0.786244317727273
00:37:53.220 --> 00:37:55.038 as opposed to the purely cognitive,
NOTE Confidence: 0.786244317727273
00:37:55.040 --> 00:37:56.028 components of the learning.
NOTE Confidence: 0.786244317727273
00:37:56.028 --> 00:37:58.230 The more likely they are to produce change,
NOTE Confidence: 0.786244317727273
00:37:58.230 --> 00:37:59.874 it's not simply just telling somebody
NOTE Confidence: 0.786244317727273
00:37:59.874 --> 00:38:01.490 you should change how you think,
NOTE Confidence: 0.786244317727273
00:38:01.490 --> 00:38:02.930 or you should change how you
NOTE Confidence: 0.786244317727273
00:38:02.930 --> 00:38:03.890 deal with your mom.
NOTE Confidence: 0.786244317727273
00:38:03.890 --> 00:38:06.809 It's an experiential thing that can happen,
NOTE Confidence: 0.786244317727273
00:38:06.810 --> 00:38:07.111 right?
NOTE Confidence: 0.786244317727273
00:38:07.111 --> 00:38:08.616 And so in typical psychotherapy,
NOTE Confidence: 0.786244317727273
00:38:08.620 --> 00:38:11.188 this might mean.
NOTE Confidence: 0.786244317727273
00:38:11.190 --> 00:38:13.086 Engaging with some some challenges that
NOTE Confidence: 0.786244317727273
00:38:13.086 --> 00:38:15.446 you might have or some conflicts and
NOTE Confidence: 0.786244317727273

00:38:15.446 --> 00:38:17.516 really feeling out all your feelings,
NOTE Confidence: 0.786244317727273

00:38:17.520 --> 00:38:19.350 right?
NOTE Confidence: 0.786244317727273

00:38:19.350 --> 00:38:21.999 Then significantly challenging
NOTE Confidence: 0.786244317727273

00:38:21.999 --> 00:38:24.648 experiences and psychedelic.
NOTE Confidence: 0.786244317727273

00:38:24.650 --> 00:38:26.450 Subjective effects are not actually
NOTE Confidence: 0.786244317727273

00:38:26.450 --> 00:38:28.250 significantly associated with poor outcomes,
NOTE Confidence: 0.786244317727273

00:38:28.250 --> 00:38:29.465 which is something we tell
NOTE Confidence: 0.786244317727273

00:38:29.465 --> 00:38:30.680 participants at the outset right,
NOTE Confidence: 0.786244317727273

00:38:30.680 --> 00:38:32.311 that it's not a bad thing if
NOTE Confidence: 0.786244317727273

00:38:32.311 --> 00:38:33.670 you have a hard time,
NOTE Confidence: 0.786244317727273

00:38:33.670 --> 00:38:34.750 that it tends to pass,
NOTE Confidence: 0.786244317727273

00:38:34.750 --> 00:38:36.815 that it might be a source of
NOTE Confidence: 0.786244317727273

00:38:36.815 --> 00:38:38.113 some very meaningful analysis
NOTE Confidence: 0.786244317727273

00:38:38.113 --> 00:38:40.225 that we could do together later,
NOTE Confidence: 0.786244317727273

00:38:40.230 --> 00:38:43.296 or meaning making that we could do.
NOTE Confidence: 0.786244317727273

00:38:43.300 --> 00:38:44.624 It's worth mentioning also

NOTE Confidence: 0.786244317727273

00:38:44.624 --> 00:38:46.279 that the use of music,

NOTE Confidence: 0.786244317727273

00:38:46.280 --> 00:38:49.430 which is very commonly used in psychology,

NOTE Confidence: 0.786244317727273

00:38:49.430 --> 00:38:51.286 assisted therapy and could

NOTE Confidence: 0.786244317727273

00:38:51.286 --> 00:38:52.678 increase emotional responses,

NOTE Confidence: 0.786244317727273

00:38:52.680 --> 00:38:55.104 autobiographical memory recall

NOTE Confidence: 0.786244317727273

00:38:55.104 --> 00:38:59.030 mental imagery and so this is pretty

NOTE Confidence: 0.786244317727273

00:38:59.030 --> 00:39:01.340 widespread and might also contribute

NOTE Confidence: 0.786244317727273

00:39:01.427 --> 00:39:03.975 to the power of the ritual here.

NOTE Confidence: 0.786244317727273

00:39:03.980 --> 00:39:05.580 Which opens up some interesting

NOTE Confidence: 0.786244317727273

00:39:05.580 --> 00:39:06.952 questions about, you know,

NOTE Confidence: 0.786244317727273

00:39:06.952 --> 00:39:08.416 whether for someone who's

NOTE Confidence: 0.786244317727273

00:39:08.416 --> 00:39:09.514 suffering with depression,

NOTE Confidence: 0.786244317727273

00:39:09.520 --> 00:39:09.853 say,

NOTE Confidence: 0.786244317727273

00:39:09.853 --> 00:39:12.850 is it really the direct effect of the drug?

NOTE Confidence: 0.786244317727273

00:39:12.850 --> 00:39:14.685 Of some biological component of

NOTE Confidence: 0.786244317727273

00:39:14.685 --> 00:39:16.890 the brain that improves their mood?
NOTE Confidence: 0.786244317727273

00:39:16.890 --> 00:39:19.212 Or is it the patient's transformation
NOTE Confidence: 0.786244317727273

00:39:19.212 --> 00:39:21.916 of meetings secondary to an emotionally
NOTE Confidence: 0.786244317727273

00:39:21.916 --> 00:39:23.404 powerful experience, right?
NOTE Confidence: 0.786244317727273

00:39:23.404 --> 00:39:24.192 And further,
NOTE Confidence: 0.786244317727273

00:39:24.192 --> 00:39:26.162 what an emotionally salient experience
NOTE Confidence: 0.786244317727273

00:39:26.162 --> 00:39:28.548 caused by a drug that works by
NOTE Confidence: 0.786244317727273

00:39:28.548 --> 00:39:30.083 a totally different mechanism be
NOTE Confidence: 0.786244317727273

00:39:30.146 --> 00:39:31.928 just as effective? I don't know.
NOTE Confidence: 0.786244317727273

00:39:31.928 --> 00:39:33.404 My hunch is probably it would
NOTE Confidence: 0.786244317727273

00:39:33.404 --> 00:39:35.209 be at least somewhat effective,
NOTE Confidence: 0.786244317727273

00:39:35.210 --> 00:39:38.911 but we should be doing that research to
NOTE Confidence: 0.786244317727273

00:39:38.911 --> 00:39:41.319 answer that question, so we don't know yet.
NOTE Confidence: 0.786244317727273

00:39:41.320 --> 00:39:42.124 So how about?
NOTE Confidence: 0.786244317727273

00:39:42.124 --> 00:39:44.000 I've at least begun to sort of.
NOTE Confidence: 0.786244317727273

00:39:44.000 --> 00:39:46.424 Convince you of the similarities between

NOTE Confidence: 0.786244317727273

00:39:46.424 --> 00:39:49.530 set and setting and these common factors.

NOTE Confidence: 0.786244317727273

00:39:49.530 --> 00:39:51.798 But that leaves this kind of

NOTE Confidence: 0.786244317727273

00:39:51.798 --> 00:39:52.932 interesting connection here,

NOTE Confidence: 0.786244317727273

00:39:52.940 --> 00:39:54.977 right of common factors and factors that

NOTE Confidence: 0.786244317727273

00:39:54.977 --> 00:39:57.290 are known to enhance placebo response,

NOTE Confidence: 0.786244317727273

00:39:57.290 --> 00:39:59.456 which leads to an uncomfortable question

NOTE Confidence: 0.786244317727273

00:39:59.456 --> 00:40:01.549 that makes every therapist very upset,

NOTE Confidence: 0.786244317727273

00:40:01.550 --> 00:40:05.680 which is is psychotherapy placebo?

NOTE Confidence: 0.786244317727273

00:40:05.680 --> 00:40:07.420 And this is a bit of a hot take by

NOTE Confidence: 0.786244317727273

00:40:07.472 --> 00:40:09.187 Kirshen colleagues at highlights and

NOTE Confidence: 0.786244317727273

00:40:09.187 --> 00:40:11.235 this is probably actually more of

NOTE Confidence: 0.786244317727273

00:40:11.235 --> 00:40:12.921 a semantic problem arising from the

NOTE Confidence: 0.786244317727273

00:40:12.921 --> 00:40:14.823 medical roots of the term placebo.

NOTE Confidence: 0.786244317727273

00:40:14.823 --> 00:40:15.876 So we'll see.

NOTE Confidence: 0.786244317727273

00:40:15.880 --> 00:40:18.196 Was very well defined in medicine

NOTE Confidence: 0.786244317727273

00:40:18.200 --> 00:40:19.604 where it emerged, right?
NOTE Confidence: 0.786244317727273

00:40:19.604 --> 00:40:21.710 But it's less coherent in the
NOTE Confidence: 0.786244317727273

00:40:21.775 --> 00:40:23.398 context of psychotherapy.
NOTE Confidence: 0.786244317727273

00:40:23.400 --> 00:40:24.954 Look, here's rights of the placebo effect.
NOTE Confidence: 0.786244317727273

00:40:24.960 --> 00:40:26.380 And medicine is produced by
NOTE Confidence: 0.786244317727273

00:40:26.380 --> 00:40:27.800 factors other than the physical
NOTE Confidence: 0.786244317727273

00:40:27.851 --> 00:40:29.199 properties of the treatment.
NOTE Confidence: 0.90798395

00:40:29.200 --> 00:40:31.798 But the effect of psychotherapy is,
NOTE Confidence: 0.90798395

00:40:31.800 --> 00:40:32.940 by definition of the term,
NOTE Confidence: 0.90798395

00:40:32.940 --> 00:40:34.940 psychotherapy produced by something
NOTE Confidence: 0.90798395

00:40:34.940 --> 00:40:36.780 other than the physical properties
NOTE Confidence: 0.90798395

00:40:36.780 --> 00:40:38.025 of a treatment. Therefore.
NOTE Confidence: 0.90798395

00:40:38.025 --> 00:40:40.860 Met by the medical definition of placebo,
NOTE Confidence: 0.90798395

00:40:40.860 --> 00:40:42.930 the effects of psychotherapy or
NOTE Confidence: 0.90798395

00:40:42.930 --> 00:40:44.586 absofacto placebo effects and
NOTE Confidence: 0.90798395

00:40:44.586 --> 00:40:46.278 psychotherapy is absofacto placebos.

