

WEBVTT

NOTE duration:"00:59:45"

NOTE recognizability:0.939

NOTE language:en-us

NOTE Confidence: 0.9402536

00:00:00.000 --> 00:00:02.748 All right. So thanks everyone for

NOTE Confidence: 0.9402536

00:00:02.748 --> 00:00:04.830 joining us today and that thanks

NOTE Confidence: 0.9235404225

00:00:04.899 --> 00:00:07.679 for everyone on Zoom as well as in the room.

NOTE Confidence: 0.9235404225

00:00:07.680 --> 00:00:09.773 Very much Want to welcome you to

NOTE Confidence: 0.9235404225

00:00:09.773 --> 00:00:11.840 the annual Max Ripfo lecture that's

NOTE Confidence: 0.9235404225

00:00:11.840 --> 00:00:14.514 dedicated to the memory of Max Ripfo,

NOTE Confidence: 0.9235404225

00:00:14.520 --> 00:00:17.264 a Yale graduate and a poet who through

NOTE Confidence: 0.9235404225

00:00:17.264 --> 00:00:20.246 his poetry gave such deep voice to his

NOTE Confidence: 0.9235404225

00:00:20.246 --> 00:00:22.640 long and painful struggle with cancer,

NOTE Confidence: 0.9235404225

00:00:22.640 --> 00:00:25.172 but also to the deep human

NOTE Confidence: 0.9235404225

00:00:25.172 --> 00:00:27.410 connection on that poetry can bring

NOTE Confidence: 0.9235404225

00:00:27.410 --> 00:00:30.030 and can bring us all together.

NOTE Confidence: 0.9235404225

00:00:30.030 --> 00:00:31.514 Max actually thrived on

NOTE Confidence: 0.9235404225

00:00:31.514 --> 00:00:32.627 bringing people together.
NOTE Confidence: 0.95283285

00:00:34.190 --> 00:00:35.430 We're also very grateful
NOTE Confidence: 0.88561265

00:00:35.670 --> 00:00:38.910 to Doctor Ari Ritfo, who is with us online
NOTE Confidence: 0.88561265

00:00:38.910 --> 00:00:41.790 on Max's mother and longtime friend and
NOTE Confidence: 0.88561265

00:00:41.790 --> 00:00:44.470 faculty member of the Child Study Center
NOTE Confidence: 0.88561265

00:00:44.470 --> 00:00:46.985 for establishing this lectureship that
NOTE Confidence: 0.88561265

00:00:46.985 --> 00:00:50.021 brings together the humanities and mental
NOTE Confidence: 0.88561265

00:00:50.021 --> 00:00:52.948 health and really helps us to see that
NOTE Confidence: 0.88561265

00:00:52.948 --> 00:00:55.550 humanity in that interface. So Ari,
NOTE Confidence: 0.88561265

00:00:55.550 --> 00:00:58.910 I know you're online and thank you so much.
NOTE Confidence: 0.88561265

00:00:58.910 --> 00:01:01.962 For your continued support and your continued
NOTE Confidence: 0.88561265

00:01:01.962 --> 00:01:05.134 partnership and devotion to helping us all
NOTE Confidence: 0.88561265

00:01:05.134 --> 00:01:07.194 stay connected with our shared humanity,
NOTE Confidence: 0.88561265

00:01:07.194 --> 00:01:09.190 I think Max would actually be very,
NOTE Confidence: 0.88561265

00:01:09.190 --> 00:01:10.654 very happy about that.
NOTE Confidence: 0.88561265

00:01:10.654 --> 00:01:12.238 And Ari, I don't know if,

NOTE Confidence: 0.88561265

00:01:12.238 --> 00:01:14.389 if at this point you'd like to say something,

NOTE Confidence: 0.88561265

00:01:14.390 --> 00:01:15.825 I would love to hear from you.

NOTE Confidence: 0.93421556

00:01:22.330 --> 00:01:24.730 Can you hear us? Sorry, yes, I

NOTE Confidence: 0.92767435

00:01:24.730 --> 00:01:26.770 had. I had. It takes me a while.

NOTE Confidence: 0.92767435

00:01:26.770 --> 00:01:29.448 And that too. So unmute,

NOTE Confidence: 0.92767435

00:01:29.448 --> 00:01:32.000 mute, all these things.

NOTE Confidence: 0.92767435

00:01:32.000 --> 00:01:34.696 Really thrilled to be in this room.

NOTE Confidence: 0.92767435

00:01:34.696 --> 00:01:37.160 Sorry I couldn't be with you in person.

NOTE Confidence: 0.92767435

00:01:37.160 --> 00:01:38.396 Welcome to everybody.

NOTE Confidence: 0.92767435

00:01:38.396 --> 00:01:41.280 I think you're in for a terrific,

NOTE Confidence: 0.92767435

00:01:41.280 --> 00:01:44.720 terrific hour. Eva really rocks.

NOTE Confidence: 0.950317

00:01:45.720 --> 00:01:47.040 We started this program

NOTE Confidence: 0.9469625333333333

00:01:47.040 --> 00:01:50.337 for medical humanities a few years ago

NOTE Confidence: 0.9469625333333333

00:01:50.337 --> 00:01:53.820 to commemorate Alan and Max and their

NOTE Confidence: 0.9469625333333333

00:01:53.820 --> 00:01:58.890 interest in people as a hall despite their.

NOTE Confidence: 0.9469625333333333

00:01:58.890 --> 00:02:02.280 Disability or illnesses that they suffered
NOTE Confidence: 0.9469625333333333

00:02:02.280 --> 00:02:05.756 through and we wanted to bring artists.
NOTE Confidence: 0.9469625333333333

00:02:05.756 --> 00:02:09.067 Andreas Martin introduced me to some things
NOTE Confidence: 0.9469625333333333

00:02:09.067 --> 00:02:12.191 that were going on at Yale at the time
NOTE Confidence: 0.9469625333333333

00:02:12.191 --> 00:02:15.794 that were quite exciting in that vein.
NOTE Confidence: 0.9469625333333333

00:02:15.794 --> 00:02:20.050 And we we decided to make this
NOTE Confidence: 0.9469625333333333

00:02:20.050 --> 00:02:23.466 endowment to see if we can have.
NOTE Confidence: 0.9469625333333333

00:02:23.470 --> 00:02:25.594 People speak about holistic approach.
NOTE Confidence: 0.9469625333333333

00:02:25.594 --> 00:02:29.106 So far we've done very well with our speakers
NOTE Confidence: 0.9469625333333333

00:02:29.106 --> 00:02:33.420 and Eva was a natural choice her her,
NOTE Confidence: 0.9469625333333333

00:02:33.420 --> 00:02:36.030 she will talk about bald beauty
NOTE Confidence: 0.9469625333333333

00:02:36.030 --> 00:02:38.868 which we also sponsor our foundation.
NOTE Confidence: 0.9469625333333333

00:02:38.870 --> 00:02:43.096 I find it a remarkable project and very,
NOTE Confidence: 0.9469625333333333

00:02:43.096 --> 00:02:47.788 very relevant to to this endowment.
NOTE Confidence: 0.9469625333333333

00:02:47.790 --> 00:02:50.555 And so it was at A2 Fer.
NOTE Confidence: 0.9469625333333333

00:02:50.560 --> 00:02:52.312 For me, because there's the bald

NOTE Confidence: 0.9469625333333333
00:02:52.312 --> 00:02:53.919 beauty and then there is Eva,
NOTE Confidence: 0.9469625333333333
00:02:53.920 --> 00:02:56.920 who is Max's half sister,
NOTE Confidence: 0.9469625333333333
00:02:56.920 --> 00:02:59.960 and Joy, who she will talk about,
NOTE Confidence: 0.9469625333333333
00:02:59.960 --> 00:03:02.396 I think, I hope she does,
NOTE Confidence: 0.9469625333333333
00:03:02.400 --> 00:03:04.998 who was Max's favorite niece and
NOTE Confidence: 0.9469625333333333
00:03:04.998 --> 00:03:08.153 the the two of them were very
NOTE Confidence: 0.9469625333333333
00:03:08.153 --> 00:03:10.495 close and bald Beauty reframes.
NOTE Confidence: 0.9469625333333333
00:03:10.495 --> 00:03:12.435 Disability is different ability,
NOTE Confidence: 0.9469625333333333
00:03:12.440 --> 00:03:13.925 which I thought was perfect
NOTE Confidence: 0.9469625333333333
00:03:13.925 --> 00:03:15.113 for this room today.
NOTE Confidence: 0.9469625333333333
00:03:15.120 --> 00:03:16.716 So I'm really excited about it.
NOTE Confidence: 0.9469625333333333
00:03:16.720 --> 00:03:19.056 Looking forward to it.
NOTE Confidence: 0.9469625333333333
00:03:19.056 --> 00:03:20.520 And you're right,
NOTE Confidence: 0.9469625333333333
00:03:20.520 --> 00:03:20.960 Linda,
NOTE Confidence: 0.9469625333333333
00:03:20.960 --> 00:03:24.040 Max and Alan would both be so
NOTE Confidence: 0.9469625333333333

00:03:24.135 --> 00:03:27.360 thrilled with with this program and
NOTE Confidence: 0.9469625333333333

00:03:27.360 --> 00:03:29.520 how it's developing and with today.
NOTE Confidence: 0.93421556

00:03:30.640 --> 00:03:32.377 Thank you so much, Ari. And and you,
NOTE Confidence: 0.93421556

00:03:32.377 --> 00:03:34.440 you are the one who made this possible.
NOTE Confidence: 0.93421556

00:03:34.440 --> 00:03:36.344 So you are actually with us in the
NOTE Confidence: 0.93421556

00:03:36.344 --> 00:03:38.091 room even though you're with us
NOTE Confidence: 0.93421556

00:03:38.091 --> 00:03:40.240 virtually we're holding you in our mind.
NOTE Confidence: 0.93421556

00:03:40.240 --> 00:03:42.280 So actually you've already introduced Dr.
NOTE Confidence: 0.93421556

00:03:42.280 --> 00:03:44.282 Eva Ripfo, but I I really want
NOTE Confidence: 0.93421556

00:03:44.282 --> 00:03:46.440 to just say a few more things.
NOTE Confidence: 0.93421556

00:03:46.440 --> 00:03:48.365 And you've heard about Eva's
NOTE Confidence: 0.93421556

00:03:48.365 --> 00:03:50.348 connection with Max and you'll hear
NOTE Confidence: 0.93421556

00:03:50.348 --> 00:03:52.520 more about that as the talk goes on.
NOTE Confidence: 0.93421556

00:03:52.520 --> 00:03:54.383 But I would just say that as we plan
NOTE Confidence: 0.93421556

00:03:54.383 --> 00:03:56.235 today's sessions over the last few months,
NOTE Confidence: 0.93421556

00:03:56.240 --> 00:03:58.440 it's just been a pleasure to work together.

NOTE Confidence: 0.93421556

00:03:58.440 --> 00:04:00.798 It's really been a wonderful collaboration.

NOTE Confidence: 0.93421556

00:04:00.800 --> 00:04:02.600 And I know when you start to hear her,

NOTE Confidence: 0.93421556

00:04:02.600 --> 00:04:06.056 you're going to see why it's so much fun.

NOTE Confidence: 0.93421556

00:04:06.060 --> 00:04:08.268 Doctor Rizzo is a practicing psychiatrist

NOTE Confidence: 0.93421556

00:04:08.268 --> 00:04:10.500 working in Miami with individuals,

NOTE Confidence: 0.93421556

00:04:10.500 --> 00:04:12.315 couples, families and grounds for

NOTE Confidence: 0.93421556

00:04:12.315 --> 00:04:14.634 work in the consulting room and

NOTE Confidence: 0.93421556

00:04:14.634 --> 00:04:16.849 also publicly on building and

NOTE Confidence: 0.93421556

00:04:16.849 --> 00:04:18.178 sustaining healthy relationships.

NOTE Confidence: 0.93421556

00:04:18.180 --> 00:04:20.728 That should be very much consonant in

NOTE Confidence: 0.93421556

00:04:20.728 --> 00:04:23.813 music to all the way we think as the book

NOTE Confidence: 0.93421556

00:04:23.813 --> 00:04:25.570 that she's brought with you and brought

NOTE Confidence: 0.93421556

00:04:25.627 --> 00:04:27.697 with her and it's on the back table there.

NOTE Confidence: 0.93421556

00:04:27.700 --> 00:04:31.697 Her book Be Kinder emphasizes that kindness.

NOTE Confidence: 0.93421556

00:04:31.700 --> 00:04:33.975 It's the glue that holds us together.

NOTE Confidence: 0.93421556

00:04:33.980 --> 00:04:36.086 It's a glue to community health.
NOTE Confidence: 0.93421556

00:04:36.090 --> 00:04:38.354 To individual health to
NOTE Confidence: 0.93421556

00:04:38.354 --> 00:04:39.486 sustain relationships.
NOTE Confidence: 0.93421556

00:04:39.490 --> 00:04:40.002 And now,
NOTE Confidence: 0.93421556

00:04:40.002 --> 00:04:41.794 I would say now more than ever
NOTE Confidence: 0.93421556

00:04:41.794 --> 00:04:43.329 in our fractured times,
NOTE Confidence: 0.93421556

00:04:43.330 --> 00:04:47.210 this is a message that we deeply need.
NOTE Confidence: 0.93421556

00:04:47.210 --> 00:04:49.408 As you heard from the other doctor,
NOTE Confidence: 0.93421556

00:04:49.410 --> 00:04:51.458 Ripfo are a doctor.
NOTE Confidence: 0.93421556

00:04:51.458 --> 00:04:53.370 Ripfo even has also established
NOTE Confidence: 0.93421556

00:04:53.370 --> 00:04:54.770 the Bold Beauty Project,
NOTE Confidence: 0.93421556

00:04:54.770 --> 00:04:56.035 and you'll hear about that
NOTE Confidence: 0.93421556

00:04:56.035 --> 00:04:57.047 in much more detail.
NOTE Confidence: 0.93421556

00:04:57.050 --> 00:04:59.070 But it celebrates women and
NOTE Confidence: 0.93421556

00:04:59.070 --> 00:05:00.686 celebrates their individuality of
NOTE Confidence: 0.93421556

00:05:00.686 --> 00:05:02.718 women with varying disabilities.

NOTE Confidence: 0.93421556

00:05:02.720 --> 00:05:05.056 And it encourages all of us to look

NOTE Confidence: 0.93421556

00:05:05.056 --> 00:05:07.279 at each person's individuality.

NOTE Confidence: 0.93421556

00:05:07.280 --> 00:05:09.730 That goes much deeper than what you

NOTE Confidence: 0.93421556

00:05:09.730 --> 00:05:12.880 actually see on the creativity of this

NOTE Confidence: 0.93421556

00:05:12.880 --> 00:05:14.400 project that she's brought together,

NOTE Confidence: 0.93421556

00:05:14.400 --> 00:05:16.437 I think you're going to hear about.

NOTE Confidence: 0.93421556

00:05:16.440 --> 00:05:18.855 But it is very fitting with this

NOTE Confidence: 0.93421556

00:05:18.855 --> 00:05:20.931 lecture series that brings the

NOTE Confidence: 0.93421556

00:05:20.931 --> 00:05:22.875 humanities and medicine together.

NOTE Confidence: 0.93421556

00:05:22.880 --> 00:05:24.880 So, Eva, thank you really for joining us.

NOTE Confidence: 0.93421556

00:05:24.880 --> 00:05:26.473 Thank you for being a part of the child.

NOTE Confidence: 0.9553487

00:05:33.790 --> 00:05:34.726 Thank you everybody.

NOTE Confidence: 0.9553487

00:05:34.726 --> 00:05:36.598 Thank you Linda for that beautiful

NOTE Confidence: 0.9553487

00:05:36.598 --> 00:05:38.224 introduction. Thank you Stan,

NOTE Confidence: 0.9553487

00:05:38.224 --> 00:05:40.852 who already brought me a gift.