NOTE Confidence: 0.90798395
00:40:46.280 --> 00:40:47.608 And therapists hate this,
NOTE Confidence: 0.90798395
00:40:47.608 --> 00:40:48.936 they don't like it,
NOTE Confidence: 0.90798395
00:40:48.940 --> 00:40:50.590 but it's fine because it's probably
NOTE Confidence: 0.90798395
00:40:50.590 --> 00:40:52.126 just a category error, right?
NOTE Confidence: 0.90798395
00:40:52.126 --> 00:40:54.742 The psychotherapy is a non physical
NOTE Confidence: 0.90798395
00:40:54.742 --> 00:40:56.050 intervention by definition.
NOTE Confidence: 0.90798395
00:40:56.050 --> 00:40:58.084 We know that it is indeed
NOTE Confidence: 0.90798395
00:40:58.084 --> 00:40:59.912 effective for the treatment of
NOTE Confidence: 0.90798395
00:40:59.912 --> 00:41:01.548 many different health issues.
NOTE Confidence: 0.90798395
00:41:01.550 --> 00:41:03.878 And Kirsten colleagues try to help
NOTE Confidence: 0.90798395
00:41:03.878 --> 00:41:06.624 us along and encourage us to think
NOTE Confidence: 0.90798395
00:41:06.624 --> 00:41:08.494 of psychotherapy not as placebo,
NOTE Confidence: 0.90798395
00:41:08.500 --> 00:41:10.426 just because that makes no sense,
NOTE Confidence: 0.90798395
00:41:10.430 --> 00:41:13.270 but instead as active psychological
NOTE Confidence: 0.90798395
00:41:13.270 --> 00:41:15.542 ingredients that are necessary
NOTE Confidence: 0.90798395

00:41:15.542 --> 00:41:17.739 for adequate treatment.
NOTE Confidence: 0.90798395

00:41:17.740 --> 00:41:19.428 And for conceptual clarity,
NOTE Confidence: 0.90798395

00:41:19.428 --> 00:41:21.538 it's best to consider placebo
NOTE Confidence: 0.90798395

00:41:21.538 --> 00:41:24.047 effects or the patient's own belief
NOTE Confidence: 0.90798395

00:41:24.047 --> 00:41:26.062 separately from effects related to
NOTE Confidence: 0.90798395

00:41:26.129 --> 00:41:28.469 therapeutic interactions with staff,
NOTE Confidence: 0.90798395

00:41:28.470 --> 00:41:30.696 which is hard to disentangle but probably
NOTE Confidence: 0.90798395

00:41:30.696 --> 00:41:32.958 for the better if we can do it right,
NOTE Confidence: 0.90798395

00:41:32.960 --> 00:41:34.454 because patients can improve in a
NOTE Confidence: 0.90798395

00:41:34.454 --> 00:41:36.181 clinical trial or in or in clinical
NOTE Confidence: 0.90798395

00:41:36.181 --> 00:41:37.537 care from the number of things
NOTE Confidence: 0.90798395

00:41:37.537 --> 00:41:38.969 was actual treatment effects,
NOTE Confidence: 0.90798395

00:41:38.970 --> 00:41:40.720 which is what we're most interested in,
NOTE Confidence: 0.90798395

00:41:40.720 --> 00:41:43.953 in an RCT. Spontaneous healing, right?
NOTE Confidence: 0.90798395

00:41:43.953 --> 00:41:46.299 So this is often controlled for.
NOTE Confidence: 0.90798395

00:41:46.300 --> 00:41:48.337 It could be controlled for like a

NOTE Confidence: 0.90798395
00:41:48.337 --> 00:41:49.620 waiting list controlled design.
NOTE Confidence: 0.90798395
00:41:49.620 --> 00:41:50.544 So this is healing that would
NOTE Confidence: 0.90798395
00:41:50.544 --> 00:41:51.490 or would not have occurred,
NOTE Confidence: 0.90798395
00:41:51.490 --> 00:41:53.470 would have occurred whether
NOTE Confidence: 0.90798395
00:41:53.470 --> 00:41:54.955 without city participation,
NOTE Confidence: 0.90798395
00:41:54.960 --> 00:41:55.974 improvement directly related
NOTE Confidence: 0.90798395
00:41:55.974 --> 00:41:57.664 to belief in the treatment,
NOTE Confidence: 0.90798395
00:41:57.670 --> 00:41:59.398 what we normally think of as placebo effects.
NOTE Confidence: 0.90798395
00:41:59.400 --> 00:42:01.591 And then here is what we're talking
NOTE Confidence: 0.90798395
00:42:01.591 --> 00:42:02.933 about with psychotherapy effects
NOTE Confidence: 0.90798395
00:42:02.933 --> 00:42:04.329 improvement from interaction with
NOTE Confidence: 0.90798395
00:42:04.329 --> 00:42:06.550 the study team or aspects of the
NOTE Confidence: 0.90798395
00:42:06.550 --> 00:42:08.209 study often considered together
NOTE Confidence: 0.90798395
00:42:08.209 --> 00:42:10.624 but are probably separate things.
NOTE Confidence: 0.610945986666667
00:42:13.800 --> 00:42:15.270 And some caveats, all this pessimism,
NOTE Confidence: 0.610945986666667

00:42:15.270 --> 00:42:15.910 I think, you know,
NOTE Confidence: 0.610945986666667

00:42:15.910 --> 00:42:17.790 a lot of times when I give a talk like this,
NOTE Confidence: 0.610945986666667

00:42:17.790 --> 00:42:19.896 people think that I'm suggesting that
NOTE Confidence: 0.610945986666667

00:42:19.896 --> 00:42:21.300 psychedelics are entirely placebo.
NOTE Confidence: 0.610945986666667

00:42:21.300 --> 00:42:22.604 And there are some people who believe that.
NOTE Confidence: 0.610945986666667

00:42:22.610 --> 00:42:23.646 I don't believe that.
NOTE Confidence: 0.610945986666667

00:42:23.646 --> 00:42:25.200 And the reasons I don't believe
NOTE Confidence: 0.610945986666667

00:42:25.255 --> 00:42:26.970 that is because we've demonstrated,
NOTE Confidence: 0.610945986666667

00:42:26.970 --> 00:42:29.098 I think at this point pretty convincingly
NOTE Confidence: 0.610945986666667

00:42:29.098 --> 00:42:31.288 in animal models that there is at
NOTE Confidence: 0.610945986666667

00:42:31.288 --> 00:42:32.504 least some biological mechanism
NOTE Confidence: 0.610945986666667

00:42:32.504 --> 00:42:34.564 and we're sort of getting more more
NOTE Confidence: 0.610945986666667

00:42:34.564 --> 00:42:37.930 evidence in human models as well.
NOTE Confidence: 0.610945986666667

00:42:37.930 --> 00:42:41.190 And the effect sizes are way larger in our
NOTE Confidence: 0.610945986666667

00:42:41.190 --> 00:42:43.090 psychologist therapy studies than usual.
NOTE Confidence: 0.610945986666667

00:42:43.090 --> 00:42:45.234 Typical trials for psychotherapy

NOTE Confidence: 0.610945986666667
00:42:45.234 --> 00:42:48.480 for depression, for example.
NOTE Confidence: 0.610945986666667
00:42:48.480 --> 00:42:49.142 And further,
NOTE Confidence: 0.610945986666667
00:42:49.142 --> 00:42:51.128 I think even if psychedelics work
NOTE Confidence: 0.610945986666667
00:42:51.128 --> 00:42:53.035 by merely enhancing the placebo
NOTE Confidence: 0.610945986666667
00:42:53.035 --> 00:42:54.217 or the expectancy,
NOTE Confidence: 0.610945986666667
00:42:54.220 --> 00:42:56.908 this is probably still a powerful
NOTE Confidence: 0.610945986666667
00:42:56.908 --> 00:43:00.330 clinical tool that we shouldn't overlook.
NOTE Confidence: 0.610945986666667
00:43:00.330 --> 00:43:01.140 You know,
NOTE Confidence: 0.610945986666667
00:43:01.140 --> 00:43:02.760 whether the subjective effects
NOTE Confidence: 0.610945986666667
00:43:02.760 --> 00:43:04.380 of psychedelics are necessary
NOTE Confidence: 0.610945986666667
00:43:04.446 --> 00:43:05.950 for therapeutic efficacy remains
NOTE Confidence: 0.610945986666667
00:43:05.950 --> 00:43:07.454 a matter of debate,
NOTE Confidence: 0.610945986666667
00:43:07.460 --> 00:43:09.020 and I know of some interesting
NOTE Confidence: 0.610945986666667
00:43:09.020 --> 00:43:10.878 studies plan to take a look at that.
NOTE Confidence: 0.610945986666667
00:43:10.880 --> 00:43:12.655 You know whether memory for
NOTE Confidence: 0.610945986666667

00:43:12.655 --> 00:43:14.430 the experience has anything to
NOTE Confidence: 0.610945986666667

00:43:14.497 --> 00:43:16.029 do with clinical benefit.
NOTE Confidence: 0.610945986666667

00:43:16.030 --> 00:43:18.538 I would guess that it does.
NOTE Confidence: 0.610945986666667

00:43:18.540 --> 00:43:20.484 And we know that psychedelics can
NOTE Confidence: 0.610945986666667

00:43:20.484 --> 00:43:21.456 produce meaningful experiences
NOTE Confidence: 0.610945986666667

00:43:21.456 --> 00:43:23.805 even in the absence of any kind of
NOTE Confidence: 0.610945986666667

00:43:23.805 --> 00:43:24.960 therapeutic relationship where people
NOTE Confidence: 0.610945986666667

00:43:24.960 --> 00:43:27.048 use psychedelics on their own all the time.
NOTE Confidence: 0.797412208571429

00:43:29.670 --> 00:43:31.758 Here's a little artificial
NOTE Confidence: 0.797412208571429

00:43:31.758 --> 00:43:33.324 intelligence art break.
NOTE Confidence: 0.797412208571429

00:43:33.330 --> 00:43:34.440 This is randomized
NOTE Confidence: 0.797412208571429

00:43:34.440 --> 00:43:35.180 placebo-controlled trial,
NOTE Confidence: 0.797412208571429

00:43:35.180 --> 00:43:37.470 the style of Remedios Varo.
NOTE Confidence: 0.797412208571429

00:43:37.470 --> 00:43:38.448 I thought it was pretty cool.
NOTE Confidence: 0.818663311363636

00:43:41.070 --> 00:43:43.800 Umm, just a couple slides here to
NOTE Confidence: 0.818663311363636

00:43:43.800 --> 00:43:45.794 highlight that contextual factors in

NOTE Confidence: 0.818663311363636
00:43:45.794 --> 00:43:48.056 psychotherapy can be potent even when
NOTE Confidence: 0.818663311363636
00:43:48.056 --> 00:43:50.536 there is probable unblinding, right?
NOTE Confidence: 0.818663311363636
00:43:50.536 --> 00:43:52.350 So this is from Carhartt,
NOTE Confidence: 0.818663311363636
00:43:52.350 --> 00:43:54.230 Harris and colleagues study
NOTE Confidence: 0.818663311363636
00:43:54.230 --> 00:43:56.090 comparing escitalopram,
NOTE Confidence: 0.818663311363636
00:43:56.090 --> 00:44:00.920 6 weeks vegetale Apram +2 Shamsul Sibir
NOTE Confidence: 0.818663311363636
00:44:00.920 --> 00:44:03.510 sessions are very low dose sessions to
NOTE Confidence: 0.818663311363636
00:44:03.579 --> 00:44:05.840 two high dose sessions plus six weeks
NOTE Confidence: 0.818663311363636
00:44:05.840 --> 00:44:08.572 of fake or placebo escitalopram, right.
NOTE Confidence: 0.818663311363636
00:44:08.572 --> 00:44:10.828 So and you'll see this in many studies.
NOTE Confidence: 0.818663311363636
00:44:10.830 --> 00:44:13.080 There is a compared to baseline,
NOTE Confidence: 0.818663311363636
00:44:13.080 --> 00:44:17.208 both treatment arms tend to have a pretty
NOTE Confidence: 0.818663311363636
00:44:17.208 --> 00:44:19.305 dramatic decrease between baseline
NOTE Confidence: 0.818663311363636
00:44:19.305 --> 00:44:21.860 and the first follow up time point.
NOTE Confidence: 0.818663311363636
00:44:21.860 --> 00:44:23.180 So it's not just the silicide,
NOTE Confidence: 0.818663311363636

00:44:23.180 --> 00:44:23.990 but it's working.
NOTE Confidence: 0.818663311363636

00:44:23.990 --> 00:44:26.200 I think this might be an approximation of
NOTE Confidence: 0.818663311363636

00:44:26.200 --> 00:44:28.097 of what those contextual factors might be.
NOTE Confidence: 0.8205775425

00:44:31.420 --> 00:44:32.540 Same same is true.
NOTE Confidence: 0.8205775425

00:44:32.540 --> 00:44:34.374 This is from Mike Bogenschutz's cell
NOTE Confidence: 0.8205775425

00:44:34.374 --> 00:44:36.516 cybern for alcohol use disorder study.
NOTE Confidence: 0.8205775425

00:44:36.520 --> 00:44:38.452 So both treatment arms seem to
NOTE Confidence: 0.8205775425

00:44:38.452 --> 00:44:39.740 have some substantial improvement
NOTE Confidence: 0.8205775425

00:44:39.800 --> 00:44:40.960 in heavy drinking days,
NOTE Confidence: 0.8205775425

00:44:40.960 --> 00:44:43.500 right from around 50% to
NOTE Confidence: 0.8205775425

00:44:43.500 --> 00:44:45.820 about 20% in both groups,
NOTE Confidence: 0.8205775425

00:44:45.820 --> 00:44:48.028 regardless of whether they
NOTE Confidence: 0.8205775425

00:44:48.028 --> 00:44:50.569 got sober or diphenhydramine.
NOTE Confidence: 0.6282304125

00:44:53.690 --> 00:44:56.346 This is like another Dolly AI break here.
NOTE Confidence: 0.6282304125

00:44:56.350 --> 00:44:57.349 Psychedelic scientist fighting
NOTE Confidence: 0.6282304125

00:44:57.349 --> 00:44:59.049 on the Internet. We like that.

NOTE Confidence: 0.779429036666667
00:45:02.080 --> 00:45:06.256 So what do we do to reduce confounds
NOTE Confidence: 0.779429036666667
00:45:06.256 --> 00:45:09.040 in psychedelic clinical trials?
NOTE Confidence: 0.779429036666667
00:45:09.040 --> 00:45:09.856 Ways forward, right.
NOTE Confidence: 0.779429036666667
00:45:09.856 --> 00:45:11.760 So there are a number of things
NOTE Confidence: 0.779429036666667
00:45:11.813 --> 00:45:13.325 we could and should be doing.
NOTE Confidence: 0.779429036666667
00:45:13.330 --> 00:45:15.140 First, we probably should be
NOTE Confidence: 0.779429036666667
00:45:15.140 --> 00:45:16.588 measuring contextual factors very
NOTE Confidence: 0.779429036666667
00:45:16.588 --> 00:45:18.179 carefully in all of our studies so
NOTE Confidence: 0.779429036666667
00:45:18.179 --> 00:45:20.219 we can do this with a number of
NOTE Confidence: 0.779429036666667
00:45:20.219 --> 00:45:21.423 instruments that already exist.
NOTE Confidence: 0.779429036666667
00:45:21.430 --> 00:45:23.050 We have the Working Alliance inventory,
NOTE Confidence: 0.779429036666667
00:45:23.050 --> 00:45:25.742 which is what I described for our
NOTE Confidence: 0.779429036666667
00:45:25.742 --> 00:45:28.372 our current study here credibility
NOTE Confidence: 0.779429036666667
00:45:28.372 --> 00:45:29.638 and expectancy questionnaire.
NOTE Confidence: 0.779429036666667
00:45:29.638 --> 00:45:32.746 Both of these come out of psychotherapy
NOTE Confidence: 0.779429036666667

00:45:32.746 --> 00:45:35.301 research and are used primarily
NOTE Confidence: 0.779429036666667

00:45:35.301 --> 00:45:38.050 psychotherapy tools and more recent tools,
NOTE Confidence: 0.779429036666667

00:45:38.050 --> 00:45:40.630 the Stanford expectations of treatment scale,
NOTE Confidence: 0.779429036666667

00:45:40.630 --> 00:45:43.738 which can be used for both psychotherapy.
NOTE Confidence: 0.779429036666667

00:45:43.740 --> 00:45:45.855 Or other kinds of interventions
NOTE Confidence: 0.779429036666667

00:45:45.855 --> 00:45:47.970 like even surgery or medication,
NOTE Confidence: 0.779429036666667

00:45:47.970 --> 00:45:49.832 and some might actually be a little
NOTE Confidence: 0.779429036666667

00:45:49.832 --> 00:45:51.493 bit better suited to psychedelic
NOTE Confidence: 0.779429036666667

00:45:51.493 --> 00:45:52.297 assisted therapy.
NOTE Confidence: 0.779429036666667

00:45:52.300 --> 00:45:54.218 Probably we need new and better instruments
NOTE Confidence: 0.779429036666667

00:45:54.218 --> 00:45:56.288 that are more specific to psychedelics.
NOTE Confidence: 0.779429036666667

00:45:56.290 --> 00:45:57.700 We're working on some here,
NOTE Confidence: 0.779429036666667

00:45:57.700 --> 00:45:59.849 and I've seen a growing number of
NOTE Confidence: 0.779429036666667

00:45:59.849 --> 00:46:01.979 these being being published recently,
NOTE Confidence: 0.779429036666667

00:46:01.980 --> 00:46:04.420 so I think this is a move in
NOTE Confidence: 0.779429036666667

00:46:04.420 --> 00:46:05.920 the right direction.

NOTE Confidence: 0.779429036666667
00:46:05.920 --> 00:46:08.750 We should assess blinding efficacy
NOTE Confidence: 0.779429036666667
00:46:08.750 --> 00:46:11.150 so there is a recent preprint of
NOTE Confidence: 0.779429036666667
00:46:11.150 --> 00:46:13.576 a new instrument on a measure of
NOTE Confidence: 0.779429036666667
00:46:13.576 --> 00:46:15.476 blinding efficacy and blinding should
NOTE Confidence: 0.779429036666667
00:46:15.476 --> 00:46:17.724 ideally be assessed among everybody
NOTE Confidence: 0.779429036666667
00:46:17.724 --> 00:46:20.099 involved in this study participants,
NOTE Confidence: 0.779429036666667
00:46:20.100 --> 00:46:21.219 Raiders and staff.
NOTE Confidence: 0.779429036666667
00:46:21.219 --> 00:46:23.084 There's just a screenshot of
NOTE Confidence: 0.779429036666667
00:46:23.084 --> 00:46:25.459 the new measure from spaghetti,
NOTE Confidence: 0.779429036666667
00:46:25.460 --> 00:46:27.524 which notably only asks about binding
NOTE Confidence: 0.779429036666667
00:46:27.524 --> 00:46:29.702 of the participant and doesn't include
NOTE Confidence: 0.779429036666667
00:46:29.702 --> 00:46:31.934 any blinding questions of the staff.
NOTE Confidence: 0.779429036666667
00:46:31.940 --> 00:46:32.273 So.
NOTE Confidence: 0.779429036666667
00:46:32.273 --> 00:46:33.938 Probably this isn't this isn't
NOTE Confidence: 0.779429036666667
00:46:33.938 --> 00:46:34.937 a perfect instrument.
NOTE Confidence: 0.779429036666667

00:46:34.940 --> 00:46:36.606 We might need more more work here.
NOTE Confidence: 0.8833998825

00:46:39.830 --> 00:46:42.670 We need to figure out what some convincing
NOTE Confidence: 0.8833998825

00:46:42.670 --> 00:46:44.830 comparator drugs might be, right?
NOTE Confidence: 0.8833998825

00:46:44.830 --> 00:46:46.510 With that caveat that I mentioned earlier,
NOTE Confidence: 0.8833998825

00:46:46.510 --> 00:46:48.729 that it's possible that a very convincing
NOTE Confidence: 0.8833998825

00:46:48.729 --> 00:46:51.505 act of drug would be just as therapeutic if
NOTE Confidence: 0.8833998825

00:46:51.505 --> 00:46:54.779 the way that this all works is by producing
NOTE Confidence: 0.8833998825

00:46:54.779 --> 00:46:56.814 this very emotionally powerful experience.
NOTE Confidence: 0.8833998825

00:46:56.820 --> 00:46:58.890 But we do need better,
NOTE Confidence: 0.8833998825

00:46:58.890 --> 00:46:59.820 better research and you know,
NOTE Confidence: 0.8833998825

00:46:59.820 --> 00:47:02.870 some some drugs have been
NOTE Confidence: 0.8833998825

00:47:02.870 --> 00:47:04.700 suggested as possible.
NOTE Confidence: 0.8833998825

00:47:04.700 --> 00:47:05.784 Possible good candidates here,
NOTE Confidence: 0.8833998825

00:47:05.784 --> 00:47:08.229 probably like THC is is an interesting one.
NOTE Confidence: 0.8833998825

00:47:08.230 --> 00:47:11.840 Dextromethorphan has been studied before.
NOTE Confidence: 0.8833998825

00:47:11.840 --> 00:47:13.808 Probably some dose finding studies to

NOTE Confidence: 0.8833998825

00:47:13.808 --> 00:47:15.665 determine what it what a comparable

NOTE Confidence: 0.8833998825

00:47:15.665 --> 00:47:17.941 dose of THC might be to to fool someone

NOTE Confidence: 0.8833998825

00:47:17.941 --> 00:47:20.277 doing it they got solbin and vice versa.

NOTE Confidence: 0.844061712307692

00:47:23.280 --> 00:47:25.562 And we want to avoid study designs

NOTE Confidence: 0.844061712307692

00:47:25.562 --> 00:47:28.040 that are most vulnerable to biases.

NOTE Confidence: 0.844061712307692

00:47:28.040 --> 00:47:29.990 And we can heed lessons from

NOTE Confidence: 0.844061712307692

00:47:29.990 --> 00:47:30.640 psychotherapy research.

NOTE Confidence: 0.844061712307692

00:47:30.640 --> 00:47:32.002 So, for example,

NOTE Confidence: 0.844061712307692

00:47:32.002 --> 00:47:34.272 horse race trials comparing like

NOTE Confidence: 0.844061712307692

00:47:34.272 --> 00:47:36.456 1 psychotherapy to another have

NOTE Confidence: 0.844061712307692

00:47:36.456 --> 00:47:37.976 largely proven kind of useless,

NOTE Confidence: 0.844061712307692

00:47:37.976 --> 00:47:39.650 that they don't really reliably or

NOTE Confidence: 0.844061712307692

00:47:39.705 --> 00:47:41.097 convincingly demonstrate that one

NOTE Confidence: 0.844061712307692

00:47:41.097 --> 00:47:42.837 therapy is better than another.