NOTE Confidence: 0.9553487

00:05:40.860 --> 00:05:42.352 Which was so nice.
NOTE Confidence: 0.9553487

00:05:42.352 --> 00:05:43.628 Thank you, Andreas.
NOTE Confidence: 0.9553487

00:05:43.628 --> 00:05:46.158 Thank you, Patrice Una, everybody.
NOTE Confidence: 0.9553487

00:05:46.158 --> 00:05:48.666 Thank you for coming out and
NOTE Confidence: 0.9553487

00:05:48.666 --> 00:05:51.419 thank you for listening on Zoom.
NOTE Confidence: 0.9553487

00:05:51.420 --> 00:05:53.706 As you see, this is going to be a
NOTE Confidence: 0.9553487

00:05:53.706 --> 00:05:55.779 personal and professional perspective.
NOTE Confidence: 0.9553487

00:05:55.780 --> 00:05:58.768 So it's a little bit more intimate than I'm
NOTE Confidence: 0.9553487

00:05:58.768 --> 00:06:00.980 usually used to in these presentations.
NOTE Confidence: 0.9553487

00:06:00.980 --> 00:06:04.290 So I'm a little bit nervous.
NOTE Confidence: 0.9553487

00:06:04.290 --> 00:06:06.378 My father always used to start
NOTE Confidence: 0.9553487

00:06:06.378 --> 00:06:08.229 every lecture with as unaccustomed
NOTE Confidence: 0.9553487

00:06:08.229 --> 00:06:10.527 to public speaking as I am,
NOTE Confidence: 0.9553487

00:06:10.530 --> 00:06:11.810 but it's been three years
NOTE Confidence: 0.9553487

00:06:11.810 --> 00:06:13.090 and it's been a pandemic,
NOTE Confidence: 0.9553487

00:06:13.090 --> 00:06:15.170 so I am slightly unaccustomed,

NOTE Confidence: 0.9553487

00:06:15.170 --> 00:06:18.054 so hopefully that won't present any problems.

NOTE Confidence: 0.9553487

00:06:18.060 --> 00:06:19.817 I do especially want to thank Ari,

NOTE Confidence: 0.9553487

00:06:19.820 --> 00:06:20.618 because without her,

NOTE Confidence: 0.9553487

00:06:20.618 --> 00:06:22.214 none of us would be here.

NOTE Confidence: 0.9553487

00:06:22.220 --> 00:06:24.980 Max wouldn't be here, I wouldn't be here.

NOTE Confidence: 0.9553487

00:06:24.980 --> 00:06:26.378 She is our number one supporter,

NOTE Confidence: 0.9553487

00:06:26.380 --> 00:06:27.420 the Gold Beauty Project,

NOTE Confidence: 0.9553487

00:06:27.420 --> 00:06:28.460 not just US supporter,

NOTE Confidence: 0.9553487

00:06:28.460 --> 00:06:30.110 but our number one supporter since

NOTE Confidence: 0.9553487

00:06:30.110 --> 00:06:31.660 the beginning of the project.

NOTE Confidence: 0.9553487

00:06:31.660 --> 00:06:33.908 So we're deeply grateful to her and for

NOTE Confidence: 0.9553487

00:06:33.908 --> 00:06:35.859 creating this lectureship here at Yale.

NOTE Confidence: 0.9553487

00:06:35.860 --> 00:06:37.860 So without any further ado,

NOTE Confidence: 0.9553487

00:06:37.860 --> 00:06:38.844 we will get started.

NOTE Confidence: 0.9553487

00:06:38.844 --> 00:06:40.980 But I do want to say one thing,

NOTE Confidence: 0.9553487

00:06:40.980 --> 00:06:43.002 which is this is a project
NOTE Confidence: 0.9553487

00:06:43.002 --> 00:06:44.980 that is meant to spread.
NOTE Confidence: 0.9553487

00:06:44.980 --> 00:06:47.527 It is not meant to be kept to us.
NOTE Confidence: 0.9553487

00:06:47.530 --> 00:06:49.195 Patrice and I feel we're
NOTE Confidence: 0.9553487

00:06:49.195 --> 00:06:50.527 here just as conduits.
NOTE Confidence: 0.9553487

00:06:50.530 --> 00:06:52.486 So we're really hoping that this
NOTE Confidence: 0.9553487

00:06:52.490 --> 00:06:54.195 project sparks interest here with
NOTE Confidence: 0.9553487

00:06:54.195 --> 00:06:57.362 some of you at Yale or some of your
NOTE Confidence: 0.9553487

00:06:57.362 --> 00:06:59.450 friends or somebody listening on Zoom,
NOTE Confidence: 0.9553487

00:06:59.450 --> 00:07:01.725 because that is how our
NOTE Confidence: 0.9553487

00:07:01.725 --> 00:07:03.607 project gets perpetuated, so.
NOTE Confidence: 0.9553487

00:07:03.607 --> 00:07:06.192 Our teaching objectives today are
NOTE Confidence: 0.9553487

00:07:06.192 --> 00:07:09.400 to one share personal experiences.
NOTE Confidence: 0.9553487

00:07:09.400 --> 00:07:10.728 Because as you heard,
NOTE Confidence: 0.9553487

00:07:10.728 --> 00:07:14.038 Max is my half brother and so he is not here,
NOTE Confidence: 0.9553487

00:07:14.040 --> 00:07:16.920 so we feel we have to speak for him.

NOTE Confidence: 0.9553487

00:07:16.920 --> 00:07:19.132 So I'm going to share from a

NOTE Confidence: 0.9553487

00:07:19.132 --> 00:07:20.080 more personal perspective.

NOTE Confidence: 0.9553487

00:07:20.080 --> 00:07:22.080 You will learn about the Bold Beauty project.

NOTE Confidence: 0.9553487

00:07:22.080 --> 00:07:23.238 If you look around the room,

NOTE Confidence: 0.9553487

00:07:23.240 --> 00:07:25.640 we have images from the project.

NOTE Confidence: 0.9553487

00:07:25.640 --> 00:07:27.475 Each image is always displayed

NOTE Confidence: 0.9553487

00:07:27.475 --> 00:07:29.790 with a biography of our model.

NOTE Confidence: 0.9553487

00:07:29.790 --> 00:07:32.114 And so you can look at those

NOTE Confidence: 0.9553487

00:07:32.114 --> 00:07:33.110 after the program.

NOTE Confidence: 0.9553487

00:07:33.110 --> 00:07:34.106 And then lastly,

NOTE Confidence: 0.9553487

00:07:34.106 --> 00:07:36.950 since we're here at the Child Study Center,

NOTE Confidence: 0.9553487

00:07:36.950 --> 00:07:38.786 we're going to talk about change.

NOTE Confidence: 0.9553487

00:07:38.790 --> 00:07:40.134 How does change occur?

NOTE Confidence: 0.9553487

00:07:40.134 --> 00:07:42.150 Why do we do this project?

NOTE Confidence: 0.9553487

00:07:42.150 --> 00:07:44.735 And you can spread that to

NOTE Confidence: 0.9553487

00:07:44.735 --> 00:07:45.910 really any form of art.
NOTE Confidence: 0.9553487

00:07:45.910 --> 00:07:48.826 How does any form of art help people change?
NOTE Confidence: 0.9553487

00:07:48.830 --> 00:07:50.390 And I think that's really the
NOTE Confidence: 0.9553487

00:07:50.390 --> 00:07:51.430 mission of the lectureship.
NOTE Confidence: 0.9553487

00:07:51.430 --> 00:07:53.416 So it is with complete irony
NOTE Confidence: 0.9553487

00:07:53.416 --> 00:07:55.863 that it all comes together so
NOTE Confidence: 0.9553487

00:07:55.863 --> 00:07:57.642 beautifully today and really.
NOTE Confidence: 0.9553487

00:07:57.642 --> 00:08:00.980 And I do want to talk first about Max.
NOTE Confidence: 0.9553487

00:08:00.980 --> 00:08:02.900 Max was my half brother.
NOTE Confidence: 0.9553487

00:08:02.900 --> 00:08:05.540 There was a large age difference,
NOTE Confidence: 0.9553487

00:08:05.540 --> 00:08:08.420 so people get confused.
NOTE Confidence: 0.9553487

00:08:08.420 --> 00:08:10.660 But Max was here as an undergraduate.
NOTE Confidence: 0.9553487

00:08:10.660 --> 00:08:11.851 He studied poetry.
NOTE Confidence: 0.9553487

00:08:11.851 --> 00:08:13.836 He had had Ewing Sarcoma
NOTE Confidence: 0.9553487

00:08:13.836 --> 00:08:16.138 in his high school years,
NOTE Confidence: 0.9553487

00:08:16.140 --> 00:08:19.173 was in remission when he came here to Yale,

NOTE Confidence: 0.9553487

00:08:19.180 --> 00:08:21.520 and then unfortunately the cancer

NOTE Confidence: 0.9553487

00:08:21.520 --> 00:08:24.340 came back during his time here.

NOTE Confidence: 0.9553487

00:08:24.340 --> 00:08:26.710 But that did not stop Max.

NOTE Confidence: 0.9553487

00:08:26.710 --> 00:08:28.430 He went on to graduate.

NOTE Confidence: 0.9553487

00:08:28.430 --> 00:08:30.905 He then went to Columbia where he got an

NOTE Confidence: 0.94125994

00:08:30.910 --> 00:08:33.662 MFA and he actually ended up on the

NOTE Confidence: 0.94125994

00:08:33.662 --> 00:08:35.976 Columbia faculty and at the same time he

NOTE Confidence: 0.94125994

00:08:35.976 --> 00:08:37.950 had all this professional accomplishment.

NOTE Confidence: 0.94125994

00:08:37.950 --> 00:08:41.638 He also fell in love,

NOTE Confidence: 0.94125994

00:08:41.638 --> 00:08:45.254 got married, and wrote a lot.

NOTE Confidence: 0.94125994

00:08:45.254 --> 00:08:48.634 Sadly, the four books now were all

NOTE Confidence: 0.94125994

00:08:48.634 --> 00:08:51.070 published after his life ended.

NOTE Confidence: 0.94125994

00:08:51.070 --> 00:08:54.730 He died at 25 years old.

NOTE Confidence: 0.94125994

00:08:54.730 --> 00:08:55.690 Most recently,

NOTE Confidence: 0.94125994

00:08:55.690 --> 00:08:58.570 his book Letters from Max turned

NOTE Confidence: 0.94125994

00:08:58.570 --> 00:09:01.690 into a Off Broadway production.
NOTE Confidence: 0.938995675

00:09:04.130 --> 00:09:06.170 234 of my doctor friends in this room.
NOTE Confidence: 0.938995675

00:09:06.170 --> 00:09:07.886 I think I've seen that already,
NOTE Confidence: 0.938995675

00:09:07.890 --> 00:09:09.689 so I appreciate you all coming again.
NOTE Confidence: 0.938995675

00:09:09.690 --> 00:09:10.884 Patrice was there.
NOTE Confidence: 0.938995675

00:09:10.884 --> 00:09:12.476 Andreas has seen it.
NOTE Confidence: 0.938995675

00:09:12.480 --> 00:09:13.857 Was quite moving.
NOTE Confidence: 0.938995675

00:09:13.857 --> 00:09:17.560 Letters from Max was written with Sarah Ruhl.
NOTE Confidence: 0.938995675

00:09:17.560 --> 00:09:19.408 Sarah Ruhl is a professor here
NOTE Confidence: 0.938995675

00:09:19.408 --> 00:09:21.360 as hopefully you know playwright,
NOTE Confidence: 0.938995675

00:09:21.360 --> 00:09:23.216 and she befriended Max.
NOTE Confidence: 0.938995675

00:09:23.216 --> 00:09:25.536 Max was in her class.
NOTE Confidence: 0.938995675

00:09:25.540 --> 00:09:28.739 And he was an extraordinary young person.
NOTE Confidence: 0.938995675

00:09:28.740 --> 00:09:31.428 And so they struck up a friendship that
NOTE Confidence: 0.938995675

00:09:31.428 --> 00:09:33.619 lasted till the end of Max's life.
NOTE Confidence: 0.938995675

00:09:33.620 --> 00:09:36.176 And they communicated mainly by letters,

NOTE Confidence: 0.938995675

00:09:36.180 --> 00:09:38.008 sometimes emails, sometimes text,

NOTE Confidence: 0.938995675

00:09:38.008 --> 00:09:39.379 sometimes phone calls,

NOTE Confidence: 0.938995675

00:09:39.380 --> 00:09:41.028 and sometimes in person.

NOTE Confidence: 0.938995675

00:09:41.028 --> 00:09:43.088 And Max knew that this

NOTE Confidence: 0.938995675

00:09:43.088 --> 00:09:44.898 would turn into a book.

NOTE Confidence: 0.938995675

00:09:44.900 --> 00:09:48.127 And now it has turned into a

NOTE Confidence: 0.938995675

00:09:48.127 --> 00:09:52.320 show and very powerful and.

NOTE Confidence: 0.938995675

00:09:52.320 --> 00:09:54.080 New York Times reviewed, Etcetera.

NOTE Confidence: 0.938995675

00:09:54.080 --> 00:09:55.960 So we hope that the show has legs.

NOTE Confidence: 0.938995675

00:09:55.960 --> 00:09:58.498 Certainly Max has an enormous legacy

NOTE Confidence: 0.938995675

00:09:58.498 --> 00:10:01.640 for a man who only reached 25.

NOTE Confidence: 0.938995675

00:10:01.640 --> 00:10:02.928 And I think that speaks to what

NOTE Confidence: 0.938995675

00:10:02.928 --> 00:10:04.198 we're going to talk about today,

NOTE Confidence: 0.938995675

00:10:04.200 --> 00:10:06.940 which is that vulnerability comes

NOTE Confidence: 0.938995675

00:10:06.940 --> 00:10:09.680 creates an opportunity for connection.

NOTE Confidence: 0.938995675

00:10:09.680 --> 00:10:12.278 Max being so sick, so young,
NOTE Confidence: 0.938995675

00:10:12.280 --> 00:10:14.428 facing death so young,
NOTE Confidence: 0.938995675

00:10:14.428 --> 00:10:16.576 was so incredibly vulnerable
NOTE Confidence: 0.938995675

00:10:16.576 --> 00:10:19.180 and used that to connect.
NOTE Confidence: 0.938995675

00:10:19.180 --> 00:10:22.148 And he had an incredible reach during
NOTE Confidence: 0.938995675

00:10:22.148 --> 00:10:25.180 his lifetime on podcasts and writing,
NOTE Confidence: 0.938995675

00:10:25.180 --> 00:10:26.300 going places.
NOTE Confidence: 0.938995675

00:10:26.300 --> 00:10:28.540 When he passed away,
NOTE Confidence: 0.938995675

00:10:28.540 --> 00:10:29.286 his colleagues,
NOTE Confidence: 0.938995675

00:10:29.286 --> 00:10:31.897 many of whom went to school here,
NOTE Confidence: 0.938995675

00:10:31.900 --> 00:10:33.944 took his books on the road and
NOTE Confidence: 0.938995675

00:10:33.944 --> 00:10:35.579 did signings across the country.
NOTE Confidence: 0.938995675

00:10:35.580 --> 00:10:38.070 And you really couldn't go almost
NOTE Confidence: 0.938995675

00:10:38.070 --> 00:10:39.938 anywhere in 2016 without 20
NOTE Confidence: 0.938995675

00:10:39.938 --> 00:10:42.014 year olds knowing who Max was.
NOTE Confidence: 0.938995675

00:10:42.020 --> 00:10:42.460 So.

NOTE Confidence: 0.938995675

00:10:42.460 --> 00:10:45.980 It's a huge honor to be speaking here

NOTE Confidence: 0.938995675

00:10:45.980 --> 00:10:48.458 and trying to carry on his vision,

NOTE Confidence: 0.938995675

00:10:48.460 --> 00:10:52.268 which is that there is a huge role

NOTE Confidence: 0.938995675

00:10:52.268 --> 00:10:55.860 for humanities in medicine even as

NOTE Confidence: 0.938995675

00:10:55.860 --> 00:10:58.500 we're facing terminal illnesses.

NOTE Confidence: 0.938995675

00:10:58.500 --> 00:11:03.060 Max and I shared father that's Ed Rit Foe.

NOTE Confidence: 0.938995675

00:11:03.060 --> 00:11:04.500 Ed Rit Foe,

NOTE Confidence: 0.938995675

00:11:04.500 --> 00:11:07.636 many of you may know for his research

NOTE Confidence: 0.938995675

00:11:07.636 --> 00:11:09.872 and autism my father went to.

NOTE Confidence: 0.938995675

00:11:09.872 --> 00:11:11.482 Harvard Knight. Yale. I apologize.

NOTE Confidence: 0.938995675

00:11:11.482 --> 00:11:13.540 We're going to have a few Harvard

NOTE Confidence: 0.938995675

00:11:13.598 --> 00:11:16.200 folks here today. And he was a rebel.

NOTE Confidence: 0.938995675

00:11:16.200 --> 00:11:18.560 And he went out to Los Angeles and

NOTE Confidence: 0.938995675

00:11:18.560 --> 00:11:21.104 got on the faculty at UCLA and was,

NOTE Confidence: 0.938995675

00:11:21.104 --> 00:11:21.680 you know,

NOTE Confidence: 0.938995675

00:11:21.680 --> 00:11:24.613 had grown up in that psychoanalytic era

NOTE Confidence: 0.938995675

00:11:24.613 --> 00:11:27.479 where mental illness came from bad mothers.

NOTE Confidence: 0.938995675

00:11:27.480 --> 00:11:29.240 And he didn't buy that.

NOTE Confidence: 0.938995675

00:11:29.240 --> 00:11:32.928 And so he set out to show the

NOTE Confidence: 0.938995675

00:11:32.928 --> 00:11:35.352 biological cause of autism and

NOTE Confidence: 0.938995675

00:11:35.352 --> 00:11:38.154 he went to Utah and studied.

NOTE Confidence: 0.938995675

00:11:38.160 --> 00:11:40.752 Autism in families where he found

NOTE Confidence: 0.938995675

00:11:40.752 --> 00:11:42.897 multiple incidents and was able

NOTE Confidence: 0.938995675

00:11:42.897 --> 00:11:45.312 to show that there was a genetic

NOTE Confidence: 0.938995675

00:11:45.312 --> 00:11:46.440 pattern to this.

NOTE Confidence: 0.938995675

00:11:46.440 --> 00:11:48.673 So I remember my father saying that

NOTE Confidence: 0.938995675

00:11:48.673 --> 00:11:51.004 he could judge his success by the

NOTE Confidence: 0.938995675

00:11:51.004 --> 00:11:52.960 amount of hate mail he received.

NOTE Confidence: 0.938995675

00:11:52.960 --> 00:11:54.600 So that was my dad.

NOTE Confidence: 0.938995675

00:11:54.600 --> 00:11:56.870 And he also had tremendous

NOTE Confidence: 0.938995675

00:11:56.870 --> 00:11:59.640 struggle with illness in his life.

NOTE Confidence: 0.938995675
00:11:59.640 --> 00:12:01.530 He had his first heart attack
NOTE Confidence: 0.938995675
00:12:01.530 --> 00:12:04.235 in his 40s and went on to have
NOTE Confidence: 0.938995675
00:12:04.235 --> 00:12:06.048 a heart transplant at 69.
NOTE Confidence: 0.938995675
00:12:06.048 --> 00:12:08.496 And he crossed the finish line
NOTE Confidence: 0.938995675
00:12:08.496 --> 00:12:12.200 at 90 and died 10 days later.
NOTE Confidence: 0.938995675
00:12:12.200 --> 00:12:15.720 So he really broke a lot of barriers.
NOTE Confidence: 0.938995675
00:12:15.720 --> 00:12:17.220 This book that Stan just brought
NOTE Confidence: 0.938995675
00:12:17.220 --> 00:12:19.345 me is by another man who had a
NOTE Confidence: 0.938995675
00:12:19.345 --> 00:12:20.680 heart transplant at Cedars Sinai,
NOTE Confidence: 0.938995675
00:12:20.680 --> 00:12:22.794 where my father had his heart transplant.
NOTE Confidence: 0.940253527
00:12:22.800 --> 00:12:24.780 So our family is never
NOTE Confidence: 0.940253527
00:12:24.780 --> 00:12:26.760 been a stranger to illness.
NOTE Confidence: 0.940253527
00:12:26.760 --> 00:12:28.260 I remember my own therapist
NOTE Confidence: 0.940253527
00:12:28.260 --> 00:12:30.148 telling me many years ago that
NOTE Confidence: 0.940253527
00:12:30.148 --> 00:12:31.788 there's not much distance between
NOTE Confidence: 0.940253527

00:12:31.788 --> 00:12:33.898 you and the patient on the couch.
NOTE Confidence: 0.940253527

00:12:33.900 --> 00:12:36.060 And that is certainly true.
NOTE Confidence: 0.940253527

00:12:36.060 --> 00:12:39.144 So that's also been My greatest
NOTE Confidence: 0.940253527

00:12:39.144 --> 00:12:40.756 teacher is my daughter Joy,
NOTE Confidence: 0.940253527

00:12:40.756 --> 00:12:42.846 who is not here with us today
NOTE Confidence: 0.940253527

00:12:42.846 --> 00:12:45.138 because travel is difficult for her.
NOTE Confidence: 0.940253527

00:12:45.140 --> 00:12:46.160 And spoiler alert,
NOTE Confidence: 0.940253527

00:12:46.160 --> 00:12:47.860 she's leaving on the honeymoon,
NOTE Confidence: 0.940253527

00:12:47.860 --> 00:12:50.282 so she didn't want to come.
NOTE Confidence: 0.940253527

00:12:50.282 --> 00:12:52.574 But let me back out first.
NOTE Confidence: 0.940253527

00:12:52.580 --> 00:12:54.610 Doctor Abrams and I were in Cornell
NOTE Confidence: 0.940253527

00:12:54.610 --> 00:12:56.619 together doing our psychiatry training,
NOTE Confidence: 0.940253527

00:12:56.620 --> 00:12:58.573 and we both had babies at the same time.
NOTE Confidence: 0.940253527

00:12:58.580 --> 00:13:00.818 And sadly for the program director,
NOTE Confidence: 0.940253527

00:13:00.820 --> 00:13:03.556 so did seven others of us.
NOTE Confidence: 0.940253527

00:13:03.560 --> 00:13:04.856 So it was something in the

NOTE Confidence: 0.940253527

00:13:04.856 --> 00:13:05.720 water at that time.

NOTE Confidence: 0.940253527

00:13:05.720 --> 00:13:07.544 We all had our babies and

NOTE Confidence: 0.940253527

00:13:07.544 --> 00:13:08.760 everything was pretty wonderful.

NOTE Confidence: 0.940253527

00:13:08.760 --> 00:13:10.794 And then I moved down to University of Miami,

NOTE Confidence: 0.940253527

00:13:10.800 --> 00:13:12.440 where I joined the faculty.

NOTE Confidence: 0.940253527

00:13:12.440 --> 00:13:15.080 And the week before I joined the faculty,

NOTE Confidence: 0.940253527

00:13:15.080 --> 00:13:18.240 I found out that my daughter had cerebral

NOTE Confidence: 0.940253527

00:13:18.240 --> 00:13:19.928 palsy, a form called hemiparicist.

NOTE Confidence: 0.940253527

00:13:19.928 --> 00:13:22.303 She had an area in her brain

NOTE Confidence: 0.940253527

00:13:22.303 --> 00:13:23.799 that failed to develop.

NOTE Confidence: 0.940253527

00:13:23.800 --> 00:13:25.120 They called it for encephaly.

NOTE Confidence: 0.940253527

00:13:25.120 --> 00:13:27.198 It was a small hole, but it caused

NOTE Confidence: 0.940253527

00:13:27.198 --> 00:13:29.080 weakness on the left side of her body.

NOTE Confidence: 0.940253527

00:13:29.080 --> 00:13:31.288 So that was at six months.

NOTE Confidence: 0.940253527

00:13:31.290 --> 00:13:32.970 Ari jumped in.

NOTE Confidence: 0.940253527

00:13:32.970 --> 00:13:34.090 Irony, right?

NOTE Confidence: 0.940253527

00:13:34.090 --> 00:13:35.847 And she found us a physical therapist,

NOTE Confidence: 0.940253527

00:13:35.850 --> 00:13:36.604 Occupational therapist?

NOTE Confidence: 0.940253527

00:13:36.604 --> 00:13:38.489 A woman named Lois Gold.

NOTE Confidence: 0.940253527

00:13:38.490 --> 00:13:42.766 And well, my daughter was born Marissa,

NOTE Confidence: 0.940253527

00:13:42.770 --> 00:13:44.765 so she changed her name to Joy.

NOTE Confidence: 0.940253527

00:13:44.770 --> 00:13:45.890 But she was born Marissa,

NOTE Confidence: 0.940253527

00:13:45.890 --> 00:13:48.529 so she started therapy when she was

NOTE Confidence: 0.940253527

00:13:48.529 --> 00:13:51.621 six months old and was going to the

NOTE Confidence: 0.940253527

00:13:51.621 --> 00:13:53.686 usual OT speech therapy, etcetera.

NOTE Confidence: 0.940253527

00:13:53.686 --> 00:13:56.320 And things were okay, you know.

NOTE Confidence: 0.940253527

00:13:56.320 --> 00:13:57.755 So she was weak on her left

NOTE Confidence: 0.940253527

00:13:57.755 --> 00:13:58.789 half wasn't that bad.

NOTE Confidence: 0.940253527

00:13:58.790 --> 00:14:00.230 And then at 2 1/2,

NOTE Confidence: 0.940253527

00:14:00.230 --> 00:14:03.430 she developed her first seizure.

NOTE Confidence: 0.940253527

00:14:03.430 --> 00:14:06.430 And then she went through

NOTE Confidence: 0.940253527

00:14:06.430 --> 00:14:07.630 multiple medications,

NOTE Confidence: 0.940253527

00:14:07.630 --> 00:14:10.150 at which point, at five years old,

NOTE Confidence: 0.940253527

00:14:10.150 --> 00:14:12.430 it was called medically intractable epilepsy,

NOTE Confidence: 0.940253527

00:14:12.430 --> 00:14:14.695 meaning that they could not

NOTE Confidence: 0.940253527

00:14:14.695 --> 00:14:16.507 fix it with medication.

NOTE Confidence: 0.940253527

00:14:16.510 --> 00:14:17.665 Now the hard part of the talk,

NOTE Confidence: 0.940253527

00:14:17.670 --> 00:14:18.770 which Doctor Glickson has

NOTE Confidence: 0.940253527

00:14:18.770 --> 00:14:20.145 encouraged me to go through.

NOTE Confidence: 0.9402536

00:14:22.250 --> 00:14:25.390 At 5, she went to the hospital to have brain

NOTE Confidence: 0.9402536

00:14:25.469 --> 00:14:30.009 surgery to clean up the area for encephaly,

NOTE Confidence: 0.9402536

00:14:30.010 --> 00:14:31.890 to see if the margins could be cleaner,

NOTE Confidence: 0.9402536

00:14:31.890 --> 00:14:34.674 therefore not to have these massive

NOTE Confidence: 0.9402536

00:14:34.674 --> 00:14:37.170 seizures that you were having.

NOTE Confidence: 0.9402536

00:14:37.170 --> 00:14:39.250 Sidebar, the seizures were life

NOTE Confidence: 0.9402536

00:14:39.250 --> 00:14:41.330 threatening because they wouldn't stop.

NOTE Confidence: 0.9402536

00:14:41.330 --> 00:14:42.554 So every time she had a
NOTE Confidence: 0.9402536

00:14:42.554 --> 00:14:43.809 seizure from 2 1/2 to five,
NOTE Confidence: 0.9402536

00:14:43.810 --> 00:14:45.357 we had to be 10 minutes from.
NOTE Confidence: 0.9402536

00:14:45.360 --> 00:14:47.568 An emergency room and we'd have to call
NOTE Confidence: 0.9402536

00:14:47.568 --> 00:14:49.174 the paramedics and they would give
NOTE Confidence: 0.9402536

00:14:49.174 --> 00:14:51.040 her I V sometimes through the veins,
NOTE Confidence: 0.9402536

00:14:51.040 --> 00:14:53.196 sometimes other ways that weren't so pretty.
NOTE Confidence: 0.9402536

00:14:53.200 --> 00:14:54.943 And we would have to work very
NOTE Confidence: 0.9402536

00:14:54.943 --> 00:14:56.997 hard to get her seizures to stop.
NOTE Confidence: 0.9402536

00:14:57.000 --> 00:14:58.757 So they were very life threatening seizures.
NOTE Confidence: 0.9402536

00:14:58.760 --> 00:15:01.120 So we underwent this procedure
NOTE Confidence: 0.9402536

00:15:01.120 --> 00:15:05.146 and 36 hours after the first
NOTE Confidence: 0.9402536

00:15:05.146 --> 00:15:07.960 operation she arrested and it
NOTE Confidence: 0.93824092

00:15:10.000 --> 00:15:11.880 was 5 in the morning,
NOTE Confidence: 0.93824092

00:15:11.880 --> 00:15:13.440 the surgeons came back to me and said,
NOTE Confidence: 0.93824092

00:15:13.440 --> 00:15:14.357 what do you want us to do?

NOTE Confidence: 0.93824092

00:15:14.360 --> 00:15:16.588 I'm like. I don't know.

NOTE Confidence: 0.93824092

00:15:16.588 --> 00:15:18.380 And there was a young woman there.

NOTE Confidence: 0.93824092

00:15:18.380 --> 00:15:19.220 I said, what would you do?

NOTE Confidence: 0.93824092

00:15:19.220 --> 00:15:20.025 And she said you got to go

NOTE Confidence: 0.93824092

00:15:20.025 --> 00:15:20.860 back to the operating room.

NOTE Confidence: 0.93824092

00:15:20.860 --> 00:15:22.456 So I said take her back.

NOTE Confidence: 0.93824092

00:15:22.460 --> 00:15:25.380 So she went back to the operating room.

NOTE Confidence: 0.93824092

00:15:25.380 --> 00:15:27.774 And this is where we ended up.

NOTE Confidence: 0.93824092

00:15:27.780 --> 00:15:29.628 This is the first time I've

NOTE Confidence: 0.93824092

00:15:29.628 --> 00:15:31.700 chosen to share this information.

NOTE Confidence: 0.93824092

00:15:31.700 --> 00:15:34.859 So you can see you guys are doctors here,

NOTE Confidence: 0.93824092

00:15:34.860 --> 00:15:37.137 that she lost a large portion of her brain,

NOTE Confidence: 0.93824092

00:15:37.140 --> 00:15:38.968 no longer small portion.

NOTE Confidence: 0.93824092

00:15:38.968 --> 00:15:41.660 This was at age 5, Ari,

NOTE Confidence: 0.93824092

00:15:41.660 --> 00:15:44.460 and my father flew out immediately again.

NOTE Confidence: 0.93824092

00:15:44.460 --> 00:15:45.620 And I remember my father
NOTE Confidence: 0.93824092

00:15:45.620 --> 00:15:46.780 standing at the bedside saying,
NOTE Confidence: 0.93824092

00:15:46.780 --> 00:15:48.300 well, we don't really know
NOTE Confidence: 0.93824092

00:15:48.300 --> 00:15:49.820 what's going to happen now.
NOTE Confidence: 0.93824092

00:15:49.820 --> 00:15:51.218 Time will tell.
NOTE Confidence: 0.93824092

00:15:51.218 --> 00:15:52.616 She will recover,
NOTE Confidence: 0.93824092

00:15:52.620 --> 00:15:54.500 but it's going to be a long road.
NOTE Confidence: 0.93824092

00:15:54.500 --> 00:15:56.060 It was a long road.
NOTE Confidence: 0.93824092

00:15:56.060 --> 00:15:58.700 So the therapist that Ari had
NOTE Confidence: 0.93824092

00:15:58.700 --> 00:16:00.298 found tripled down multiple,
NOTE Confidence: 0.93824092

00:16:00.298 --> 00:16:03.000 multiple hours of therapy every single day
NOTE Confidence: 0.93824092

00:16:03.064 --> 00:16:05.616 that when I brought home from the hospital,
NOTE Confidence: 0.93824092

00:16:05.620 --> 00:16:07.032 she weighed 32 pounds.
NOTE Confidence: 0.93824092

00:16:07.032 --> 00:16:09.150 She had literally no brain functioning
NOTE Confidence: 0.93824092

00:16:09.208 --> 00:16:11.058 because she had been herniating.
NOTE Confidence: 0.93824092

00:16:11.060 --> 00:16:14.138 So the good part of her brain was squished.

NOTE Confidence: 0.93824092

00:16:14.140 --> 00:16:15.460 I remember one time driving and

NOTE Confidence: 0.93824092

00:16:15.460 --> 00:16:16.979 she tried to open the car door.

NOTE Confidence: 0.93824092

00:16:16.980 --> 00:16:18.192 Five years old.

NOTE Confidence: 0.93824092

00:16:18.192 --> 00:16:21.020 So this was a very trying time.

NOTE Confidence: 0.93824092

00:16:21.020 --> 00:16:22.238 I remember thinking,

NOTE Confidence: 0.93824092

00:16:22.238 --> 00:16:25.500 why do people think hell is somewhere else?

NOTE Confidence: 0.93824092

00:16:25.500 --> 00:16:26.490 Clearly I'm in.

NOTE Confidence: 0.93824092

00:16:26.490 --> 00:16:29.260 It didn't need to die to get here.

NOTE Confidence: 0.93824092

00:16:29.260 --> 00:16:31.060 I'm there.