NOTE Confidence: 0.844061712307692

00:47:42.840 --> 00:47:44.766 So I think this is most applicable to.

NOTE Confidence: 0.844061712307692

00:47:44.766 --> 00:47:46.782 You know, someone who might want want

NOTE Confidence: 0.844061712307692

00:47:46.782 --> 00:47:49.066 to answer the question of what's better,

NOTE Confidence: 0.844061712307692

00:47:49.070 --> 00:47:51.690 act or CBT or something,

NOTE Confidence: 0.844061712307692

00:47:51.690 --> 00:47:53.895 or psychodynamic therapy and in

NOTE Confidence: 0.844061712307692

00:47:53.895 --> 00:47:55.218 conjunction with psychedelics.

NOTE Confidence: 0.844061712307692

00:47:55.220 --> 00:47:57.516 And probably my guess is that we

NOTE Confidence: 0.844061712307692

00:47:57.516 --> 00:47:59.396 wouldn't actually find very much

NOTE Confidence: 0.844061712307692

00:47:59.396 --> 00:48:02.440 useful information there. To date.

NOTE Confidence: 0.844061712307692

00:48:02.440 --> 00:48:04.309 So the most common designs that we've

NOTE Confidence: 0.844061712307692

00:48:04.309 --> 00:48:06.180 seen in psychedelics are open label design,

NOTE Confidence: 0.844061712307692

00:48:06.180 --> 00:48:07.988 delayed treatment, waiting list,

NOTE Confidence: 0.844061712307692

00:48:07.988 --> 00:48:11.130 control, crossover.

NOTE Confidence: 0.844061712307692

00:48:11.130 --> 00:48:12.910 Parallel groups of triple sebo.

NOTE Confidence: 0.844061712307692

00:48:12.910 --> 00:48:14.527 All of these are problematic for the

NOTE Confidence: 0.844061712307692

00:48:14.527 --> 00:48:16.414 reasons we've talked about today, right?

NOTE Confidence: 0.844061712307692

00:48:16.414 --> 00:48:19.070 When there's functional unblinding,

NOTE Confidence: 0.844061712307692

00:48:19.070 --> 00:48:21.608 we may as well not have blinded at all.

NOTE Confidence: 0.844061712307692

00:48:21.610 --> 00:48:23.476 But there are some designs that

NOTE Confidence: 0.844061712307692

00:48:23.476 --> 00:48:25.401 could help us understand a little

NOTE Confidence: 0.844061712307692

00:48:25.401 --> 00:48:27.267 bit better what the actual treatment

NOTE Confidence: 0.844061712307692

00:48:27.267 --> 00:48:29.168 effects of psychedelics are then.

NOTE Confidence: 0.844061712307692

00:48:29.170 --> 00:48:32.341 This is covered in great detail in

NOTE Confidence: 0.844061712307692

00:48:32.341 --> 00:48:34.828 this excellent paper by Muthukumar

NOTE Confidence: 0.844061712307692

00:48:34.828 --> 00:48:37.590 Swami published in 2021 about blinding

NOTE Confidence: 0.844061712307692

00:48:37.590 --> 00:48:39.830 and expectancy in psychedelic trials.

NOTE Confidence: 0.844061712307692

00:48:39.830 --> 00:48:41.050 And so, one suggestion.

NOTE Confidence: 0.844061712307692

00:48:41.050 --> 00:48:42.880 It's the parallel design with an

NOTE Confidence: 0.844061712307692

00:48:42.934 --> 00:48:44.404 active comparator where you have

NOTE Confidence: 0.844061712307692

00:48:44.404 --> 00:48:46.540 where you can sort of compare the

NOTE Confidence: 0.844061712307692

00:48:46.540 --> 00:48:48.370 group that believes that they got

NOTE Confidence: 0.844061712307692

00:48:48.370 --> 00:48:50.783 the active drug correctly versus

NOTE Confidence: 0.844061712307692

00:48:50.783 --> 00:48:54.389 incorrectly and use that figure to
NOTE Confidence: 0.844061712307692

00:48:54.389 --> 00:48:57.677 quantify the actual treatment effect.
NOTE Confidence: 0.844061712307692

00:48:57.680 --> 00:48:59.704 So that's that's sort of what happens there.
NOTE Confidence: 0.762653681538461

00:49:02.020 --> 00:49:03.166 Enrichment, factorial design.
NOTE Confidence: 0.762653681538461

00:49:03.166 --> 00:49:05.458 So these have been proposed by
NOTE Confidence: 0.762653681538461

00:49:05.458 --> 00:49:07.433 Card Harris and colleagues, right,
NOTE Confidence: 0.762653681538461

00:49:07.433 --> 00:49:09.297 where you can kind of where one factor
NOTE Confidence: 0.762653681538461

00:49:09.297 --> 00:49:11.665 is the drug versus placebo and the other
NOTE Confidence: 0.762653681538461

00:49:11.665 --> 00:49:13.140 factor is environmental enrichment.
NOTE Confidence: 0.762653681538461

00:49:13.140 --> 00:49:15.716 So it could be a more interesting room,
NOTE Confidence: 0.762653681538461

00:49:15.720 --> 00:49:19.200 different or more engaging music,
NOTE Confidence: 0.762653681538461

00:49:19.200 --> 00:49:22.315 more engaging therapists that sort of thing.
NOTE Confidence: 0.762653681538461

00:49:22.320 --> 00:49:23.520 And so this is a pretty,
NOTE Confidence: 0.762653681538461

00:49:23.520 --> 00:49:25.228 pretty good design could be could lead
NOTE Confidence: 0.762653681538461

00:49:25.228 --> 00:49:28.420 to some interesting work I think, but.
NOTE Confidence: 0.762653681538461

00:49:28.420 --> 00:49:30.860 Probably would do well to again take some

NOTE Confidence: 0.762653681538461

00:49:30.860 --> 00:49:32.628 lessons from the psychotherapy research

NOTE Confidence: 0.762653681538461

00:49:32.628 --> 00:49:35.314 and focus on those factors that are

NOTE Confidence: 0.762653681538461

00:49:35.314 --> 00:49:37.690 known to to heavily influence treatment

NOTE Confidence: 0.762653681538461

00:49:37.758 --> 00:49:40.058 effects like the therapeutic report.

NOTE Confidence: 0.74895697

00:49:42.640 --> 00:49:44.278 Pretreatment designs have been brought up,

NOTE Confidence: 0.74895697

00:49:44.280 --> 00:49:47.448 so this would be using something

NOTE Confidence: 0.74895697

00:49:47.448 --> 00:49:49.560 like ketanserin versus placebo.

NOTE Confidence: 0.74895697

00:49:49.560 --> 00:49:51.604 Before administering a dose of the drug.

NOTE Confidence: 0.74895697

00:49:51.610 --> 00:49:53.707 Again this this does sort of run into that

NOTE Confidence: 0.74895697

00:49:53.707 --> 00:49:55.777 same problem with unblinding potentially,

NOTE Confidence: 0.74895697

00:49:55.780 --> 00:49:58.222 but but everybody in the study

NOTE Confidence: 0.74895697

00:49:58.222 --> 00:50:00.440 would be getting solisiden and so.

NOTE Confidence: 0.74895697

00:50:00.440 --> 00:50:00.740 Theoretically,

NOTE Confidence: 0.74895697

00:50:00.740 --> 00:50:03.140 maybe that would be less of an issue,

NOTE Confidence: 0.74895697

00:50:03.140 --> 00:50:05.205 but, and these are just a couple

NOTE Confidence: 0.74895697

00:50:05.205 --> 00:50:08.064 of the suggestions by Kumar Swami,
NOTE Confidence: 0.74895697

00:50:08.064 --> 00:50:11.237 should check out this paper. Umm.
NOTE Confidence: 0.74895697

00:50:11.237 --> 00:50:14.270 And just to sort of close this actually was,
NOTE Confidence: 0.74895697

00:50:14.270 --> 00:50:15.830 this came up just a few days ago.
NOTE Confidence: 0.74895697

00:50:15.830 --> 00:50:16.726 I think this is,
NOTE Confidence: 0.74895697

00:50:16.726 --> 00:50:18.078 well time for this talk, right.
NOTE Confidence: 0.74895697

00:50:18.078 --> 00:50:19.902 So a lot of you might have seen
NOTE Confidence: 0.74895697

00:50:19.902 --> 00:50:22.070 this notice information from NIH
NOTE Confidence: 0.74895697

00:50:22.070 --> 00:50:23.910 on considerations for research
NOTE Confidence: 0.74895697

00:50:23.910 --> 00:50:25.750 involving psychedelics and related
NOTE Confidence: 0.74895697

00:50:25.813 --> 00:50:27.739 compounds is just two days ago.
NOTE Confidence: 0.74895697

00:50:27.740 --> 00:50:30.659 And weirdly for the human studies section,
NOTE Confidence: 0.74895697

00:50:30.660 --> 00:50:32.295 they didn't write what their
NOTE Confidence: 0.74895697

00:50:32.295 --> 00:50:33.603 high priority items were,
NOTE Confidence: 0.74895697

00:50:33.610 --> 00:50:35.060 they wrote with their low
NOTE Confidence: 0.74895697

00:50:35.060 --> 00:50:35.930 priority items were.

NOTE Confidence: 0.74895697

00:50:35.930 --> 00:50:38.100 And so they were saying that they're

NOTE Confidence: 0.74895697

00:50:38.100 --> 00:50:40.452 low priority items were studies that

NOTE Confidence: 0.74895697

00:50:40.452 --> 00:50:42.348 lacked rigorous and reproducible.

NOTE Confidence: 0.74895697

00:50:42.350 --> 00:50:44.210 Assessment of the integrity of the

NOTE Confidence: 0.74895697

00:50:44.210 --> 00:50:45.960 blind for everyone involved patients,

NOTE Confidence: 0.74895697

00:50:45.960 --> 00:50:47.661 therapists and Raiders.

NOTE Confidence: 0.74895697

00:50:47.661 --> 00:50:51.063 Studies that lacked rigorous and reproducible

NOTE Confidence: 0.74895697

00:50:51.063 --> 00:50:53.258 assessment of expectancy effects.

NOTE Confidence: 0.74895697

00:50:53.260 --> 00:50:55.346 And studies that involve the use of

NOTE Confidence: 0.74895697

00:50:55.346 --> 00:50:57.637 some sort of adjunctive therapy that

NOTE Confidence: 0.74895697

00:50:57.637 --> 00:50:59.847 don't operationalize the therapy and

NOTE Confidence: 0.74895697

00:50:59.847 --> 00:51:02.349 assess the delivery of that therapy.

NOTE Confidence: 0.74895697

00:51:02.350 --> 00:51:05.260 So and I may just be on board with a

NOTE Confidence: 0.74895697

00:51:05.350 --> 00:51:08.346 lot of what we've talked about today.