NOTE Confidence: 0.93824092

00:16:31.060 --> 00:16:31.344 Sidebar.

NOTE Confidence: 0.93824092

00:16:31.344 --> 00:16:34.356 I had a one year old at home and I

NOTE Confidence: 0.93824092

00:16:34.356 --> 00:16:36.618 was still working at the university,

NOTE Confidence: 0.93824092

00:16:36.620 --> 00:16:39.539 so it was a lot tough times.

NOTE Confidence: 0.93824092

00:16:39.540 --> 00:16:42.494 That continues for quite a long time.

NOTE Confidence: 0.93824092

00:16:42.500 --> 00:16:43.468 Very tough.

NOTE Confidence: 0.93824092

00:16:43.468 --> 00:16:45.888 And then things got better.
NOTE Confidence: 0.93824092

00:16:45.890 --> 00:16:48.098 And today we're here to talk
NOTE Confidence: 0.93824092

00:16:48.098 --> 00:16:49.570 about them getting better.
NOTE Confidence: 0.93824092

00:16:49.570 --> 00:16:51.295 They got better through the
NOTE Confidence: 0.93824092

00:16:51.295 --> 00:16:52.330 Bold Beauty Project.
NOTE Confidence: 0.938815971428571

00:16:54.450 --> 00:16:58.550 The Bold Beauty Project is not my idea.
NOTE Confidence: 0.938815971428571

00:16:58.550 --> 00:17:02.330 It's the idea, brainchild of Shelly Bear.
NOTE Confidence: 0.938815971428571

00:17:02.330 --> 00:17:04.652 Shelly and I met on what I call a
NOTE Confidence: 0.938815971428571

00:17:04.652 --> 00:17:06.502 blind friend date. Somebody knew I
NOTE Confidence: 0.938815971428571

00:17:06.502 --> 00:17:07.966 had a daughter with a disability.
NOTE Confidence: 0.938815971428571

00:17:07.970 --> 00:17:09.626 They knew Shelly was an inspiring
NOTE Confidence: 0.938815971428571

00:17:09.626 --> 00:17:10.730 woman with a disability.
NOTE Confidence: 0.938815971428571

00:17:10.730 --> 00:17:12.650 So they thought that we ought to meet.
NOTE Confidence: 0.938815971428571

00:17:12.650 --> 00:17:16.132 Definitely. A very good mix.
NOTE Confidence: 0.938815971428571

00:17:16.132 --> 00:17:17.997 And when I met Shelly,
NOTE Confidence: 0.938815971428571

00:17:18.000 --> 00:17:19.883 she told me that she had done

NOTE Confidence: 0.938815971428571
00:17:19.883 --> 00:17:21.786 this photo shoot back in 2006,
NOTE Confidence: 0.938815971428571
00:17:21.786 --> 00:17:24.290 where women with disabilities
NOTE Confidence: 0.938815971428571
00:17:24.290 --> 00:17:26.794 were paired with photographers,
NOTE Confidence: 0.938815971428571
00:17:26.800 --> 00:17:29.716 got together, had a day of a photo shoot,
NOTE Confidence: 0.938815971428571
00:17:29.720 --> 00:17:32.040 then they blew up the images really large,
NOTE Confidence: 0.938815971428571
00:17:32.040 --> 00:17:33.400 and they had a show.
NOTE Confidence: 0.938815971428571
00:17:33.400 --> 00:17:36.620 And Shelly felt that this changed her
NOTE Confidence: 0.938815971428571
00:17:36.620 --> 00:17:39.110 life and that this had given her a
NOTE Confidence: 0.938815971428571
00:17:39.110 --> 00:17:41.008 confidence that she'd never had before.
NOTE Confidence: 0.938815971428571
00:17:41.010 --> 00:17:43.752 Shelly had arthritis and she was
NOTE Confidence: 0.938815971428571
00:17:43.752 --> 00:17:46.514 3 and so she's short stature with
NOTE Confidence: 0.938815971428571
00:17:46.514 --> 00:17:48.341 short arms and short fingers.
NOTE Confidence: 0.938815971428571
00:17:48.341 --> 00:17:50.960 And she said her whole life up till then
NOTE Confidence: 0.938815971428571
00:17:51.028 --> 00:17:53.530 she felt like her body was not her friend,
NOTE Confidence: 0.938815971428571
00:17:53.530 --> 00:17:55.930 that people were poking and prodding
NOTE Confidence: 0.938815971428571

00:17:55.930 --> 00:17:58.495 and staring and then when she posed
NOTE Confidence: 0.938815971428571

00:17:58.495 --> 00:18:01.130 you could see she was semi nude.
NOTE Confidence: 0.938815971428571

00:18:01.130 --> 00:18:02.943 She said it was a totally different
NOTE Confidence: 0.938815971428571

00:18:02.943 --> 00:18:05.142 way of looking at herself and it had
NOTE Confidence: 0.938815971428571

00:18:05.142 --> 00:18:06.846 really empowered her and you know,
NOTE Confidence: 0.938815971428571

00:18:06.850 --> 00:18:07.890 this had been nine years.
NOTE Confidence: 0.938815971428571

00:18:07.890 --> 00:18:10.977 It has stuck with her and she wanted to
NOTE Confidence: 0.938815971428571

00:18:10.977 --> 00:18:14.138 know if I would help her carry on this
NOTE Confidence: 0.938815971428571

00:18:14.138 --> 00:18:16.634 project since I was a psychiatrist.
NOTE Confidence: 0.938815971428571

00:18:16.640 --> 00:18:17.732 I had a daughter with a disability
NOTE Confidence: 0.938815971428571

00:18:17.732 --> 00:18:19.200 and I had already written a book
NOTE Confidence: 0.938815971428571

00:18:19.200 --> 00:18:20.160 called The Beauty Prescription,
NOTE Confidence: 0.938815971428571

00:18:20.160 --> 00:18:21.400 The complete formula for
NOTE Confidence: 0.938815971428571

00:18:21.400 --> 00:18:22.640 looking and feeling beautiful.
NOTE Confidence: 0.938815971428571

00:18:22.640 --> 00:18:24.754 So it seemed like a natural fade.
NOTE Confidence: 0.938815971428571

00:18:24.760 --> 00:18:26.244 So I will admit,

NOTE Confidence: 0.938815971428571
00:18:26.244 --> 00:18:27.357 as a psychiatrist,
NOTE Confidence: 0.938815971428571
00:18:27.360 --> 00:18:28.515 trained and psychoanalytic,
NOTE Confidence: 0.938815971428571
00:18:28.515 --> 00:18:30.440 as Karen knows at Cornell,
NOTE Confidence: 0.938815971428571
00:18:30.440 --> 00:18:33.680 I thought one day changed you.
NOTE Confidence: 0.938815971428571
00:18:33.680 --> 00:18:35.040 I don't know about that.
NOTE Confidence: 0.938815971428571
00:18:35.040 --> 00:18:36.630 But nonetheless it sounds like fun
NOTE Confidence: 0.938815971428571
00:18:36.630 --> 00:18:38.254 and I was looking for something
NOTE Confidence: 0.938815971428571
00:18:38.254 --> 00:18:40.039 a little fun and lighter to do.
NOTE Confidence: 0.938815971428571
00:18:40.040 --> 00:18:45.460 So I I jumped on board and that was 2015.
NOTE Confidence: 0.938815971428571
00:18:45.460 --> 00:18:50.590 You just had a a zoom from Shelly Bear.
NOTE Confidence: 0.938815971428571
00:18:50.590 --> 00:18:51.640 Thanks Ava.
NOTE Confidence: 0.938815971428571
00:18:51.640 --> 00:18:53.215 It's so sweet.
NOTE Confidence: 0.938815971428571
00:18:53.220 --> 00:18:55.932 And I'm going to go back and say
NOTE Confidence: 0.938815971428571
00:18:55.932 --> 00:18:57.857 Shelly is also at the University
NOTE Confidence: 0.938815971428571
00:18:57.857 --> 00:18:59.531 of Miami still on the faculty
NOTE Confidence: 0.938815971428571

00:18:59.531 --> 00:19:00.780 leadership training directive.
NOTE Confidence: 0.938815971428571

00:19:00.780 --> 00:19:03.006 And she has inspired me and so
NOTE Confidence: 0.938815971428571

00:19:03.006 --> 00:19:05.196 many people and she speaks about
NOTE Confidence: 0.938815971428571

00:19:05.196 --> 00:19:07.131 how to overcome the challenges
NOTE Confidence: 0.938815971428571

00:19:07.131 --> 00:19:09.849 that she has had and to live a
NOTE Confidence: 0.938815971428571

00:19:09.849 --> 00:19:11.740 very fulfilling and and rich life.
NOTE Confidence: 0.938815971428571

00:19:11.740 --> 00:19:12.975 So thank you, Shelly.
NOTE Confidence: 0.938815971428571

00:19:12.975 --> 00:19:15.175 Shelly's mom is also part of the program.
NOTE Confidence: 0.938815971428571

00:19:15.180 --> 00:19:15.515 Too.
NOTE Confidence: 0.938815971428571

00:19:15.515 --> 00:19:17.860 So we really started at that time,
NOTE Confidence: 0.938815971428571

00:19:17.860 --> 00:19:19.236 mother, daughter, mother, daughter.
NOTE Confidence: 0.938815971428571

00:19:19.236 --> 00:19:21.300 And then as I said already,
NOTE Confidence: 0.938815971428571

00:19:21.300 --> 00:19:24.340 Ari jumped in and gave us a grant.
NOTE Confidence: 0.938815971428571

00:19:24.340 --> 00:19:27.658 And then we got rocking and rolling.
NOTE Confidence: 0.938815971428571

00:19:27.660 --> 00:19:29.844 We also got connected with a
NOTE Confidence: 0.938815971428571

00:19:29.844 --> 00:19:31.300 man named Robert Zuckerman.

NOTE Confidence: 0.938815971428571

00:19:31.300 --> 00:19:33.382 Robert Zuckerman had been out in

NOTE Confidence: 0.938815971428571

00:19:33.382 --> 00:19:36.420 Hollywood and he was filming on all the sets.

NOTE Confidence: 0.938815971428571

00:19:36.420 --> 00:19:37.448 He was the photographer.

NOTE Confidence: 0.938815971428571

00:19:37.448 --> 00:19:38.990 When there was a movie going

NOTE Confidence: 0.938815971428571

00:19:39.043 --> 00:19:40.495 on that would film the stills.

NOTE Confidence: 0.938815971428571

00:19:40.500 --> 00:19:42.425 So when you would go to see

NOTE Confidence: 0.938815971428571

00:19:42.425 --> 00:19:43.250 a movie advertised.

NOTE Confidence: 0.938815971428571

00:19:43.250 --> 00:19:44.970 Those were oftentimes Robert Zuckerman,

NOTE Confidence: 0.938815971428571

00:19:44.970 --> 00:19:47.448 so he knew all the Hollywood celebrities.

NOTE Confidence: 0.938815971428571

00:19:47.450 --> 00:19:49.850 He was called the Picasso of Hollywood by,

NOTE Confidence: 0.939479492307692

00:19:49.850 --> 00:19:51.761 well, Will Smith, but I don't know

NOTE Confidence: 0.939479492307692

00:19:51.761 --> 00:19:53.608 if he dropped his name anymore,

NOTE Confidence: 0.939479492307692

00:19:53.610 --> 00:19:55.650 especially in his Yale Study Center.

NOTE Confidence: 0.939479492307692

00:19:55.650 --> 00:19:57.710 But anyway, Arnold Schwarzenegger,

NOTE Confidence: 0.939479492307692

00:19:57.710 --> 00:20:00.285 he was in that crowd.

NOTE Confidence: 0.939479492307692

00:20:00.290 --> 00:20:02.090 Then he got a disability.
NOTE Confidence: 0.939479492307692

00:20:02.090 --> 00:20:04.610 He had a glycogen storage disease,
NOTE Confidence: 0.939479492307692

00:20:04.610 --> 00:20:06.095 and so he became disabled
NOTE Confidence: 0.939479492307692

00:20:06.095 --> 00:20:07.283 in the Hollywood community,
NOTE Confidence: 0.939479492307692

00:20:07.290 --> 00:20:09.930 not surprisingly, was not supportive.
NOTE Confidence: 0.939479492307692

00:20:09.930 --> 00:20:12.000 So. To our great fortune,
NOTE Confidence: 0.939479492307692

00:20:12.000 --> 00:20:13.280 he came back to Miami.
NOTE Confidence: 0.939479492307692

00:20:13.280 --> 00:20:14.936 He also had a mother and a sister
NOTE Confidence: 0.939479492307692

00:20:14.936 --> 00:20:16.960 with a disability who lived in Miami.
NOTE Confidence: 0.939479492307692

00:20:16.960 --> 00:20:20.236 So he came back home and we met him.
NOTE Confidence: 0.939479492307692

00:20:20.240 --> 00:20:21.880 I met him for lunch.
NOTE Confidence: 0.939479492307692

00:20:21.880 --> 00:20:24.477 And being sort of a tiger mom,
NOTE Confidence: 0.939479492307692

00:20:24.480 --> 00:20:26.280 I told about the project and I said,
NOTE Confidence: 0.939479492307692

00:20:26.280 --> 00:20:28.360 would you photograph my daughter?
NOTE Confidence: 0.939479492307692

00:20:28.360 --> 00:20:29.832 And he said yes.
NOTE Confidence: 0.939479492307692

00:20:29.832 --> 00:20:32.040 And that's really what we say,

NOTE Confidence: 0.939479492307692
00:20:32.040 --> 00:20:34.080 like when the magic began.
NOTE Confidence: 0.939479492307692
00:20:34.080 --> 00:20:35.832 And I'll tell you more about
NOTE Confidence: 0.939479492307692
00:20:35.832 --> 00:20:37.000 that in a moment.
NOTE Confidence: 0.939479492307692
00:20:37.000 --> 00:20:40.080 So he took the picture of my daughter,
NOTE Confidence: 0.939479492307692
00:20:40.080 --> 00:20:42.600 which is here behind me,
NOTE Confidence: 0.939479492307692
00:20:42.600 --> 00:20:44.622 and he jumped on board as
NOTE Confidence: 0.939479492307692
00:20:44.622 --> 00:20:45.633 our master photographer.
NOTE Confidence: 0.939479492307692
00:20:45.640 --> 00:20:48.040 This was prior to Patrice coming on board,
NOTE Confidence: 0.939479492307692
00:20:48.040 --> 00:20:50.798 and he helped us grow the project.
NOTE Confidence: 0.939479492307692
00:20:50.800 --> 00:20:53.888 So where did we grow in those years
NOTE Confidence: 0.939479492307692
00:20:53.888 --> 00:20:56.392 from 2015 with Shelly's idea,
NOTE Confidence: 0.939479492307692
00:20:56.392 --> 00:20:59.721 we grew to a international organization
NOTE Confidence: 0.939479492307692
00:20:59.721 --> 00:21:03.126 and we were doing amazing.
NOTE Confidence: 0.939479492307692
00:21:03.130 --> 00:21:04.538 Right, until the pandemic.
NOTE Confidence: 0.939479492307692
00:21:04.538 --> 00:21:06.650 So we go to different cities,
NOTE Confidence: 0.939479492307692

00:21:06.650 --> 00:21:08.674 we find local models,
NOTE Confidence: 0.939479492307692

00:21:08.674 --> 00:21:09.686 local photographers,
NOTE Confidence: 0.939479492307692

00:21:09.690 --> 00:21:11.045 and then local audiences like
NOTE Confidence: 0.939479492307692

00:21:11.045 --> 00:21:12.687 you guys and we create shows
NOTE Confidence: 0.939479492307692

00:21:12.687 --> 00:21:14.325 like you see here in the back.
NOTE Confidence: 0.939479492307692

00:21:14.330 --> 00:21:15.930 So we started in Washington,
NOTE Confidence: 0.939479492307692

00:21:15.930 --> 00:21:17.458 DC we had Miami,
NOTE Confidence: 0.939479492307692

00:21:17.458 --> 00:21:18.604 we had Philadelphia,
NOTE Confidence: 0.939479492307692

00:21:18.610 --> 00:21:20.118 multiple cities in Texas.
NOTE Confidence: 0.939479492307692

00:21:20.118 --> 00:21:22.380 We then did our first international
NOTE Confidence: 0.939479492307692

00:21:22.443 --> 00:21:24.255 show in Panama and then Patrice
NOTE Confidence: 0.939479492307692

00:21:24.255 --> 00:21:26.090 had come on board and then.
NOTE Confidence: 0.939479492307692

00:21:26.090 --> 00:21:28.827 She layered on top for us our
NOTE Confidence: 0.939479492307692

00:21:28.827 --> 00:21:30.370 first inclusive fashion show
NOTE Confidence: 0.939479492307692

00:21:30.370 --> 00:21:32.404 and we also exhibited during Art
NOTE Confidence: 0.939479492307692

00:21:32.404 --> 00:21:34.749 Basel and I think about 7 times

NOTE Confidence: 0.939479492307692

00:21:34.749 --> 00:21:36.884 at Art Palm Beach and Art Boca.

NOTE Confidence: 0.939479492307692

00:21:36.890 --> 00:21:38.890 So we were just having tons of fun,

NOTE Confidence: 0.939479492307692

00:21:38.890 --> 00:21:42.860 120 models and then the pandemic hit.

NOTE Confidence: 0.939479492307692

00:21:42.860 --> 00:21:44.498 And then we had to stop because

NOTE Confidence: 0.939479492307692

00:21:44.498 --> 00:21:46.377 we did not want to risk any of

NOTE Confidence: 0.939479492307692

00:21:46.377 --> 00:21:48.069 our models or or our volunteer

NOTE Confidence: 0.939479492307692

00:21:48.069 --> 00:21:49.617 photographers getting sick.

NOTE Confidence: 0.939479492307692

00:21:49.620 --> 00:21:51.498 So we've been on a hiatus.

NOTE Confidence: 0.939479492307692

00:21:51.500 --> 00:21:55.391 We are coming back September 30th

NOTE Confidence: 0.939479492307692

00:21:55.391 --> 00:21:58.577 in Los Angeles in Ari's hometown.

NOTE Confidence: 0.939479492307692

00:21:58.580 --> 00:21:59.900 We're very excited for that.

NOTE Confidence: 0.939479492307692

00:21:59.900 --> 00:22:01.274 We're also in the early planning

NOTE Confidence: 0.939479492307692

00:22:01.274 --> 00:22:02.740 stages of what we want to be,

NOTE Confidence: 0.939479492307692

00:22:02.740 --> 00:22:04.224 our first international bold

NOTE Confidence: 0.939479492307692

00:22:04.224 --> 00:22:06.905 beauty show and we want to come

NOTE Confidence: 0.939479492307692

00:22:06.905 --> 00:22:08.417 back bigger and better.
NOTE Confidence: 0.939479492307692

00:22:08.420 --> 00:22:12.044 We did have one show during the pandemic.
NOTE Confidence: 0.939479492307692

00:22:12.050 --> 00:22:13.610 On a college campus,
NOTE Confidence: 0.939479492307692

00:22:13.610 --> 00:22:15.170 because colleges were back,
NOTE Confidence: 0.939479492307692

00:22:15.170 --> 00:22:16.770 so we weren't risking anybody.
NOTE Confidence: 0.939479492307692

00:22:16.770 --> 00:22:18.765 And that was at University of Miami,
NOTE Confidence: 0.939479492307692

00:22:18.770 --> 00:22:20.247 and we learned a lot from that.
NOTE Confidence: 0.939479492307692

00:22:20.250 --> 00:22:22.446 It was very heartwarming, very beautiful.
NOTE Confidence: 0.939479492307692

00:22:22.450 --> 00:22:24.100 And we do have a model
NOTE Confidence: 0.939479492307692

00:22:24.100 --> 00:22:24.925 for college replication.
NOTE Confidence: 0.939479492307692

00:22:24.930 --> 00:22:28.890 So if anybody, Julia, my cousin is here,
NOTE Confidence: 0.939479492307692

00:22:28.890 --> 00:22:30.690 wants to take on this project,
NOTE Confidence: 0.939479492307692

00:22:30.690 --> 00:22:31.310 or Andreas,
NOTE Confidence: 0.939479492307692

00:22:31.310 --> 00:22:33.170 who has an interest in photography,
NOTE Confidence: 0.939479492307692

00:22:33.170 --> 00:22:34.556 or Doctor Anna,
NOTE Confidence: 0.939479492307692

00:22:34.556 --> 00:22:37.328 who's also on this faculty here,

NOTE Confidence: 0.939479492307692
00:22:37.330 --> 00:22:39.628 we hope that somebody at Yale
NOTE Confidence: 0.939479492307692
00:22:39.628 --> 00:22:41.160 will like our project.
NOTE Confidence: 0.939479492307692
00:22:41.160 --> 00:22:45.490 Our tagline is disability becomes
NOTE Confidence: 0.939479492307692
00:22:45.490 --> 00:22:46.877 beauty becomes,
NOTE Confidence: 0.939479492307692
00:22:46.877 --> 00:22:48.428 art becomes change.
NOTE Confidence: 0.939479492307692
00:22:48.428 --> 00:22:52.104 So change is what everybody in this
NOTE Confidence: 0.939479492307692
00:22:52.104 --> 00:22:55.478 room probably wants to hear most about,
NOTE Confidence: 0.958703166666667
00:22:55.480 --> 00:22:55.833 right?
NOTE Confidence: 0.958703166666667
00:22:55.833 --> 00:22:57.598 You're all mental health professionals.
NOTE Confidence: 0.958703166666667
00:22:57.600 --> 00:22:59.280 And as mental health professionals,
NOTE Confidence: 0.958703166666667
00:22:59.280 --> 00:23:01.716 our job is to help people change.
NOTE Confidence: 0.958703166666667
00:23:01.720 --> 00:23:03.252 We don't always cure.
NOTE Confidence: 0.958703166666667
00:23:03.252 --> 00:23:06.320 That we certainly hope that we can move
NOTE Confidence: 0.958703166666667
00:23:06.320 --> 00:23:09.610 people from where they are to a better place.
NOTE Confidence: 0.958703166666667
00:23:09.610 --> 00:23:11.728 So with the Bold Beauty Project,
NOTE Confidence: 0.958703166666667

00:23:11.730 --> 00:23:14.208 we have tried to help women change.
NOTE Confidence: 0.958703166666667

00:23:14.210 --> 00:23:15.926 Again, that was Shelly's concept that
NOTE Confidence: 0.958703166666667

00:23:15.926 --> 00:23:17.769 she had changed from this project,
NOTE Confidence: 0.958703166666667

00:23:17.770 --> 00:23:19.849 and I saw it with my my own eyes,
NOTE Confidence: 0.958703166666667

00:23:19.850 --> 00:23:20.774 with my daughter.
NOTE Confidence: 0.958703166666667

00:23:20.774 --> 00:23:22.930 So we like to think about the
NOTE Confidence: 0.958703166666667

00:23:23.001 --> 00:23:24.966 Japanese concept of wabi sabi.
NOTE Confidence: 0.958703166666667

00:23:24.970 --> 00:23:26.488 If you're not familiar with it,
NOTE Confidence: 0.958703166666667

00:23:26.490 --> 00:23:29.244 it's about imperfection,
NOTE Confidence: 0.958703166666667

00:23:29.244 --> 00:23:31.080 impermanent transients.
NOTE Confidence: 0.958703166666667

00:23:31.080 --> 00:23:33.918 Sometimes can veer into the rustic,
NOTE Confidence: 0.958703166666667

00:23:33.920 --> 00:23:36.720 and this is an example of King
NOTE Confidence: 0.958703166666667

00:23:36.720 --> 00:23:39.839 Sugi which is repairing with gold.
NOTE Confidence: 0.958703166666667

00:23:39.840 --> 00:23:42.462 So in this ceramic object like
NOTE Confidence: 0.958703166666667

00:23:42.462 --> 00:23:45.640 you often see when they're broken,
NOTE Confidence: 0.958703166666667

00:23:45.640 --> 00:23:48.349 they repair it with gold and the

NOTE Confidence: 0.958703166666667
00:23:48.349 --> 00:23:51.077 idea being that the repair creates
NOTE Confidence: 0.958703166666667
00:23:51.077 --> 00:23:54.035 more beauty than you originally had.
NOTE Confidence: 0.958703166666667
00:23:54.040 --> 00:23:55.760 And this sings to us.
NOTE Confidence: 0.958703166666667
00:23:55.760 --> 00:23:56.071 Right,
NOTE Confidence: 0.958703166666667
00:23:56.071 --> 00:23:57.626 because I have this daughter
NOTE Confidence: 0.958703166666667
00:23:57.626 --> 00:23:58.559 with this disability.
NOTE Confidence: 0.958703166666667
00:23:58.560 --> 00:24:01.008 But now this disability has turned
NOTE Confidence: 0.958703166666667
00:24:01.008 --> 00:24:02.640 into something so beautiful,
NOTE Confidence: 0.958703166666667
00:24:02.640 --> 00:24:04.480 creating these art shows and
NOTE Confidence: 0.958703166666667
00:24:04.480 --> 00:24:05.952 creating change for people.
NOTE Confidence: 0.958703166666667
00:24:05.960 --> 00:24:09.120 So we love that concept.
NOTE Confidence: 0.958703166666667
00:24:09.120 --> 00:24:10.992 This is what I try to remind myself
NOTE Confidence: 0.958703166666667
00:24:10.992 --> 00:24:12.842 like last night when I was feeling
NOTE Confidence: 0.958703166666667
00:24:12.842 --> 00:24:14.662 fearful and I was doubting that I
NOTE Confidence: 0.958703166666667
00:24:14.662 --> 00:24:17.200 could do this, I said just be free.
NOTE Confidence: 0.958703166666667

00:24:17.200 --> 00:24:19.520 Just show up. Be free.
NOTE Confidence: 0.958703166666667

00:24:19.520 --> 00:24:20.759 You don't have to bring your fear.
NOTE Confidence: 0.958703166666667

00:24:20.760 --> 00:24:22.314 You don't have to bring your doubt.
NOTE Confidence: 0.958703166666667

00:24:22.320 --> 00:24:24.066 So this is another model for
NOTE Confidence: 0.958703166666667

00:24:24.066 --> 00:24:26.064 change that we hope that when our
NOTE Confidence: 0.958703166666667

00:24:26.064 --> 00:24:28.248 models come to us and by the way
NOTE Confidence: 0.958703166666667

00:24:28.248 --> 00:24:29.918 our photographers come to us,
NOTE Confidence: 0.958703166666667

00:24:29.920 --> 00:24:31.761 we have to talk them through the
NOTE Confidence: 0.958703166666667

00:24:31.761 --> 00:24:33.111 process because this is moving
NOTE Confidence: 0.958703166666667

00:24:33.111 --> 00:24:34.635 them out of their comfort zone.
NOTE Confidence: 0.958703166666667

00:24:34.640 --> 00:24:36.350 They're not used to this.
NOTE Confidence: 0.958703166666667

00:24:36.350 --> 00:24:37.698 And so often times,
NOTE Confidence: 0.958703166666667

00:24:37.698 --> 00:24:40.150 there's reluctance on both of their parts.
NOTE Confidence: 0.958703166666667

00:24:40.150 --> 00:24:42.565 And so it's that idea that change
NOTE Confidence: 0.958703166666667

00:24:42.565 --> 00:24:44.644 can occur when you move from
NOTE Confidence: 0.958703166666667

00:24:44.644 --> 00:24:46.905 that space of fear and doubt to

NOTE Confidence: 0.958703166666667
00:24:46.984 --> 00:24:48.708 that feeling of freedom,
NOTE Confidence: 0.958703166666667
00:24:48.710 --> 00:24:51.937 the feeling of freedom to express yourself.
NOTE Confidence: 0.958703166666667
00:24:51.940 --> 00:24:53.911 Through photography through
NOTE Confidence: 0.958703166666667
00:24:53.911 --> 00:24:56.539 like Max with poetry.
NOTE Confidence: 0.958703166666667
00:24:56.540 --> 00:24:58.691 So there's a lot of power in in that
NOTE Confidence: 0.958703166666667
00:24:58.691 --> 00:25:00.953 and so we we have to work with our
NOTE Confidence: 0.958703166666667
00:25:00.953 --> 00:25:03.416 models and photographers to get them there.
NOTE Confidence: 0.958703166666667
00:25:03.420 --> 00:25:05.660 But if you can take a quick peek behind you,
NOTE Confidence: 0.958703166666667
00:25:05.660 --> 00:25:07.616 you can see that we've gotten
NOTE Confidence: 0.958703166666667
00:25:07.616 --> 00:25:09.766 them there and the the moment
NOTE Confidence: 0.958703166666667
00:25:09.766 --> 00:25:12.088 for them is transcendent and the
NOTE Confidence: 0.958703166666667
00:25:12.088 --> 00:25:13.820 experience is transcendent.
NOTE Confidence: 0.958703166666667
00:25:13.820 --> 00:25:16.058 So since we're a medical school,
NOTE Confidence: 0.958703166666667
00:25:16.060 --> 00:25:19.546 I'll tell you another paradigm for change.
NOTE Confidence: 0.958703166666667
00:25:19.550 --> 00:25:21.494 We always think about our nervous
NOTE Confidence: 0.958703166666667

00:25:21.494 --> 00:25:22.790 system right and balanced,
NOTE Confidence: 0.958703166666667

00:25:22.790 --> 00:25:25.310 so we have our fight or flight or our
NOTE Confidence: 0.958703166666667

00:25:25.310 --> 00:25:27.866 rest and digest our tendon to friends.
NOTE Confidence: 0.958703166666667

00:25:27.870 --> 00:25:30.246 So we're giving people an opportunity
NOTE Confidence: 0.958703166666667

00:25:30.246 --> 00:25:33.486 to move from that fear base or that
NOTE Confidence: 0.958703166666667

00:25:33.486 --> 00:25:35.943 cortisol to that oxytocin, that love space.
NOTE Confidence: 0.958703166666667

00:25:35.943 --> 00:25:37.980 And if you are born with a
NOTE Confidence: 0.958703166666667

00:25:38.052 --> 00:25:39.948 disability like my daughter,
NOTE Confidence: 0.958703166666667

00:25:39.950 --> 00:25:42.170 or many of these women have
NOTE Confidence: 0.958703166666667

00:25:42.170 --> 00:25:42.910 developed disabilities,
NOTE Confidence: 0.958703166666667

00:25:42.910 --> 00:25:45.388 you live with a lot of arousal,
NOTE Confidence: 0.958703166666667

00:25:45.390 --> 00:25:47.002 a lot of cortisol.
NOTE Confidence: 0.958703166666667

00:25:47.002 --> 00:25:49.750 The simplest things are hard to do.
NOTE Confidence: 0.958703166666667

00:25:49.750 --> 00:25:53.390 Try brushing your teeth with one hand.
NOTE Confidence: 0.958703166666667

00:25:53.390 --> 00:25:53.733 So.
NOTE Confidence: 0.958703166666667

00:25:53.733 --> 00:25:55.448 Everything is hard to do,

NOTE Confidence: 0.93773775

00:25:55.450 --> 00:25:58.050 so you're in a state of hyper arousal.

NOTE Confidence: 0.93773775

00:25:58.050 --> 00:25:59.926 So we want this project to be

NOTE Confidence: 0.93773775

00:25:59.926 --> 00:26:01.778 about getting out of that state

NOTE Confidence: 0.93773775

00:26:01.778 --> 00:26:03.098 and feeling that parasympathetic

NOTE Confidence: 0.93773775

00:26:03.098 --> 00:26:05.010 side of the nervous system,

NOTE Confidence: 0.93773775

00:26:05.010 --> 00:26:08.530 feeling loved, supported, nurtured,

NOTE Confidence: 0.93773775

00:26:08.530 --> 00:26:10.390 connected and during the pandemic

NOTE Confidence: 0.93773775

00:26:10.390 --> 00:26:11.800 that was very, very important.

NOTE Confidence: 0.93773775

00:26:11.800 --> 00:26:14.145 And Shelly jumped in and made a

NOTE Confidence: 0.93773775

00:26:14.145 --> 00:26:16.226 support group for all the the women

NOTE Confidence: 0.93773775

00:26:16.226 --> 00:26:18.454 who'd been part of the project to

NOTE Confidence: 0.93773775

00:26:18.454 --> 00:26:20.189 continue to connect and support

NOTE Confidence: 0.93773775

00:26:20.189 --> 00:26:21.667 each other during that time.

NOTE Confidence: 0.93773775

00:26:21.667 --> 00:26:23.690 That was isolating for so many of us.