NOTE Confidence: 0.74895697

00:51:08.350 --> 00:51:09.720 So just, yeah, some conclusions.

NOTE Confidence: 0.74895697

00:51:09.720 --> 00:51:11.820 There's a lot of overlap between
NOTE Confidence: 0.74895697

00:51:11.820 --> 00:51:13.800 set and setting common factors,
NOTE Confidence: 0.74895697

00:51:13.800 --> 00:51:15.795 and that may complicate the
NOTE Confidence: 0.74895697

00:51:15.795 --> 00:51:17.790 assessment of placebo effects in
NOTE Confidence: 0.74895697

00:51:17.860 --> 00:51:19.789 psychedelic therapy research.
NOTE Confidence: 0.74895697

00:51:19.790 --> 00:51:21.486 RCT's with psychedelics often
NOTE Confidence: 0.74895697

00:51:21.486 --> 00:51:23.182 resemble psychotherapy trials more
NOTE Confidence: 0.74895697

00:51:23.182 --> 00:51:25.578 than they do pharmacotherapy trials,
NOTE Confidence: 0.74895697

00:51:25.580 --> 00:51:28.524 which complicates things and
NOTE Confidence: 0.74895697

00:51:28.524 --> 00:51:29.996 frustrates everybody.
NOTE Confidence: 0.74895697

00:51:30.000 --> 00:51:31.760 But measurement and experimental
NOTE Confidence: 0.74895697

00:51:31.760 --> 00:51:33.960 manipulation of those common factors,
NOTE Confidence: 0.74895697

00:51:33.960 --> 00:51:35.409 namely the therapeutic
NOTE Confidence: 0.74895697

00:51:35.409 --> 00:51:36.858 relationship expectancy effects,
NOTE Confidence: 0.74895697

00:51:36.860 --> 00:51:39.716 may help us tease out those actual
NOTE Confidence: 0.74895697

00:51:39.716 --> 00:51:41.660 treatment effects from those of

NOTE Confidence: 0.74895697

00:51:41.660 --> 00:51:42.740 the psychedelics themselves.

NOTE Confidence: 0.728702805454545

00:51:45.380 --> 00:51:47.054 And an important so this is

NOTE Confidence: 0.728702805454545

00:51:47.054 --> 00:51:48.740 back to John Haygarth question,

NOTE Confidence: 0.728702805454545

00:51:48.740 --> 00:51:49.907 the beginning of this talk. Right.

NOTE Confidence: 0.728702805454545

00:51:49.907 --> 00:51:51.723 So he's the guy who did that Perkins

NOTE Confidence: 0.728702805454545

00:51:51.723 --> 00:51:53.018 tractor research where he wrote

NOTE Confidence: 0.728702805454545

00:51:53.018 --> 00:51:54.829 that you know an important lesson in

NOTE Confidence: 0.728702805454545

00:51:54.829 --> 00:51:56.481 physics is to be learned that that's

NOTE Confidence: 0.728702805454545

00:51:56.481 --> 00:51:57.508 wonderful and powerful influence

NOTE Confidence: 0.728702805454545

00:51:57.508 --> 00:51:59.426 of the passions of the mind upon

NOTE Confidence: 0.728702805454545

00:51:59.426 --> 00:52:01.296 the state and disorder of the body.

NOTE Confidence: 0.728702805454545

00:52:01.300 --> 00:52:02.728 And this is too often overlooked.

NOTE Confidence: 0.728702805454545

00:52:02.730 --> 00:52:06.103 It's closing quote for us to to ponder

NOTE Confidence: 0.728702805454545

00:52:06.103 --> 00:52:08.668 because I do think it's pretty remarkable,

NOTE Confidence: 0.728702805454545

00:52:08.670 --> 00:52:10.518 right that like well what if all

NOTE Confidence: 0.728702805454545

00:52:10.518 --> 00:52:12.545 this is just a placebo effect of
NOTE Confidence: 0.728702805454545

00:52:12.545 --> 00:52:14.303 some sort you know it's still.
NOTE Confidence: 0.728702805454545

00:52:14.310 --> 00:52:16.692 Still, pretty remarkable thing that we
NOTE Confidence: 0.728702805454545

00:52:16.692 --> 00:52:19.520 can have such powerful treatment effects.
NOTE Confidence: 0.728702805454545

00:52:19.520 --> 00:52:22.100 Uh, so I'll close it there.
NOTE Confidence: 0.728702805454545

00:52:22.100 --> 00:52:23.940 Leave it open to a couple questions in
NOTE Confidence: 0.728702805454545

00:52:23.940 --> 00:52:26.006 the few minutes that we have remaining.
NOTE Confidence: 0.728702805454545

00:52:26.010 --> 00:52:27.888 Thanks for your attention this afternoon.
NOTE Confidence: 0.857226038333333

00:52:33.740 --> 00:52:35.336 Thank you, Natalie. That was great.
NOTE Confidence: 0.857226038333333

00:52:35.340 --> 00:52:38.424 A really thoughtful. Dive and survey
NOTE Confidence: 0.857226038333333

00:52:38.424 --> 00:52:42.160 into this this complicated landscape.
NOTE Confidence: 0.857226038333333

00:52:42.160 --> 00:52:43.600 We do have time for a few questions.
NOTE Confidence: 0.857226038333333

00:52:43.600 --> 00:52:45.304 People can raise hands or just speak up.
NOTE Confidence: 0.45996186

00:52:50.870 --> 00:52:52.470 Natalie, you you talked about
NOTE Confidence: 0.45996186

00:52:52.470 --> 00:52:53.530 Frank's framework for the
NOTE Confidence: 0.45996186

00:52:53.530 --> 00:52:54.850 common factors of psychotherapy.

NOTE Confidence: 0.45996186

00:52:54.850 --> 00:52:56.370 I've actually purchased his book

NOTE Confidence: 0.45996186

00:52:56.370 --> 00:52:57.890 on Amazon during this lecture,

NOTE Confidence: 0.45996186

00:52:57.890 --> 00:53:00.400 so I hope you get it of that, but.

NOTE Confidence: 0.818511820666667

00:53:02.670 --> 00:53:05.478 Badly. But you talked about controlling

NOTE Confidence: 0.818511820666667

00:53:05.478 --> 00:53:07.782 for expectancy effects and alliance

NOTE Confidence: 0.818511820666667

00:53:07.782 --> 00:53:10.670 and how that's been should be done in

NOTE Confidence: 0.818511820666667

00:53:10.670 --> 00:53:13.342 this field and has been done in some

NOTE Confidence: 0.818511820666667

00:53:13.342 --> 00:53:15.700 of the better psychotherapy research.

NOTE Confidence: 0.818511820666667

00:53:15.700 --> 00:53:16.942 But how about the other components?

NOTE Confidence: 0.818511820666667

00:53:16.942 --> 00:53:19.049 How about the myth and the ritual?

NOTE Confidence: 0.877067786666667

00:53:20.540 --> 00:53:21.209 Yes, I think.

NOTE Confidence: 0.794169724166667

00:53:23.290 --> 00:53:25.376 There I think I saw somebody recently

NOTE Confidence: 0.794169724166667

00:53:25.376 --> 00:53:27.029 published on this wasn't maybe.

NOTE Confidence: 0.794169724166667

00:53:27.030 --> 00:53:28.470 I don't know if it was a formal instrument,

NOTE Confidence: 0.794169724166667

00:53:28.470 --> 00:53:29.598 but I think it would be.

NOTE Confidence: 0.794169724166667

00:53:29.600 --> 00:53:31.808 And we're working on something like this too.

NOTE Confidence: 0.794169724166667

00:53:31.810 --> 00:53:33.496 An instrument to look at what

NOTE Confidence: 0.794169724166667

00:53:33.496 --> 00:53:36.252 a person's beliefs are about

NOTE Confidence: 0.794169724166667

00:53:36.252 --> 00:53:37.420 psychedelic assisted therapy.

NOTE Confidence: 0.794169724166667

00:53:37.420 --> 00:53:39.070 Just psychedelics in general with their

NOTE Confidence: 0.794169724166667

00:53:39.070 --> 00:53:40.800 knowledge is how they know all that stuff.

NOTE Confidence: 0.794169724166667

00:53:40.800 --> 00:53:42.528 Is it from reading stuff in the media,

NOTE Confidence: 0.794169724166667

00:53:42.530 --> 00:53:44.600 from first hand conversations with

NOTE Confidence: 0.794169724166667

00:53:44.600 --> 00:53:47.067 with people that they know. Umm.

NOTE Confidence: 0.794169724166667

00:53:47.067 --> 00:53:49.846 And what they believe the the the

NOTE Confidence: 0.794169724166667

00:53:49.846 --> 00:53:52.737 mechanisms are by which psychedelics work?

NOTE Confidence: 0.794169724166667

00:53:52.740 --> 00:53:55.764 And are they more of a empirical?

NOTE Confidence: 0.794169724166667

00:53:55.770 --> 00:53:57.612 A logical person who really likes

NOTE Confidence: 0.794169724166667

00:53:57.612 --> 00:53:59.140 the scientific literature on this,

NOTE Confidence: 0.794169724166667

00:53:59.140 --> 00:54:01.065 or they're more of a spiritual person

NOTE Confidence: 0.794169724166667

00:54:01.065 --> 00:54:02.828 who thinks they're going to get some,

NOTE Confidence: 0.794169724166667
00:54:02.830 --> 00:54:04.520 you know, sort of resolution
NOTE Confidence: 0.794169724166667
00:54:04.520 --> 00:54:06.210 here on the spiritual level.
NOTE Confidence: 0.794169724166667
00:54:06.210 --> 00:54:09.658 Are they looking for some kind of insight,
NOTE Confidence: 0.794169724166667
00:54:09.660 --> 00:54:11.540 revelation of some sort, right.
NOTE Confidence: 0.786311811578947
00:54:13.680 --> 00:54:15.736 And I think and looking into that probably
NOTE Confidence: 0.786311811578947
00:54:15.736 --> 00:54:17.580 also for the therapists themselves is
NOTE Confidence: 0.786311811578947
00:54:17.580 --> 00:54:19.422 going to be interesting too, because.
NOTE Confidence: 0.786311811578947
00:54:19.422 --> 00:54:21.358 As much as we want to sort of
NOTE Confidence: 0.786311811578947
00:54:21.358 --> 00:54:22.518 standardize and control what
NOTE Confidence: 0.786311811578947
00:54:22.518 --> 00:54:26.759 happens in therapy, we can't. Umm.
NOTE Confidence: 0.786311811578947
00:54:26.760 --> 00:54:28.668 Which is a frustrating aspect of
NOTE Confidence: 0.786311811578947
00:54:28.668 --> 00:54:29.940 psychotherapy research is that
NOTE Confidence: 0.786311811578947
00:54:29.999 --> 00:54:31.637 what what we do in psychotherapy
NOTE Confidence: 0.786311811578947
00:54:31.637 --> 00:54:33.376 research is often not actually what
NOTE Confidence: 0.786311811578947
00:54:33.376 --> 00:54:35.158 happens in in real world clinics,
NOTE Confidence: 0.786311811578947

00:54:35.160 --> 00:54:38.496 and it's often much more eclectic.
NOTE Confidence: 0.786311811578947

00:54:38.500 --> 00:54:39.420 So try as we might,
NOTE Confidence: 0.786311811578947

00:54:39.420 --> 00:54:40.940 it's it is kind of hard to actually
NOTE Confidence: 0.786311811578947

00:54:40.940 --> 00:54:42.289 standardize for it at the end of the day.
NOTE Confidence: 0.786311811578947

00:54:42.290 --> 00:54:43.850 But along what therapists are doing.
NOTE Confidence: 0.708705633333333

00:54:48.700 --> 00:54:49.666 And I I wonder, I mean,
NOTE Confidence: 0.708705633333333

00:54:49.670 --> 00:54:51.175 you can imagine if people are studying,
NOTE Confidence: 0.708705633333333

00:54:51.180 --> 00:54:52.440 you know, young yen and alias,
NOTE Confidence: 0.708705633333333

00:54:52.440 --> 00:54:54.700 SIS versus classical analysis versus
NOTE Confidence: 0.708705633333333

00:54:54.700 --> 00:54:57.020 CBT versus ACT, but, you know,
NOTE Confidence: 0.708705633333333

00:54:57.020 --> 00:54:58.935 and finding no enormous differences
NOTE Confidence: 0.708705633333333

00:54:58.935 --> 00:55:01.720 in what you call horse race trials.
NOTE Confidence: 0.708705633333333

00:55:01.720 --> 00:55:03.856 But all of those things have a myth, right?
NOTE Confidence: 0.708705633333333

00:55:03.856 --> 00:55:04.836 All of those things and
NOTE Confidence: 0.708705633333333

00:55:04.836 --> 00:55:05.620 things have a framework.
NOTE Confidence: 0.708705633333333

00:55:05.620 --> 00:55:07.240 The therapist explains the framework.

NOTE Confidence: 0.7087056333333333
00:55:07.240 --> 00:55:08.340 Yet most of the time,
NOTE Confidence: 0.7087056333333333
00:55:08.340 --> 00:55:09.516 patient may or may not buy into it.
NOTE Confidence: 0.7087056333333333
00:55:09.520 --> 00:55:10.900 It'd be interesting to look,
NOTE Confidence: 0.7087056333333333
00:55:10.900 --> 00:55:12.320 even leaving the psychedelics aside,
NOTE Confidence: 0.7087056333333333
00:55:12.320 --> 00:55:13.765 it'd be interesting to look
NOTE Confidence: 0.7087056333333333
00:55:13.765 --> 00:55:15.460 not at what the myth is.
NOTE Confidence: 0.7087056333333333
00:55:15.460 --> 00:55:17.524 But at how much the patient buys into
NOTE Confidence: 0.7087056333333333
00:55:17.524 --> 00:55:20.054 it is the independent factor to see
NOTE Confidence: 0.7087056333333333
00:55:20.054 --> 00:55:22.004 if that moderates treatment effect.
NOTE Confidence: 0.7087056333333333
00:55:22.010 --> 00:55:23.330 Has anyone attempted to do that?
NOTE Confidence: 0.7087056333333333
00:55:23.330 --> 00:55:25.098 It would be very hard to do and
NOTE Confidence: 0.7087056333333333
00:55:25.098 --> 00:55:26.520 it require you to engage multiple
NOTE Confidence: 0.7087056333333333
00:55:26.520 --> 00:55:28.045 myths in the same study,
NOTE Confidence: 0.7087056333333333
00:55:28.050 --> 00:55:29.026 which most investigators are
NOTE Confidence: 0.7087056333333333
00:55:29.026 --> 00:55:30.490 going to be disinclined to do.
NOTE Confidence: 0.653341631428571

00:55:31.680 --> 00:55:32.460 That's my knowledge.
NOTE Confidence: 0.653341631428571

00:55:32.460 --> 00:55:33.500 We haven't done that.
NOTE Confidence: 0.653341631428571

00:55:33.500 --> 00:55:35.880 I mean I could just tell you
NOTE Confidence: 0.653341631428571

00:55:35.880 --> 00:55:38.034 like anecdotally in some of the
NOTE Confidence: 0.653341631428571

00:55:38.034 --> 00:55:40.158 studies here where there is less.
NOTE Confidence: 0.653341631428571

00:55:40.160 --> 00:55:42.320 Rigorous, they're less rigorous guidelines
NOTE Confidence: 0.653341631428571

00:55:42.320 --> 00:55:44.940 that what we're actually supposed to say.
NOTE Confidence: 0.653341631428571

00:55:44.940 --> 00:55:47.302 Like I, I often will engage like,
NOTE Confidence: 0.653341631428571

00:55:47.302 --> 00:55:48.576 well, how do you think this works?
NOTE Confidence: 0.653341631428571

00:55:48.580 --> 00:55:49.777 Like why do you think this works?
NOTE Confidence: 0.653341631428571

00:55:49.780 --> 00:55:51.400 And get them to tell me.
NOTE Confidence: 0.653341631428571

00:55:51.400 --> 00:55:53.758 And I'm sure that leads to some kind of,
NOTE Confidence: 0.653341631428571

00:55:53.760 --> 00:55:55.405 you know, working together on
NOTE Confidence: 0.653341631428571

00:55:55.405 --> 00:55:57.050 this explanatory model that the
NOTE Confidence: 0.653341631428571

00:55:57.106 --> 00:55:58.786 person has and then focusing on
NOTE Confidence: 0.653341631428571

00:55:58.786 --> 00:56:00.560 that during the rest of therapy.

NOTE Confidence: 0.653341631428571
00:56:00.560 --> 00:56:03.216 Like I have to that has to happen.
NOTE Confidence: 0.653341631428571
00:56:03.220 --> 00:56:05.092 And that happens in my normal
NOTE Confidence: 0.653341631428571
00:56:05.092 --> 00:56:06.237 clinical practice too, right?
NOTE Confidence: 0.653341631428571
00:56:06.237 --> 00:56:07.686 It's something we spend a lot of
NOTE Confidence: 0.653341631428571
00:56:07.686 --> 00:56:08.967 time on this patients explaining
NOTE Confidence: 0.653341631428571
00:56:08.967 --> 00:56:10.605 and understanding why or why not
NOTE Confidence: 0.653341631428571
00:56:10.605 --> 00:56:12.224 they they why they don't think a
NOTE Confidence: 0.653341631428571
00:56:12.224 --> 00:56:15.118 treatment is going to work for them.
NOTE Confidence: 0.653341631428571
00:56:15.120 --> 00:56:16.184 Super hard to study.
NOTE Confidence: 0.653341631428571
00:56:16.184 --> 00:56:17.158 I mean, maybe.
NOTE Confidence: 0.653341631428571
00:56:17.158 --> 00:56:21.494 This is a question for, you know, big data
NOTE Confidence: 0.653341631428571
00:56:21.494 --> 00:56:24.174 machine learning analyzing transcripts of.
NOTE Confidence: 0.653341631428571
00:56:24.180 --> 00:56:27.480 Prep and follow up sessions.
NOTE Confidence: 0.653341631428571
00:56:27.480 --> 00:56:30.018 I don't know all that much about it but.
NOTE Confidence: 0.653341631428571
00:56:30.020 --> 00:56:30.884 We've got somebody who
NOTE Confidence: 0.653341631428571

00:56:30.884 --> 00:56:31.748 could solve that question.
NOTE Confidence: 0.196009395

00:56:36.030 --> 00:56:38.540 Natalie highly, Jerry
NOTE Confidence: 0.835416884117647

00:56:38.550 --> 00:56:40.380 said you you should be getting
NOTE Confidence: 0.835416884117647

00:56:40.380 --> 00:56:41.987 some royalties because I also
NOTE Confidence: 0.835416884117647

00:56:41.987 --> 00:56:43.937 purchased the book during this time.
NOTE Confidence: 0.691509173333333

00:56:43.950 --> 00:56:45.515 So yeah, they should do
NOTE Confidence: 0.691509173333333

00:56:45.515 --> 00:56:46.767 like an Amazon affiliate.
NOTE Confidence: 0.90353906

00:56:48.740 --> 00:56:50.920 But, but with that being said,
NOTE Confidence: 0.88285221625

00:56:50.920 --> 00:56:53.336 you know, there are ways of you know,
NOTE Confidence: 0.88285221625

00:56:53.340 --> 00:56:55.065 breaking down expectancy
NOTE Confidence: 0.88285221625

00:56:55.065 --> 00:56:57.940 expectation and actually close you.
NOTE Confidence: 0.88285221625

00:56:57.940 --> 00:56:59.809 Luana Colloca does a lot of research.
NOTE Confidence: 0.88285221625

00:56:59.810 --> 00:57:00.658 I don't know University
NOTE Confidence: 0.88285221625

00:57:00.658 --> 00:57:04.540 of Maryland really more.
NOTE Confidence: 0.88285221625

00:57:04.540 --> 00:57:06.988 Placebo is her thing but as you as
NOTE Confidence: 0.88285221625

00:57:06.988 --> 00:57:08.906 you would say placebo means different

NOTE Confidence: 0.88285221625

00:57:08.906 --> 00:57:10.537 things to a lot of different people.

NOTE Confidence: 0.88285221625

00:57:10.540 --> 00:57:12.577 And you know she looks at the

NOTE Confidence: 0.88285221625

00:57:12.577 --> 00:57:14.360 nonspecific or the non pharmacologic

NOTE Confidence: 0.88285221625

00:57:14.360 --> 00:57:16.056 effects and pain mainly.

NOTE Confidence: 0.88285221625

00:57:16.060 --> 00:57:18.300 But you know this is the word we even use.

NOTE Confidence: 0.88285221625

00:57:18.300 --> 00:57:20.406 How we use expectation and expectancy

NOTE Confidence: 0.88285221625

00:57:20.406 --> 00:57:22.334 are really two different words that

NOTE Confidence: 0.88285221625

00:57:22.334 --> 00:57:24.190 we use at the but in the field

NOTE Confidence: 0.88285221625

00:57:24.250 --> 00:57:26.273 expectation is kind of this pre held

NOTE Confidence: 0.88285221625

00:57:26.273 --> 00:57:28.916 belief of what you're going to get.

NOTE Confidence: 0.88285221625

00:57:28.916 --> 00:57:31.580 Expectancy is actually the physiologic state.

NOTE Confidence: 0.88285221625

00:57:31.580 --> 00:57:33.140 Of being in that point.