NOTE Confidence: 0.94629164

00:26:26.270 --> 00:26:28.510 Right now, this is mushrooms,

NOTE Confidence: 0.94629164

00:26:28.510 --> 00:26:29.425 this is psychedelics,
NOTE Confidence: 0.94629164
00:26:29.425 --> 00:26:31.424 this is hip and cool, right?
NOTE Confidence: 0.94629164
00:26:31.424 --> 00:26:34.268 Everybody's talking about the power of
NOTE Confidence: 0.94629164
00:26:34.268 --> 00:26:37.115 change and single interventions, right?
NOTE Confidence: 0.94629164
00:26:37.115 --> 00:26:39.110 You go in, you get your ketamine,
NOTE Confidence: 0.94629164
00:26:39.110 --> 00:26:39.905 you come out,
NOTE Confidence: 0.94629164
00:26:39.905 --> 00:26:42.030 you see the world a totally different way.
NOTE Confidence: 0.94629164
00:26:42.030 --> 00:26:44.307 So we like to think that we have found
NOTE Confidence: 0.94629164
00:26:44.307 --> 00:26:46.589 a non pharmacologic way to do it,
NOTE Confidence: 0.94629164
00:26:46.590 --> 00:26:48.150 doesn't have all the potential side
NOTE Confidence: 0.94629164
00:26:48.150 --> 00:26:49.903 effects or risks and we don't have
NOTE Confidence: 0.94629164
00:26:49.903 --> 00:26:51.436 to worry about doing it again and
NOTE Confidence: 0.94629164
00:26:51.483 --> 00:26:53.156 again and need to escalate the dose.
NOTE Confidence: 0.94629164
00:26:53.160 --> 00:26:55.280 So we create an experience,
NOTE Confidence: 0.94629164
00:26:55.280 --> 00:26:56.668 a one time experience.
NOTE Confidence: 0.94629164
00:26:56.668 --> 00:26:58.750 The only model that's been photographed

NOTE Confidence: 0.94629164

00:26:58.813 --> 00:27:00.439 twice I think is my daughter.

NOTE Confidence: 0.94629164

00:27:00.440 --> 00:27:01.796 But for for most of them,

NOTE Confidence: 0.94629164

00:27:01.800 --> 00:27:02.988 well Shelly too,

NOTE Confidence: 0.94629164

00:27:02.988 --> 00:27:06.925 it's a one time experience and we want that

NOTE Confidence: 0.94629164

00:27:06.925 --> 00:27:09.640 experience to create permanent change,

NOTE Confidence: 0.94629164

00:27:09.640 --> 00:27:12.142 to be able to see themselves

NOTE Confidence: 0.94629164

00:27:12.142 --> 00:27:15.000 and see the world differently.

NOTE Confidence: 0.94629164

00:27:15.000 --> 00:27:19.908 So the most important thing we think.

NOTE Confidence: 0.94629164

00:27:19.910 --> 00:27:23.200 That we're creating for people is an

NOTE Confidence: 0.94629164

00:27:23.200 --> 00:27:25.550 experience of increased compassion,

NOTE Confidence: 0.94629164

00:27:25.550 --> 00:27:28.414 so the women get to tell their stories

NOTE Confidence: 0.94629164

00:27:28.414 --> 00:27:31.746 so we all can understand their story,

NOTE Confidence: 0.94629164

00:27:31.750 --> 00:27:34.865 and that's how we gain in compassion.

NOTE Confidence: 0.94629164

00:27:34.870 --> 00:27:36.550 So our photographers are way

NOTE Confidence: 0.94629164

00:27:36.550 --> 00:27:38.230 out of their comfort zone.

NOTE Confidence: 0.94629164

00:27:38.230 --> 00:27:40.386 They have not done shoots like this,
NOTE Confidence: 0.94629164

00:27:40.390 --> 00:27:42.721 so we have to be compassionate toward
NOTE Confidence: 0.94629164

00:27:42.721 --> 00:27:45.118 them to sometimes they get very anxious.
NOTE Confidence: 0.94629164

00:27:45.120 --> 00:27:47.430 And then they can increase their
NOTE Confidence: 0.94629164

00:27:47.430 --> 00:27:48.970 compassion because they're working
NOTE Confidence: 0.94629164

00:27:49.037 --> 00:27:50.879 with a different sort of models.
NOTE Confidence: 0.94629164

00:27:50.880 --> 00:27:53.272 And then the audience who who comes and
NOTE Confidence: 0.94629164

00:27:53.272 --> 00:27:55.757 views these images and reads these stories,
NOTE Confidence: 0.94629164

00:27:55.760 --> 00:27:57.540 they enhance their compassion.
NOTE Confidence: 0.94629164

00:27:57.540 --> 00:28:00.144 And so today, hopefully all of you
NOTE Confidence: 0.94629164

00:28:00.144 --> 00:28:02.040 will broaden your sense of compassion.
NOTE Confidence: 0.94629164

00:28:02.040 --> 00:28:04.596 So this is an Einstein quote that I love,
NOTE Confidence: 0.94629164

00:28:04.600 --> 00:28:06.896 which is a human being is part
NOTE Confidence: 0.94629164

00:28:06.896 --> 00:28:08.998 of a whole called by us,
NOTE Confidence: 0.94629164

00:28:09.000 --> 00:28:10.166 the universe.
NOTE Confidence: 0.94629164

00:28:10.166 --> 00:28:13.664 Our task must be free ourselves.

NOTE Confidence: 0.94629164

00:28:13.670 --> 00:28:16.814 By widening our circles of compassion

NOTE Confidence: 0.94629164

00:28:16.814 --> 00:28:19.951 to embrace all living creatures and

NOTE Confidence: 0.94629164

00:28:19.951 --> 00:28:23.269 the whole of nature in its beauty.

NOTE Confidence: 0.94629164

00:28:23.270 --> 00:28:26.024 And this is one of our models who decided

NOTE Confidence: 0.94629164

00:28:26.024 --> 00:28:28.989 to be photographed in front of Einstein.

NOTE Confidence: 0.94629164

00:28:28.990 --> 00:28:30.719 And so this was an Einstein that's

NOTE Confidence: 0.94629164

00:28:30.719 --> 00:28:32.428 on the wall up in Palm Beach.

NOTE Confidence: 0.94629164

00:28:32.430 --> 00:28:34.797 So we drove ourselves up to Palm Beach and

NOTE Confidence: 0.94629164

00:28:34.797 --> 00:28:37.467 she was photographed in front of of Einstein.

NOTE Confidence: 0.94629164

00:28:37.470 --> 00:28:39.770 So thank you, Michelle.

NOTE Confidence: 0.94629164

00:28:39.770 --> 00:28:42.645 And Michelle was her photographer.

NOTE Confidence: 0.94629164

00:28:42.650 --> 00:28:44.042 So for myself,

NOTE Confidence: 0.94629164

00:28:44.042 --> 00:28:46.362 I think the change occurred

NOTE Confidence: 0.94629164

00:28:46.362 --> 00:28:49.209 based on a course correction.

NOTE Confidence: 0.94629164

00:28:49.210 --> 00:28:51.482 And the way I described this to my

NOTE Confidence: 0.94629164

00:28:51.482 --> 00:28:53.732 patients is if you set out for a long
NOTE Confidence: 0.94629164

00:28:53.732 --> 00:28:56.364 walk and you're a little bit off course,
NOTE Confidence: 0.94629164

00:28:56.370 --> 00:28:58.211 which happens to me all the time
NOTE Confidence: 0.94629164

00:28:58.211 --> 00:29:00.289 cause I have directional dyslexia.
NOTE Confidence: 0.94629164

00:29:00.290 --> 00:29:02.888 So I'm going the wrong direction.
NOTE Confidence: 0.94629164

00:29:02.890 --> 00:29:06.446 But then if you correct your course
NOTE Confidence: 0.94629164

00:29:06.450 --> 00:29:09.674 even by a little bit, if you keep going.
NOTE Confidence: 0.94629164

00:29:09.674 --> 00:29:13.229 You will end up in a very different space
NOTE Confidence: 0.94629164

00:29:13.229 --> 00:29:16.610 than the way you were going before.
NOTE Confidence: 0.94629164

00:29:16.610 --> 00:29:21.405 I think the medical model is incomplete.
NOTE Confidence: 0.94629164

00:29:21.410 --> 00:29:24.210 I grew up with two child psychiatrists.
NOTE Confidence: 0.94629164

00:29:24.210 --> 00:29:26.149 I had a choice to be anything
NOTE Confidence: 0.94629164

00:29:26.149 --> 00:29:28.129 I wanted to be in the world.
NOTE Confidence: 0.94629164

00:29:28.130 --> 00:29:28.964 OBGYN, radiology.
NOTE Confidence: 0.94629164

00:29:28.964 --> 00:29:31.883 There was going to be no prejudice.
NOTE Confidence: 0.94629164

00:29:31.890 --> 00:29:32.954 You got the joke.

NOTE Confidence: 0.94629164

00:29:32.954 --> 00:29:34.550 The joke is I had only

NOTE Confidence: 0.927566205384615

00:29:34.623 --> 00:29:38.090 those choices Once. I was a doctor,

NOTE Confidence: 0.927566205384615

00:29:38.090 --> 00:29:40.498 then I could do anything I wanted.

NOTE Confidence: 0.927566205384615

00:29:40.500 --> 00:29:42.284 But the assumption was that you'd go to

NOTE Confidence: 0.927566205384615

00:29:42.284 --> 00:29:43.705 medical school and then you'd figure out

NOTE Confidence: 0.927566205384615

00:29:43.705 --> 00:29:45.377 what you want to do when you grow up.

NOTE Confidence: 0.927566205384615

00:29:45.380 --> 00:29:49.472 So medical school is traumatizing

NOTE Confidence: 0.927566205384615

00:29:49.472 --> 00:29:52.776 and it can be abusive and difficult.

NOTE Confidence: 0.927566205384615

00:29:52.776 --> 00:29:55.002 And I think when you grow up

NOTE Confidence: 0.927566205384615

00:29:55.002 --> 00:29:56.980 in your 20s in that model,

NOTE Confidence: 0.927566205384615

00:29:56.980 --> 00:29:59.148 and then you get into academic medicine and

NOTE Confidence: 0.927566205384615

00:29:59.148 --> 00:30:01.416 then you have a doctor with a disability,

NOTE Confidence: 0.927566205384615

00:30:01.420 --> 00:30:04.124 it's kind of easy to think that life

NOTE Confidence: 0.927566205384615

00:30:04.124 --> 00:30:05.934 is really tough. Really challenging.

NOTE Confidence: 0.927566205384615

00:30:05.934 --> 00:30:08.390 And that you're supposed to be hard and

NOTE Confidence: 0.927566205384615

00:30:08.449 --> 00:30:10.416 you're supposed to be a fighter and
NOTE Confidence: 0.927566205384615

00:30:10.416 --> 00:30:12.357 you're supposed to be a problem solver.
NOTE Confidence: 0.927566205384615

00:30:12.360 --> 00:30:14.400 And then here I am with this problem
NOTE Confidence: 0.927566205384615

00:30:14.400 --> 00:30:16.448 I can't solve, can't solve it.
NOTE Confidence: 0.927566205384615

00:30:16.448 --> 00:30:20.004 And so for all those years from I would
NOTE Confidence: 0.927566205384615

00:30:20.004 --> 00:30:22.495 say my daughter's birth until 2015,
NOTE Confidence: 0.927566205384615

00:30:22.495 --> 00:30:25.120 the launch of the Bold Beauty project,
NOTE Confidence: 0.927566205384615

00:30:25.120 --> 00:30:26.716 there was a weight on me.
NOTE Confidence: 0.927566205384615

00:30:26.720 --> 00:30:28.900 Sense of, you know. Inadequacy.
NOTE Confidence: 0.927566205384615

00:30:28.900 --> 00:30:30.853 How did I let my daughter have this surgery?
NOTE Confidence: 0.927566205384615

00:30:30.860 --> 00:30:32.540 How did the surgery go so wrong?
NOTE Confidence: 0.927566205384615

00:30:32.540 --> 00:30:34.460 How did I pick this surgeon?
NOTE Confidence: 0.927566205384615

00:30:34.460 --> 00:30:36.508 And it was It was a heavy,
NOTE Confidence: 0.927566205384615

00:30:36.508 --> 00:30:37.980 heavy load to carry.
NOTE Confidence: 0.927566205384615

00:30:37.980 --> 00:30:38.574 Heavy load.
NOTE Confidence: 0.927566205384615

00:30:38.574 --> 00:30:40.950 And of course I didn't tell anybody what

NOTE Confidence: 0.927566205384615
00:30:41.015 --> 00:30:43.017 happened to her because it was her.
NOTE Confidence: 0.927566205384615
00:30:43.020 --> 00:30:45.333 I didn't want to make a decision for her.
NOTE Confidence: 0.927566205384615
00:30:45.340 --> 00:30:46.321 She was 5.
NOTE Confidence: 0.927566205384615
00:30:46.321 --> 00:30:49.279 I didn't want to tell people what she had,
NOTE Confidence: 0.927566205384615
00:30:49.280 --> 00:30:50.640 so I didn't tell anybody.
NOTE Confidence: 0.927566205384615
00:30:50.640 --> 00:30:52.488 This is the first time I'm going
NOTE Confidence: 0.927566205384615
00:30:52.488 --> 00:30:54.131 to tell anybody because she's 32
NOTE Confidence: 0.927566205384615
00:30:54.131 --> 00:30:55.979 and she went and got that X-ray
NOTE Confidence: 0.927566205384615
00:30:56.038 --> 00:30:57.358 for you guys all to see.
NOTE Confidence: 0.927566205384615
00:30:57.360 --> 00:31:00.185 So the course correction for
NOTE Confidence: 0.927566205384615
00:31:00.185 --> 00:31:03.720 me was maybe this isn't so bad.
NOTE Confidence: 0.927566205384615
00:31:03.720 --> 00:31:06.180 Maybe disability becomes beauty
NOTE Confidence: 0.927566205384615
00:31:06.180 --> 00:31:08.640 becomes art becomes change.
NOTE Confidence: 0.927566205384615
00:31:08.640 --> 00:31:10.560 Maybe it's all okay.
NOTE Confidence: 0.927566205384615
00:31:10.560 --> 00:31:12.000 For my daughter,
NOTE Confidence: 0.927566205384615

00:31:12.000 --> 00:31:15.640 the course correction was simpler.
NOTE Confidence: 0.927566205384615

00:31:15.640 --> 00:31:18.680 And maybe more profound.
NOTE Confidence: 0.927566205384615

00:31:18.680 --> 00:31:19.640 And I'm sorry she's not here
NOTE Confidence: 0.927566205384615

00:31:19.640 --> 00:31:20.280 to say it herself,
NOTE Confidence: 0.927566205384615

00:31:20.280 --> 00:31:21.272 but she is on Zoom if you want
NOTE Confidence: 0.927566205384615

00:31:21.272 --> 00:31:22.159 to ask her any questions.
NOTE Confidence: 0.927566205384615

00:31:22.160 --> 00:31:23.327 But for her,
NOTE Confidence: 0.927566205384615

00:31:23.327 --> 00:31:26.465 it was an opportunity for the first time
NOTE Confidence: 0.927566205384615

00:31:26.465 --> 00:31:29.120 in her life to see herself as beautiful.
NOTE Confidence: 0.9603803

00:31:31.320 --> 00:31:33.956 That's it. She saw herself as beautiful.
NOTE Confidence: 0.944278898

00:31:41.560 --> 00:31:43.360 This is what happens when you
NOTE Confidence: 0.944278898

00:31:43.360 --> 00:31:44.560 have a master photography.
NOTE Confidence: 0.944278898

00:31:44.560 --> 00:31:47.864 Take your picture. So she will tell
NOTE Confidence: 0.944278898

00:31:47.864 --> 00:31:50.044 you that this thank you, that's fine,
NOTE Confidence: 0.944278898

00:31:50.044 --> 00:31:53.340 that this was a permanent change for her.
NOTE Confidence: 0.944278898

00:31:53.340 --> 00:31:56.012 She was at her third attempt in college

NOTE Confidence: 0.944278898

00:31:56.012 --> 00:31:58.539 at this point at Lynn University.

NOTE Confidence: 0.944278898

00:31:58.540 --> 00:32:01.020 And after she felt beautiful,

NOTE Confidence: 0.944278898

00:32:01.020 --> 00:32:03.596 she created a dating profile and she said

NOTE Confidence: 0.944278898

00:32:03.596 --> 00:32:06.539 she was just honest and she said I'm high,

NOTE Confidence: 0.944278898

00:32:06.540 --> 00:32:10.293 I'm a shy Tumblr nerd and

NOTE Confidence: 0.944278898

00:32:10.293 --> 00:32:12.658 she wanted to meet somebody.

NOTE Confidence: 0.944278898

00:32:12.660 --> 00:32:17.170 So Vince wrote back, Hey.

NOTE Confidence: 0.944278898

00:32:17.170 --> 00:32:18.050 And if you know Vince,

NOTE Confidence: 0.944278898

00:32:18.050 --> 00:32:19.810 that that's kind of fitting.

NOTE Confidence: 0.944278898

00:32:19.810 --> 00:32:21.050 Not long on words,

NOTE Confidence: 0.944278898

00:32:21.050 --> 00:32:23.170 at least not when he's around me.

NOTE Confidence: 0.944278898

00:32:23.170 --> 00:32:24.930 And he wrote, hey,

NOTE Confidence: 0.944278898

00:32:24.930 --> 00:32:27.330 and she wrote whatever she wrote.

NOTE Confidence: 0.944278898

00:32:27.330 --> 00:32:30.654 And he came up to Lynn and met her there.

NOTE Confidence: 0.944278898

00:32:30.654 --> 00:32:32.669 They took a walk around the campus

NOTE Confidence: 0.944278898

00:32:32.669 --> 00:32:34.773 and she asked if he wanted to be

NOTE Confidence: 0.944278898

00:32:34.773 --> 00:32:36.689 her boyfriend and he said yes.

NOTE Confidence: 0.944278898

00:32:36.690 --> 00:32:38.930 This was in 2016, so.

NOTE Confidence: 0.93365963125

00:32:40.940 --> 00:32:43.140 The rest blossomed very,

NOTE Confidence: 0.93365963125

00:32:43.140 --> 00:32:45.340 very beautifully since then

NOTE Confidence: 0.93365963125

00:32:45.340 --> 00:32:50.380 and in October she got married,

NOTE Confidence: 0.93365963125

00:32:50.380 --> 00:32:53.460 so it was a long journey back.

NOTE Confidence: 0.93365963125

00:32:53.460 --> 00:32:56.550 These are her photos that were

NOTE Confidence: 0.93365963125

00:32:56.550 --> 00:33:00.000 shown at Art Palm Beach the day

NOTE Confidence: 0.93365963125

00:33:00.000 --> 00:33:02.220 that Robert came to photograph her.

NOTE Confidence: 0.93365963125

00:33:02.220 --> 00:33:05.020 We referred to as a love fest.

NOTE Confidence: 0.93365963125

00:33:05.020 --> 00:33:06.540 We had. I had only met him one.

NOTE Confidence: 0.93365963125

00:33:06.540 --> 00:33:08.092 She never met him.

NOTE Confidence: 0.93365963125

00:33:08.092 --> 00:33:10.032 Some of our photographers and

NOTE Confidence: 0.93365963125

00:33:10.032 --> 00:33:12.297 models will meet multiple times

NOTE Confidence: 0.93365963125

00:33:12.297 --> 00:33:14.097 before having their shoot.

NOTE Confidence: 0.93365963125

00:33:14.100 --> 00:33:15.654 Robert had one phone call with me.

NOTE Confidence: 0.93365963125

00:33:15.660 --> 00:33:17.298 He said, what does your daughter want to do?

NOTE Confidence: 0.93365963125

00:33:17.300 --> 00:33:19.148 I said she wants to be photographed

NOTE Confidence: 0.93365963125

00:33:19.148 --> 00:33:20.870 in rose petals. He said great,

NOTE Confidence: 0.93365963125

00:33:20.870 --> 00:33:22.420 have her wear something neutral.

NOTE Confidence: 0.93365963125

00:33:22.420 --> 00:33:22.994 That was.

NOTE Confidence: 0.93365963125

00:33:22.994 --> 00:33:25.727 It showed up the next day at my house

NOTE Confidence: 0.93365963125

00:33:25.727 --> 00:33:28.275 in a wheelchair with a beautiful woman

NOTE Confidence: 0.93365963125

00:33:28.275 --> 00:33:31.178 you can see in the photo named Zoride,

NOTE Confidence: 0.93365963125

00:33:31.180 --> 00:33:32.408 who's hearing a paired.

NOTE Confidence: 0.93365963125

00:33:32.408 --> 00:33:35.743 A mother and a 7 year old boy that he

NOTE Confidence: 0.93365963125

00:33:35.743 --> 00:33:37.873 had met in Miami Children's Hospital

NOTE Confidence: 0.93365963125

00:33:37.944 --> 00:33:40.331 when he was being treated for cancer

NOTE Confidence: 0.93365963125

00:33:40.331 --> 00:33:43.952 and he wanted to be a photographer.

NOTE Confidence: 0.93365963125

00:33:43.952 --> 00:33:46.322 So all these people come traipsing in

NOTE Confidence: 0.93365963125

00:33:46.322 --> 00:33:48.563 my house at 10:00 in the morning on
NOTE Confidence: 0.93365963125

00:33:48.563 --> 00:33:50.760 a Saturday and the seven-year old boy
NOTE Confidence: 0.93365963125

00:33:50.760 --> 00:33:53.160 pulled all the pedals off the roses.
NOTE Confidence: 0.93365963125

00:33:53.160 --> 00:33:55.080 Zuryda stood over my daughter
NOTE Confidence: 0.93365963125

00:33:55.080 --> 00:33:57.000 and threw them on her.
NOTE Confidence: 0.93365963125

00:33:57.000 --> 00:33:58.544 And then Robert says to my daughter who
NOTE Confidence: 0.93365963125

00:33:58.544 --> 00:34:00.156 is now known for like half an hour,
NOTE Confidence: 0.93365963125

00:34:00.160 --> 00:34:02.560 do you want to photograph Zuryda?
NOTE Confidence: 0.93365963125

00:34:02.560 --> 00:34:03.796 And she's like, sure.
NOTE Confidence: 0.93365963125

00:34:03.796 --> 00:34:06.016 And so she took that image that
NOTE Confidence: 0.93365963125

00:34:06.016 --> 00:34:07.516 you see now of Zoritis.
NOTE Confidence: 0.93365963125

00:34:07.520 --> 00:34:10.610 So in space of two hours, magic occurred.
NOTE Confidence: 0.93365963125

00:34:10.610 --> 00:34:12.440 I stayed out of the way,
NOTE Confidence: 0.93365963125

00:34:12.440 --> 00:34:14.312 by the way.
NOTE Confidence: 0.93365963125

00:34:14.312 --> 00:34:17.160 And she found her in her beauty,
NOTE Confidence: 0.93365963125

00:34:17.160 --> 00:34:19.176 and she found this self esteem

NOTE Confidence: 0.93365963125

00:34:19.176 --> 00:34:20.520 of being a photographer.

NOTE Confidence: 0.93365963125

00:34:20.520 --> 00:34:24.307 And she and Robert formed an independent

NOTE Confidence: 0.93365963125

00:34:24.307 --> 00:34:27.360 relationship and she called him Pops

NOTE Confidence: 0.93365963125

00:34:27.360 --> 00:34:31.068 and he called her all sorts of dear things.

NOTE Confidence: 0.93365963125

00:34:31.070 --> 00:34:32.750 And it was really a very,

NOTE Confidence: 0.93365963125

00:34:32.750 --> 00:34:34.790 very beautiful and very special

NOTE Confidence: 0.93365963125

00:34:34.790 --> 00:34:36.422 relationship that they fostered.

NOTE Confidence: 0.93365963125

00:34:36.430 --> 00:34:38.747 And we went and we exhibited many,

NOTE Confidence: 0.93365963125

00:34:38.750 --> 00:34:40.414 many, many, many times.

NOTE Confidence: 0.93365963125

00:34:40.414 --> 00:34:42.708 Her photo is on all the cards.

NOTE Confidence: 0.93365963125

00:34:42.710 --> 00:34:46.102 So I said probably 100,000 people have seen

NOTE Confidence: 0.93365963125

00:34:46.102 --> 00:34:49.305 that image now and her change has stuck.

NOTE Confidence: 0.93365963125

00:34:49.310 --> 00:34:52.118 So now where is Joy getting

NOTE Confidence: 0.93365963125

00:34:52.118 --> 00:34:53.990 ready for her honeymoon?

NOTE Confidence: 0.93365963125

00:34:53.990 --> 00:34:59.086 She is married to Vince October of.

NOTE Confidence: 0.93365963125

00:34:59.090 --> 00:35:03.460 2020 two 10/22/22 and many people were

NOTE Confidence: 0.93365963125

00:35:03.460 --> 00:35:06.809 at the wedding and are here today.

NOTE Confidence: 0.93365963125

00:35:06.810 --> 00:35:09.794 And since she did finally finish

NOTE Confidence: 0.93365963125

00:35:09.794 --> 00:35:11.642 college and I have to credit Vince

NOTE Confidence: 0.93365963125

00:35:11.642 --> 00:35:13.616 with a lot of that because he said

NOTE Confidence: 0.93365963125

00:35:13.616 --> 00:35:15.249 to her that he wouldn't propose

NOTE Confidence: 0.93365963125

00:35:15.249 --> 00:35:17.199 until she finished college and he

NOTE Confidence: 0.93365963125

00:35:17.199 --> 00:35:19.985 stuck to his word and as soon as she

NOTE Confidence: 0.93365963125

00:35:19.985 --> 00:35:21.855 finished college he proposed and.

NOTE Confidence: 0.93365963125

00:35:21.855 --> 00:35:24.045 She wanted to have makeup on

NOTE Confidence: 0.93365963125

00:35:24.045 --> 00:35:26.159 the first day she met him,

NOTE Confidence: 0.93365963125

00:35:26.160 --> 00:35:27.738 but she couldn't do it because

NOTE Confidence: 0.93365963125

00:35:27.738 --> 00:35:29.359 she was alone in her room.

NOTE Confidence: 0.93365963125

00:35:29.360 --> 00:35:33.520 And so she has now a patent on

NOTE Confidence: 0.93365963125

00:35:33.520 --> 00:35:36.340 this product which is one hand

NOTE Confidence: 0.93365963125

00:35:36.340 --> 00:35:37.675 a makeup applicator.

NOTE Confidence: 0.93365963125

00:35:37.680 --> 00:35:40.360 So look for this in stores very soon.

NOTE Confidence: 0.93365963125

00:35:40.360 --> 00:35:41.107 As I said,

NOTE Confidence: 0.93365963125

00:35:41.107 --> 00:35:42.601 she was born Marissa but she

NOTE Confidence: 0.93365963125

00:35:42.601 --> 00:35:43.758 changed her name to Joy,

NOTE Confidence: 0.93365963125

00:35:43.760 --> 00:35:46.399 so the product is called Joyfully You

NOTE Confidence: 0.93365963125

00:35:46.400 --> 00:35:48.272 so you can do that all on your own.

NOTE Confidence: 0.937931214615385

00:35:48.280 --> 00:35:51.160 So to say that I'm proud of my

NOTE Confidence: 0.937931214615385

00:35:51.160 --> 00:35:53.650 daughter would be an understatement.

NOTE Confidence: 0.937931214615385

00:35:53.650 --> 00:35:54.734 She's not here today,

NOTE Confidence: 0.937931214615385

00:35:54.734 --> 00:35:56.958 which is a shame because we went out

NOTE Confidence: 0.937931214615385

00:35:56.958 --> 00:35:59.126 shopping last week and she said refer to

NOTE Confidence: 0.937931214615385

00:35:59.182 --> 00:36:01.450 herself as my emotional support daughter.

NOTE Confidence: 0.937931214615385

00:36:01.450 --> 00:36:03.988 So I could have really used one of those

NOTE Confidence: 0.937931214615385

00:36:03.988 --> 00:36:06.170 this trip, but she couldn't make it.

NOTE Confidence: 0.937931214615385

00:36:06.170 --> 00:36:08.915 But you see her here today and I think

NOTE Confidence: 0.937931214615385

00:36:08.915 --> 00:36:11.212 that she's really come full circle
NOTE Confidence: 0.937931214615385

00:36:11.212 --> 00:36:14.130 and really found her way in the world,
NOTE Confidence: 0.937931214615385

00:36:14.130 --> 00:36:16.530 and I couldn't be prouder.
NOTE Confidence: 0.937931214615385

00:36:16.530 --> 00:36:18.308 So how did I change from the
NOTE Confidence: 0.937931214615385

00:36:18.308 --> 00:36:19.988 bowl of beauty project, right?
NOTE Confidence: 0.937931214615385

00:36:19.988 --> 00:36:23.012 So I think I told you a bit.
NOTE Confidence: 0.937931214615385

00:36:23.020 --> 00:36:24.973 Like, I just lifted a lot of
NOTE Confidence: 0.937931214615385

00:36:24.973 --> 00:36:26.660 the guilds and the loss of,
NOTE Confidence: 0.937931214615385

00:36:26.660 --> 00:36:28.315 you know, the narcissistic injury
NOTE Confidence: 0.937931214615385

00:36:28.315 --> 00:36:30.460 and all those kind of things,
NOTE Confidence: 0.937931214615385

00:36:30.460 --> 00:36:32.819 and I just started to have fun.
NOTE Confidence: 0.937931214615385

00:36:32.820 --> 00:36:35.780 You could see Patrice here in this picture.
NOTE Confidence: 0.937931214615385

00:36:35.780 --> 00:36:38.066 Patrice helped me with this book.
NOTE Confidence: 0.937931214615385

00:36:38.070 --> 00:36:41.738 I wrote this book, came out in 2018.
NOTE Confidence: 0.937931214615385

00:36:41.738 --> 00:36:44.786 It's about kind acts by strangers.
NOTE Confidence: 0.937931214615385

00:36:44.790 --> 00:36:46.790 There are 64 different stories.

NOTE Confidence: 0.937931214615385
00:36:46.790 --> 00:36:48.950 My story in here is the story I just
NOTE Confidence: 0.937931214615385
00:36:48.950 --> 00:36:50.829 told you about Robert Zuckerman,
NOTE Confidence: 0.937931214615385
00:36:50.830 --> 00:36:51.656 the photographer,
NOTE Confidence: 0.937931214615385
00:36:51.656 --> 00:36:53.928 How this man just, you know,
NOTE Confidence: 0.937931214615385
00:36:53.928 --> 00:36:55.164 literally rolled into our
NOTE Confidence: 0.937931214615385
00:36:55.164 --> 00:36:56.790 life and changed our lives.
NOTE Confidence: 0.937931214615385
00:36:56.790 --> 00:36:58.470 And it was such a beautiful experience.
NOTE Confidence: 0.937931214615385
00:36:58.470 --> 00:37:00.864 So I shared that and Joy shared
NOTE Confidence: 0.937931214615385
00:37:00.864 --> 00:37:02.914 her experience of meeting Vince
NOTE Confidence: 0.937931214615385
00:37:02.914 --> 00:37:04.339 and getting married.
NOTE Confidence: 0.937931214615385
00:37:04.340 --> 00:37:06.860 And then there's 62 other stories.
NOTE Confidence: 0.937931214615385
00:37:06.860 --> 00:37:09.180 Here. The lead story is come from away.
NOTE Confidence: 0.937931214615385
00:37:09.180 --> 00:37:11.820 If any of you saw come from away,
NOTE Confidence: 0.937931214615385
00:37:11.820 --> 00:37:13.836 the couple that met and come from away
NOTE Confidence: 0.937931214615385
00:37:13.836 --> 00:37:15.777 or friends of mine there in this book.
NOTE Confidence: 0.937931214615385

00:37:15.780 --> 00:37:17.328 And I have plenty of copies
NOTE Confidence: 0.937931214615385

00:37:17.328 --> 00:37:18.700 if anybody wants to copy.
NOTE Confidence: 0.937931214615385

00:37:18.700 --> 00:37:20.635 So we did our art shows and we would
NOTE Confidence: 0.937931214615385

00:37:20.635 --> 00:37:22.511 bring all this stuff about kindness and
NOTE Confidence: 0.937931214615385

00:37:22.511 --> 00:37:24.658 we would bring our bold beauty project.
NOTE Confidence: 0.937931214615385

00:37:24.660 --> 00:37:26.256 And Patrice and I were traveling,
NOTE Confidence: 0.937931214615385

00:37:26.260 --> 00:37:27.860 speaking at schools and temples,
NOTE Confidence: 0.937931214615385

00:37:27.860 --> 00:37:29.507 etcetera about kindness.
NOTE Confidence: 0.937931214615385

00:37:29.507 --> 00:37:33.350 Again, that all halted with a pandemic.
NOTE Confidence: 0.937931214615385

00:37:33.350 --> 00:37:35.186 And I cut my practice back.
NOTE Confidence: 0.937931214615385

00:37:35.190 --> 00:37:36.534 I will practice now,
NOTE Confidence: 0.937931214615385

00:37:36.534 --> 00:37:36.870 halftime,
NOTE Confidence: 0.937931214615385

00:37:36.870 --> 00:37:38.921 and try to indulge in some of
NOTE Confidence: 0.937931214615385

00:37:38.921 --> 00:37:40.541 these other projects and writing
NOTE Confidence: 0.937931214615385

00:37:40.541 --> 00:37:42.581 and reaching a bigger audience and
NOTE Confidence: 0.937931214615385

00:37:42.581 --> 00:37:44.665 just trying to have a lot more fun.