NOTE Confidence: 0.88285221625

00:57:33.140 --> 00:57:35.394 So you can measure some of those

NOTE Confidence: 0.88285221625

00:57:35.394 --> 00:57:36.996 things with expectancy and a lot of

NOTE Confidence: 0.88285221625

00:57:36.996 --> 00:57:38.930 the work that she's done for pain

NOTE Confidence: 0.88285221625

00:57:38.930 --> 00:57:40.652 actually suggests that the biggest
NOTE Confidence: 0.88285221625

00:57:40.652 --> 00:57:42.496 component is actually conditioning.
NOTE Confidence: 0.88285221625

00:57:42.500 --> 00:57:44.420 Not, not what we would think,
NOTE Confidence: 0.88285221625

00:57:44.420 --> 00:57:46.184 but it's having a previous experience and
NOTE Confidence: 0.88285221625

00:57:46.184 --> 00:57:48.197 that I think goes you were saying it's,
NOTE Confidence: 0.88285221625

00:57:48.200 --> 00:57:48.926 it's not.
NOTE Confidence: 0.88285221625

00:57:48.926 --> 00:57:51.467 It's not the cognitive part of it,
NOTE Confidence: 0.88285221625

00:57:51.470 --> 00:57:52.938 it's actually haven't experienced
NOTE Confidence: 0.88285221625

00:57:52.940 --> 00:57:54.026 that before.
NOTE Confidence: 0.88285221625

00:57:54.026 --> 00:57:55.860 So the other classic example they
NOTE Confidence: 0.88285221625

00:57:55.860 --> 00:57:57.729 always use is if you've been taking
NOTE Confidence: 0.88285221625

00:57:57.729 --> 00:57:59.307 ibuprofen for the last 30 years,
NOTE Confidence: 0.88285221625

00:57:59.310 --> 00:58:00.672 every time you have a headache
NOTE Confidence: 0.88285221625

00:58:00.672 --> 00:58:01.930 and your headache gets better,
NOTE Confidence: 0.88285221625

00:58:01.930 --> 00:58:03.526 the next time you take any pill,
NOTE Confidence: 0.88285221625

00:58:03.530 --> 00:58:04.980 you just expect your headache

NOTE Confidence: 0.88285221625

00:58:04.980 --> 00:58:06.430 is going to get better.

NOTE Confidence: 0.88285221625

00:58:06.430 --> 00:58:07.850 And and the actual physiologic

NOTE Confidence: 0.88285221625

00:58:07.850 --> 00:58:08.986 change that you have,

NOTE Confidence: 0.88285221625

00:58:08.990 --> 00:58:11.190 where there's evidence that there's

NOTE Confidence: 0.88285221625

00:58:11.190 --> 00:58:13.390 actually increases in some cytochromes,

NOTE Confidence: 0.88285221625

00:58:13.390 --> 00:58:15.910 I mean in some cytokines and things,

NOTE Confidence: 0.88285221625

00:58:15.910 --> 00:58:18.448 after you take the placebo pill,

NOTE Confidence: 0.88285221625

00:58:18.450 --> 00:58:20.124 that's the expectancy.

NOTE Confidence: 0.88285221625

00:58:20.124 --> 00:58:21.240 Physiologic response.

NOTE Confidence: 0.88285221625

00:58:21.240 --> 00:58:22.848 So I mean,

NOTE Confidence: 0.88285221625

00:58:22.848 --> 00:58:24.456 it's a really.

NOTE Confidence: 0.88285221625

00:58:24.460 --> 00:58:26.752 Powerful way of looking at this

NOTE Confidence: 0.88285221625

00:58:26.752 --> 00:58:28.940 and with ketamine one of the.

NOTE Confidence: 0.88285221625

00:58:28.940 --> 00:58:30.740 There are ways that people have

NOTE Confidence: 0.88285221625

00:58:30.800 --> 00:58:33.016 done is to try to block the ketamine

NOTE Confidence: 0.88285221625

00:58:33.016 --> 00:58:34.528 response by using specific things
NOTE Confidence: 0.88285221625

00:58:34.528 --> 00:58:36.628 and it's been hard to do that.
NOTE Confidence: 0.88285221625

00:58:36.630 --> 00:58:38.898 But the one study that may you
NOTE Confidence: 0.88285221625

00:58:38.898 --> 00:58:41.810 know it's a tiny study but using
NOTE Confidence: 0.88285221625

00:58:41.810 --> 00:58:44.985 now trek zone you know is the one
NOTE Confidence: 0.88285221625

00:58:44.985 --> 00:58:46.569 set at the Stanford group did
NOTE Confidence: 0.88285221625

00:58:46.569 --> 00:58:48.312 that you know has to be repeated
NOTE Confidence: 0.88285221625

00:58:48.312 --> 00:58:49.780 but did seem to show it.
NOTE Confidence: 0.88285221625

00:58:49.780 --> 00:58:51.060 Umm.
NOTE Confidence: 0.88285221625

00:58:51.060 --> 00:58:52.530 Is interesting because that's also what's
NOTE Confidence: 0.88285221625

00:58:52.530 --> 00:58:54.420 been shown to show a lot of the placebo.
NOTE Confidence: 0.88285221625

00:58:54.420 --> 00:58:56.240 It can block placebo response.
NOTE Confidence: 0.699100966

00:58:56.740 --> 00:58:58.740 Yeah, yeah, it's important clarification
NOTE Confidence: 0.699100966

00:58:58.740 --> 00:59:01.412 and I I'm familiar with with that person.
NOTE Confidence: 0.699100966

00:59:01.412 --> 00:59:02.756 I think it was been meaning
NOTE Confidence: 0.699100966

00:59:02.756 --> 00:59:04.237 to reach out for many months.

NOTE Confidence: 0.699100966
00:59:04.240 --> 00:59:05.608 That's probably the reason to do.
NOTE Confidence: 0.722317946666667
00:59:07.950 --> 00:59:09.546 Yeah, that the fields are overlap,
NOTE Confidence: 0.722317946666667
00:59:09.550 --> 00:59:11.325 although not not as directly
NOTE Confidence: 0.722317946666667
00:59:11.325 --> 00:59:13.100 as we may think initially.
NOTE Confidence: 0.769822326666667
00:59:15.920 --> 00:59:16.988 Natalie, I wonder if I could
NOTE Confidence: 0.819426496
00:59:17.000 --> 00:59:18.112 ask you a question.
NOTE Confidence: 0.819426496
00:59:18.112 --> 00:59:19.780 Am I really enjoyed your talking?
NOTE Confidence: 0.819426496
00:59:19.780 --> 00:59:21.625 It is fun to be reminded of the Frank
NOTE Confidence: 0.819426496
00:59:21.625 --> 00:59:23.883 I was taught by a Hopkins trained
NOTE Confidence: 0.819426496
00:59:23.883 --> 00:59:25.819 psychiatrist and medical school in Red
NOTE Confidence: 0.819426496
00:59:25.819 --> 00:59:27.744 Reddit as a fourth year medical student.
NOTE Confidence: 0.819426496
00:59:27.750 --> 00:59:31.278 And one thing that I remember from that work
NOTE Confidence: 0.819426496
00:59:31.278 --> 00:59:34.696 was the focus on state dependent belief.
NOTE Confidence: 0.819426496
00:59:34.700 --> 00:59:36.820 And in particular, you know,
NOTE Confidence: 0.819426496
00:59:36.820 --> 00:59:39.382 there's a story in that work that
NOTE Confidence: 0.819426496

00:59:39.382 --> 00:59:42.892 stood out to me about, as I recall it,
NOTE Confidence: 0.819426496

00:59:42.892 --> 00:59:45.670 someone who was sort of fired up.
NOTE Confidence: 0.819426496

00:59:45.670 --> 00:59:48.046 About the idea that shamanism is
NOTE Confidence: 0.819426496

00:59:48.046 --> 00:59:50.854 fake and this person travels to some
NOTE Confidence: 0.819426496

00:59:50.854 --> 00:59:53.521 area where there's a lot of shamans
NOTE Confidence: 0.819426496

00:59:53.603 --> 00:59:56.411 and in order to prove that it's fake
NOTE Confidence: 0.819426496

00:59:56.411 --> 00:59:59.145 enrolls in training to sort of become
NOTE Confidence: 0.819426496

00:59:59.145 --> 01:00:01.170 a shaman himself and ultimately
NOTE Confidence: 0.819426496

01:00:01.244 --> 01:00:03.757 becomes the best of all the shamans.
NOTE Confidence: 0.819426496

01:00:03.760 --> 01:00:06.210 And the the develops a specific technique
NOTE Confidence: 0.819426496

01:00:06.210 --> 01:00:08.784 and and and then there's another story
NOTE Confidence: 0.819426496

01:00:08.784 --> 01:00:11.645 about sort of some people on the way
NOTE Confidence: 0.819426496

01:00:11.645 --> 01:00:13.773 to a tent revival and three people
NOTE Confidence: 0.819426496

01:00:13.773 --> 01:00:16.276 are going to car and one person.
NOTE Confidence: 0.819426496

01:00:16.280 --> 01:00:19.444 Who's most strongly sort of against it
NOTE Confidence: 0.819426496

01:00:19.450 --> 01:00:22.670 is the person who becomes born again.

NOTE Confidence: 0.819426496

01:00:22.670 --> 01:00:25.330 And the take away, as I recall,

NOTE Confidence: 0.819426496

01:00:25.330 --> 01:00:28.202 is that people who are sort of in

NOTE Confidence: 0.819426496

01:00:28.202 --> 01:00:30.595 an activated state of belief or

NOTE Confidence: 0.819426496

01:00:30.595 --> 01:00:32.974 disbelief are the ones most changeable.

NOTE Confidence: 0.819426496

01:00:32.974 --> 01:00:36.046 And so I'm thinking about some of the

NOTE Confidence: 0.819426496

01:00:36.046 --> 01:00:38.128 psychiatric disorders that we work on.

NOTE Confidence: 0.819426496

01:00:38.130 --> 01:00:41.076 Some of them have more steady

NOTE Confidence: 0.819426496

01:00:41.076 --> 01:00:44.189 states of mood or of belief,

NOTE Confidence: 0.819426496

01:00:44.190 --> 01:00:46.490 and some have more fluctuating.

NOTE Confidence: 0.819426496

01:00:46.490 --> 01:00:47.328 States, I'm,

NOTE Confidence: 0.819426496

01:00:47.328 --> 01:00:49.004 I'm particularly interested in

NOTE Confidence: 0.819426496

01:00:49.004 --> 01:00:50.680 borderline personality disorder and

NOTE Confidence: 0.819426496

01:00:50.739 --> 01:00:52.523 I I heard you say if I understood

NOTE Confidence: 0.819426496

01:00:52.523 --> 01:00:54.350 that you were on eating disorders,

NOTE Confidence: 0.819426496

01:00:54.350 --> 01:00:56.270 which I think might share some

NOTE Confidence: 0.819426496

01:00:56.270 --> 01:00:57.971 sort of fluctuation in symptoms
NOTE Confidence: 0.819426496

01:00:57.971 --> 01:01:00.077 more than some of the disorders
NOTE Confidence: 0.819426496

01:01:00.077 --> 01:01:01.979 that have already been studied.
NOTE Confidence: 0.819426496

01:01:01.980 --> 01:01:05.756 And so I'm curious about what you think
NOTE Confidence: 0.819426496

01:01:05.756 --> 01:01:08.882 about the importance of state symptoms
NOTE Confidence: 0.819426496

01:01:08.882 --> 01:01:12.982 or state mood at the time of a treatment?
NOTE Confidence: 0.819426496

01:01:12.982 --> 01:01:15.710 And how you think about that in terms
NOTE Confidence: 0.819426496

01:01:15.780 --> 01:01:18.454 of both placebo and also the the
NOTE Confidence: 0.819426496

01:01:18.454 --> 01:01:20.419 effects of psychedelics in general.
NOTE Confidence: 0.767985784333333

01:01:21.760 --> 01:01:23.420 One thing I'm remembering is
NOTE Confidence: 0.767985784333333

01:01:23.420 --> 01:01:25.691 something that is now in a file
NOTE Confidence: 0.767985784333333

01:01:25.691 --> 01:01:27.851 drawer that I worked on as a postdoc
NOTE Confidence: 0.767985784333333

01:01:27.915 --> 01:01:30.399 where we have this questionnaire we
NOTE Confidence: 0.767985784333333

01:01:30.399 --> 01:01:32.422 asked participants the morning of.
NOTE Confidence: 0.767985784333333

01:01:32.422 --> 01:01:34.232 So they're sitting there waiting
NOTE Confidence: 0.767985784333333

01:01:34.232 --> 01:01:36.484 to get so suddenly asking are

NOTE Confidence: 0.767985784333333
01:01:36.484 --> 01:01:38.319 you how preoccupied are you?
NOTE Confidence: 0.767985784333333
01:01:38.320 --> 01:01:40.400 How, how good are you feeling about today?
NOTE Confidence: 0.767985784333333
01:01:40.400 --> 01:01:44.164 How how much you know hesitation do you have?
NOTE Confidence: 0.767985784333333
01:01:44.170 --> 01:01:45.550 Today, I think there's three
NOTE Confidence: 0.767985784333333
01:01:45.550 --> 01:01:47.242 questions and we're trying to see
NOTE Confidence: 0.767985784333333
01:01:47.242 --> 01:01:49.041 if we could use those single item
NOTE Confidence: 0.767985784333333
01:01:49.041 --> 01:01:50.608 measures somehow to correlate to like.
NOTE Confidence: 0.767985784333333
01:01:50.610 --> 01:01:52.258 The magnitude of mystical
NOTE Confidence: 0.767985784333333
01:01:52.258 --> 01:01:53.906 effects or meaningful effects,
NOTE Confidence: 0.767985784333333
01:01:53.910 --> 01:01:55.366 and there wasn't really
NOTE Confidence: 0.767985784333333
01:01:55.366 --> 01:01:56.458 anything significant there.
NOTE Confidence: 0.839056202692308
01:01:57.190 --> 01:01:59.143 You know, if State moved over the
NOTE Confidence: 0.839056202692308
01:01:59.143 --> 01:02:01.645 last week or over the last day heading
NOTE Confidence: 0.839056202692308
01:02:01.645 --> 01:02:03.709 into the infusion impact on mood
NOTE Confidence: 0.839056202692308
01:02:03.709 --> 01:02:05.679 change for people with depression.
NOTE Confidence: 0.782427531666667

01:02:06.920 --> 01:02:10.296 Umm. I don't know. I mean, we do.
NOTE Confidence: 0.782427531666667

01:02:10.296 --> 01:02:12.774 And I'm not sure we have.
NOTE Confidence: 0.782427531666667

01:02:12.780 --> 01:02:14.908 The right data points like data from
NOTE Confidence: 0.782427531666667

01:02:14.908 --> 01:02:17.140 data points to answer that question.
NOTE Confidence: 0.782427531666667

01:02:17.140 --> 01:02:18.405 I mean they're all depressed
NOTE Confidence: 0.782427531666667

01:02:18.405 --> 01:02:20.360 for the most part, you know,
NOTE Confidence: 0.782427531666667

01:02:20.360 --> 01:02:22.710 like they're like they're depressed
NOTE Confidence: 0.782427531666667

01:02:22.710 --> 01:02:24.959 probably or they should be.
NOTE Confidence: 0.782427531666667

01:02:24.960 --> 01:02:26.536 So, so I'm not totally sure the one,
NOTE Confidence: 0.782427531666667

01:02:26.540 --> 01:02:29.340 the one thing from that analysis we did
NOTE Confidence: 0.782427531666667

01:02:29.340 --> 01:02:32.005 though was that being preoccupied with
NOTE Confidence: 0.782427531666667

01:02:32.005 --> 01:02:33.730 something else was almost significant
NOTE Confidence: 0.782427531666667

01:02:33.730 --> 01:02:36.358 and maybe if we had some additional,
NOTE Confidence: 0.782427531666667

01:02:36.360 --> 01:02:37.837 you know, data points to look at,
NOTE Confidence: 0.782427531666667

01:02:37.840 --> 01:02:38.960 it could have been significant.
NOTE Confidence: 0.782427531666667

01:02:38.960 --> 01:02:40.315 But otherwise, you know feeling

NOTE Confidence: 0.782427531666667

01:02:40.315 --> 01:02:42.130 good or bad about the session,

NOTE Confidence: 0.782427531666667

01:02:42.130 --> 01:02:45.178 they didn't have much of a difference and.

NOTE Confidence: 0.782427531666667

01:02:45.180 --> 01:02:47.840 Speaking more anecdotally about.

NOTE Confidence: 0.782427531666667

01:02:47.840 --> 01:02:50.696 You know, folks who come to our studies

NOTE Confidence: 0.782427531666667

01:02:50.696 --> 01:02:53.847 and are are not religious or spiritual.

NOTE Confidence: 0.782427531666667

01:02:53.850 --> 01:02:54.907 It's always hard for me to predict

NOTE Confidence: 0.782427531666667

01:02:54.907 --> 01:02:56.224 who's going to have that, like,

NOTE Confidence: 0.782427531666667

01:02:56.224 --> 01:02:57.766 big mystical transformative

NOTE Confidence: 0.782427531666667

01:02:57.766 --> 01:02:59.308 experience where like,

NOTE Confidence: 0.782427531666667

01:02:59.310 --> 01:03:00.240 I kind of like this person's

NOTE Confidence: 0.782427531666667

01:03:00.240 --> 01:03:00.990 never going to have it.

NOTE Confidence: 0.782427531666667

01:03:00.990 --> 01:03:01.714 And then.

NOTE Confidence: 0.782427531666667

01:03:01.714 --> 01:03:02.800 Lo and behold,

NOTE Confidence: 0.782427531666667

01:03:02.800 --> 01:03:07.132 this like diehard atheist has this

NOTE Confidence: 0.782427531666667

01:03:07.132 --> 01:03:10.020 weird ontological shock experience.

NOTE Confidence: 0.782427531666667

01:03:10.020 --> 01:03:12.900 Struggles to contextualize it afterward,
NOTE Confidence: 0.782427531666667

01:03:12.900 --> 01:03:14.108 might poopoo it afterward,
NOTE Confidence: 0.782427531666667

01:03:14.108 --> 01:03:17.141 but at the end of the day I also feel
NOTE Confidence: 0.782427531666667

01:03:17.141 --> 01:03:19.509 that it was like totally valid and real.
NOTE Confidence: 0.782427531666667

01:03:19.510 --> 01:03:20.638 Interesting to work with,
NOTE Confidence: 0.782427531666667

01:03:20.638 --> 01:03:22.048 but I like just anecdotally,
NOTE Confidence: 0.782427531666667

01:03:22.050 --> 01:03:23.706 I don't think we can prescribe
NOTE Confidence: 0.782427531666667

01:03:23.706 --> 01:03:25.773 and be able to predict like who
NOTE Confidence: 0.782427531666667

01:03:25.773 --> 01:03:27.873 is more prone to those kinds of.
NOTE Confidence: 0.782427531666667

01:03:27.880 --> 01:03:29.548 Mystical types of effects.
NOTE Confidence: 0.782427531666667

01:03:29.548 --> 01:03:31.216 Those are interesting questions,
NOTE Confidence: 0.782427531666667

01:03:31.220 --> 01:03:32.888 but yeah, I think that's there's,
NOTE Confidence: 0.782427531666667

01:03:32.890 --> 01:03:34.752 I think there's a couple of people
NOTE Confidence: 0.782427531666667

01:03:34.752 --> 01:03:37.339 who are planning to look at this from
NOTE Confidence: 0.782427531666667

01:03:37.339 --> 01:03:38.377 borderline personality disorder.
NOTE Confidence: 0.782427531666667

01:03:38.380 --> 01:03:38.984 Umm.

NOTE Confidence: 0.782427531666667
01:03:38.984 --> 01:03:42.608 I've heard of like some cases
NOTE Confidence: 0.782427531666667
01:03:42.608 --> 01:03:44.420 from other studies.
NOTE Confidence: 0.782427531666667
01:03:44.420 --> 01:03:46.520 Where there were patients who might have
NOTE Confidence: 0.782427531666667
01:03:46.520 --> 01:03:48.819 met criteria or like almost met criteria.
NOTE Confidence: 0.782427531666667
01:03:48.820 --> 01:03:51.260 So it was again a very small number of cases,
NOTE Confidence: 0.782427531666667
01:03:51.260 --> 01:03:54.025 but they tended not to do great.
NOTE Confidence: 0.782427531666667
01:03:54.030 --> 01:03:56.442 And this one person I'm thinking
NOTE Confidence: 0.782427531666667
01:03:56.442 --> 01:03:58.430 of in particular even had.
NOTE Confidence: 0.782427531666667
01:03:58.430 --> 01:04:00.020 Their long-term therapist as one
NOTE Confidence: 0.782427531666667
01:04:00.020 --> 01:04:01.920 of their facilitators in that case.
NOTE Confidence: 0.782427531666667
01:04:01.920 --> 01:04:03.600 And then we've had a very hard
NOTE Confidence: 0.782427531666667
01:04:03.600 --> 01:04:05.234 time during the session and we're
NOTE Confidence: 0.782427531666667
01:04:05.234 --> 01:04:06.669 dropping out of the study.
NOTE Confidence: 0.782427531666667
01:04:06.670 --> 01:04:07.906 So I I'm, I would be,
NOTE Confidence: 0.782427531666667
01:04:07.910 --> 01:04:09.198 I would worry a little bit about
NOTE Confidence: 0.782427531666667

01:04:09.198 --> 01:04:10.594 that because it seems like even
NOTE Confidence: 0.782427531666667

01:04:10.594 --> 01:04:11.666 with an established relationship,
NOTE Confidence: 0.782427531666667

01:04:11.670 --> 01:04:13.090 people can have poor outcomes.
NOTE Confidence: 0.9055369

01:04:17.380 --> 01:04:19.390 We are at an even a little past time and I
NOTE Confidence: 0.872145782352941

01:04:19.437 --> 01:04:21.299 want to be respectful of everyone's time.
NOTE Confidence: 0.872145782352941

01:04:21.300 --> 01:04:22.602 People are starting to to have
NOTE Confidence: 0.872145782352941

01:04:22.602 --> 01:04:24.129 to duck out for other things,
NOTE Confidence: 0.872145782352941

01:04:24.130 --> 01:04:26.506 but I'm sure we could thank you deep waters
NOTE Confidence: 0.872145782352941

01:04:26.506 --> 01:04:28.674 and we could discuss for a long time.
NOTE Confidence: 0.872145782352941

01:04:28.680 --> 01:04:30.916 So Natalie, this has been great.
NOTE Confidence: 0.872145782352941

01:04:30.916 --> 01:04:32.000 Thank you so much for joining us.