NOTE Confidence: 0.937931214615385
00:37:44.670 --> 00:37:46.626 The other thing that I've learned
NOTE Confidence: 0.937931214615385
00:37:46.626 --> 00:37:48.670 from my daughter and from our
NOTE Confidence: 0.937931214615385
00:37:48.670 --> 00:37:50.704 models is how important selfcare is.
NOTE Confidence: 0.937931214615385
00:37:50.710 --> 00:37:52.110 You know, in medicine,
NOTE Confidence: 0.937931214615385
00:37:52.110 --> 00:37:53.860 they teach you the reverse.
NOTE Confidence: 0.937931214615385
00:37:53.860 --> 00:37:54.610 I don't eat.
NOTE Confidence: 0.937931214615385
00:37:54.610 --> 00:37:55.860 If you're going to eat,
NOTE Confidence: 0.937931214615385
00:37:55.860 --> 00:37:57.174 grab a slice of pizza because
NOTE Confidence: 0.937931214615385
00:37:57.174 --> 00:37:58.793 that's all you have time for and you
NOTE Confidence: 0.937931214615385
00:37:58.793 --> 00:38:00.461 might not get to go to the bathroom
NOTE Confidence: 0.937931214615385
00:38:00.461 --> 00:38:01.896 because something might be like,
NOTE Confidence: 0.937931214615385
00:38:01.900 --> 00:38:02.992 more important than that.
NOTE Confidence: 0.937931214615385
00:38:02.992 --> 00:38:03.538 And again,
NOTE Confidence: 0.937931214615385
00:38:03.540 --> 00:38:05.540 it's kind of hard when you hear that
NOTE Confidence: 0.937931214615385
00:38:05.540 --> 00:38:07.220 your whole 20s to get past that.
NOTE Confidence: 0.937931214615385

00:38:07.220 --> 00:38:08.700 Like, I never ate lunch.
NOTE Confidence: 0.937931214615385

00:38:08.700 --> 00:38:10.040 I just didn't eat.
NOTE Confidence: 0.937931214615385

00:38:10.040 --> 00:38:11.910 And then my daughter's like, mom,
NOTE Confidence: 0.937931214615385

00:38:11.910 --> 00:38:13.240 you got to take care of yourself.
NOTE Confidence: 0.937931214615385

00:38:13.240 --> 00:38:14.199 And then I was, Oh my God,
NOTE Confidence: 0.937931214615385

00:38:14.200 --> 00:38:15.642 I have to take care of myself
NOTE Confidence: 0.937931214615385

00:38:15.642 --> 00:38:16.680 because my daughter needs me.
NOTE Confidence: 0.937931214615385

00:38:16.680 --> 00:38:18.876 So a real paradigm shift there.
NOTE Confidence: 0.937931214615385

00:38:18.880 --> 00:38:20.640 So now that I'm a little bit older,
NOTE Confidence: 0.937931214615385

00:38:20.640 --> 00:38:21.004 like,
NOTE Confidence: 0.937931214615385

00:38:21.004 --> 00:38:23.188 I prioritize yoga in front of
NOTE Confidence: 0.937931214615385

00:38:23.188 --> 00:38:23.916 everything else.
NOTE Confidence: 0.937931214615385

00:38:23.920 --> 00:38:26.636 Everything else can go around it because,
NOTE Confidence: 0.934215668666667

00:38:26.640 --> 00:38:28.404 you know, it's a downhill slide and
NOTE Confidence: 0.934215668666667

00:38:28.404 --> 00:38:30.316 you got to do the best you can.
NOTE Confidence: 0.934215668666667

00:38:30.320 --> 00:38:32.480 So my course correction I would say is,

NOTE Confidence: 0.934215668666667
00:38:32.480 --> 00:38:33.809 is very substantial.
NOTE Confidence: 0.934215668666667
00:38:33.809 --> 00:38:36.024 The other thing is most
NOTE Confidence: 0.934215668666667
00:38:36.024 --> 00:38:38.419 of my friends changed.
NOTE Confidence: 0.934215668666667
00:38:38.420 --> 00:38:40.380 Because not everybody gets this.
NOTE Confidence: 0.934215668666667
00:38:40.380 --> 00:38:42.858 And so getting into this new world,
NOTE Confidence: 0.934215668666667
00:38:42.860 --> 00:38:46.060 these women are amazing women,
NOTE Confidence: 0.934215668666667
00:38:46.060 --> 00:38:48.780 and they have become my closest and dearest
NOTE Confidence: 0.934215668666667
00:38:48.780 --> 00:38:51.258 friends and mental health professionals.
NOTE Confidence: 0.934215668666667
00:38:51.260 --> 00:38:53.556 Those are the two groups I can
NOTE Confidence: 0.934215668666667
00:38:53.556 --> 00:38:55.535 still hang with, but I did lose a
NOTE Confidence: 0.934215668666667
00:38:55.535 --> 00:38:56.780 lot of friends along the way.
NOTE Confidence: 0.934215668666667
00:38:56.780 --> 00:38:58.621 You know, as your priorities change and
NOTE Confidence: 0.934215668666667
00:38:58.621 --> 00:39:00.659 your goals change and your interests change,
NOTE Confidence: 0.934215668666667
00:39:00.660 --> 00:39:03.450 But I've become much more.
NOTE Confidence: 0.934215668666667
00:39:03.450 --> 00:39:05.448 Fulfilled have a real sense of
NOTE Confidence: 0.934215668666667

00:39:05.448 --> 00:39:07.849 purpose gets you up in the morning.
NOTE Confidence: 0.934215668666667

00:39:07.850 --> 00:39:09.362 And I think it goes back to that freedom,
NOTE Confidence: 0.934215668666667

00:39:09.370 --> 00:39:11.422 like the freedom to express who
NOTE Confidence: 0.934215668666667

00:39:11.422 --> 00:39:13.929 you are and what you want to do.
NOTE Confidence: 0.934215668666667

00:39:13.930 --> 00:39:15.138 Sometimes as a therapist,
NOTE Confidence: 0.934215668666667

00:39:15.138 --> 00:39:16.352 we limit that, right?
NOTE Confidence: 0.934215668666667

00:39:16.352 --> 00:39:18.164 Because it's all about the other.
NOTE Confidence: 0.934215668666667

00:39:18.170 --> 00:39:19.766 And so I think that that can,
NOTE Confidence: 0.934215668666667

00:39:19.770 --> 00:39:21.530 you know be very draining.
NOTE Confidence: 0.934215668666667

00:39:21.530 --> 00:39:23.091 And so it's been really nice to
NOTE Confidence: 0.934215668666667

00:39:23.091 --> 00:39:24.980 just get out and be able to talk
NOTE Confidence: 0.934215668666667

00:39:24.980 --> 00:39:26.476 to people and I appreciate being
NOTE Confidence: 0.934215668666667

00:39:26.476 --> 00:39:28.126 here today and telling my story.
NOTE Confidence: 0.934215668666667

00:39:28.130 --> 00:39:31.420 Oops. So how do our models change?
NOTE Confidence: 0.934215668666667

00:39:31.420 --> 00:39:33.338 I told you about how Shelly changed.
NOTE Confidence: 0.934215668666667

00:39:33.340 --> 00:39:36.256 I told you about how my daughter Joy changed.

NOTE Confidence: 0.934215668666667

00:39:36.260 --> 00:39:38.738 She went from being Marissa to Joy.

NOTE Confidence: 0.934215668666667

00:39:38.740 --> 00:39:40.940 She said she's a Phoenix Rerisen

NOTE Confidence: 0.934215668666667

00:39:40.940 --> 00:39:44.580 and she has been a great example.

NOTE Confidence: 0.934215668666667

00:39:44.580 --> 00:39:46.420 This is an incredible woman.

NOTE Confidence: 0.934215668666667

00:39:46.420 --> 00:39:48.820 Her name is Roni. She lives in Panama.

NOTE Confidence: 0.934215668666667

00:39:48.820 --> 00:39:50.578 She's part of our Panama show.

NOTE Confidence: 0.934215668666667

00:39:50.580 --> 00:39:52.420 She's the mother of four,

NOTE Confidence: 0.934215668666667

00:39:52.420 --> 00:39:55.178 and she developed the flu and pneumonia.

NOTE Confidence: 0.934215668666667

00:39:55.180 --> 00:39:58.295 She spent 60 days in a coma.

NOTE Confidence: 0.934215668666667

00:39:58.300 --> 00:39:59.250 And then.

NOTE Confidence: 0.934215668666667

00:39:59.250 --> 00:40:01.150 Like Joy was reborn,

NOTE Confidence: 0.934215668666667

00:40:01.150 --> 00:40:05.338 she lost both of her legs and one hand.

NOTE Confidence: 0.934215668666667

00:40:05.338 --> 00:40:07.308 Only one hand is left,

NOTE Confidence: 0.934215668666667

00:40:07.310 --> 00:40:10.206 but her passion was to be able to

NOTE Confidence: 0.934215668666667

00:40:10.206 --> 00:40:13.026 still throw a ball with her children,

NOTE Confidence: 0.934215668666667

00:40:13.030 --> 00:40:16.558 so she wanted to be depicted.
NOTE Confidence: 0.934215668666667

00:40:16.560 --> 00:40:17.265 For being beautiful.
NOTE Confidence: 0.934215668666667

00:40:17.265 --> 00:40:18.440 Because as you can see,
NOTE Confidence: 0.934215668666667

00:40:18.440 --> 00:40:19.552 she's a beautiful woman.
NOTE Confidence: 0.934215668666667

00:40:19.552 --> 00:40:21.952 But she also wanted to be shown engaged
NOTE Confidence: 0.934215668666667

00:40:21.952 --> 00:40:23.956 in one of her favorite activities,
NOTE Confidence: 0.934215668666667

00:40:23.960 --> 00:40:25.280 which is baseball.
NOTE Confidence: 0.934215668666667

00:40:25.280 --> 00:40:27.480 So each model decides what's
NOTE Confidence: 0.934215668666667

00:40:27.480 --> 00:40:28.800 important to them,
NOTE Confidence: 0.934215668666667

00:40:28.800 --> 00:40:30.148 and then the photographer
NOTE Confidence: 0.934215668666667

00:40:30.148 --> 00:40:31.833 works to help capture that.
NOTE Confidence: 0.934215668666667

00:40:31.840 --> 00:40:33.040 So she said, for her,
NOTE Confidence: 0.934215668666667

00:40:33.040 --> 00:40:34.945 this day was very transformative
NOTE Confidence: 0.934215668666667

00:40:34.945 --> 00:40:37.600 because it reminds her never to give up,
NOTE Confidence: 0.934215668666667

00:40:37.600 --> 00:40:39.094 that you can always achieve your
NOTE Confidence: 0.934215668666667

00:40:39.094 --> 00:40:40.560 dreams no matter what they are,

NOTE Confidence: 0.934215668666667
00:40:40.560 --> 00:40:42.260 no matter how far they.
NOTE Confidence: 0.934215668666667
00:40:42.260 --> 00:40:43.252 Feel away from you.
NOTE Confidence: 0.934215668666667
00:40:43.252 --> 00:40:45.460 Don't give up because you can achieve them.
NOTE Confidence: 0.934215668666667
00:40:45.460 --> 00:40:47.564 This photo was done only four years after
NOTE Confidence: 0.934215668666667
00:40:47.564 --> 00:40:49.698 she had been in the coma for 60 days.
NOTE Confidence: 0.934215668666667
00:40:49.700 --> 00:40:51.404 She has since gone on to
NOTE Confidence: 0.934215668666667
00:40:51.404 --> 00:40:52.540 become a public speaker.
NOTE Confidence: 0.934215668666667
00:40:52.540 --> 00:40:55.790 I think her book is out now and quite an
NOTE Confidence: 0.934215668666667
00:40:55.877 --> 00:40:59.537 inspiration and extraordinary person to meet.
NOTE Confidence: 0.934215668666667
00:40:59.540 --> 00:41:03.398 I'm going to talk also about.
NOTE Confidence: 0.934215668666667
00:41:03.400 --> 00:41:03.565 Well,
NOTE Confidence: 0.934215668666667
00:41:03.565 --> 00:41:04.555 I don't want to say favorite,
NOTE Confidence: 0.934215668666667
00:41:04.560 --> 00:41:06.000 That's not the right word.
NOTE Confidence: 0.934215668666667
00:41:06.000 --> 00:41:07.920 But the woman that I'm most
NOTE Confidence: 0.934215668666667
00:41:07.920 --> 00:41:09.987 intimate and closest with from our
NOTE Confidence: 0.934215668666667

00:41:09.987 --> 00:41:11.797 project and that's Kerry Grueson.
NOTE Confidence: 0.934215668666667

00:41:11.800 --> 00:41:14.240 And Kerry has become a very dear friend.
NOTE Confidence: 0.934215668666667

00:41:14.240 --> 00:41:15.880 She was also my neighbor.
NOTE Confidence: 0.942083250909091

00:41:15.880 --> 00:41:17.915 I inadvertently moved into the
NOTE Confidence: 0.942083250909091

00:41:17.915 --> 00:41:20.240 same building that she was in.
NOTE Confidence: 0.942083250909091

00:41:20.240 --> 00:41:21.836 So that was a real blessing.
NOTE Confidence: 0.942083250909091

00:41:21.840 --> 00:41:24.318 And Kerry to me is the perfect
NOTE Confidence: 0.942083250909091

00:41:24.318 --> 00:41:26.800 model for post traumatic growth.
NOTE Confidence: 0.942083250909091

00:41:26.800 --> 00:41:28.894 And you in this room know
NOTE Confidence: 0.942083250909091

00:41:28.894 --> 00:41:30.560 what post traumatic growth is.
NOTE Confidence: 0.942083250909091

00:41:30.560 --> 00:41:31.616 It's very important,
NOTE Confidence: 0.942083250909091

00:41:31.616 --> 00:41:33.900 I think, that we all ignore.
NOTE Confidence: 0.942083250909091

00:41:33.900 --> 00:41:35.875 Knowledge how damaging the pandemic
NOTE Confidence: 0.942083250909091

00:41:35.875 --> 00:41:38.397 was that every single one of us in
NOTE Confidence: 0.942083250909091

00:41:38.397 --> 00:41:40.957 this room was damaged by the pandemic.
NOTE Confidence: 0.942083250909091

00:41:40.960 --> 00:41:42.912 Not to say that we don't have post

NOTE Confidence: 0.942083250909091
00:41:42.912 --> 00:41:44.796 traumatic growth and we're coming out better,
NOTE Confidence: 0.942083250909091
00:41:44.800 --> 00:41:46.600 but so much was lost,
NOTE Confidence: 0.942083250909091
00:41:46.600 --> 00:41:48.504 so much was lost all of a sudden
NOTE Confidence: 0.942083250909091
00:41:48.504 --> 00:41:50.518 and so much anxiety was gained.
NOTE Confidence: 0.942083250909091
00:41:50.520 --> 00:41:52.584 So I think it's a very important time
NOTE Confidence: 0.942083250909091
00:41:52.584 --> 00:41:55.064 for us as mental health professionals to
NOTE Confidence: 0.942083250909091
00:41:55.064 --> 00:41:57.440 be talking about post traumatic growth.
NOTE Confidence: 0.942083250909091
00:41:57.440 --> 00:42:00.476 And post traumatic growth occurs in
NOTE Confidence: 0.942083250909091
00:42:00.476 --> 00:42:03.160 2/3 of people experiencing trauma.
NOTE Confidence: 0.942083250909091
00:42:03.160 --> 00:42:05.599 So this is what we see in our models.
NOTE Confidence: 0.942083250909091
00:42:05.600 --> 00:42:07.340 They are extraordinary women because
NOTE Confidence: 0.942083250909091
00:42:07.340 --> 00:42:10.203 the ones we select are the 2/3 that have
NOTE Confidence: 0.942083250909091
00:42:10.203 --> 00:42:12.360 grown and we try to select, you know,
NOTE Confidence: 0.942083250909091
00:42:12.360 --> 00:42:14.040 the most exemplary ones of those.
NOTE Confidence: 0.942083250909091
00:42:14.040 --> 00:42:16.192 So these are the pillars of post traumatic
NOTE Confidence: 0.942083250909091

00:42:16.192 --> 00:42:17.852 growth and you could hear these in
NOTE Confidence: 0.942083250909091

00:42:17.852 --> 00:42:19.839 in my story and my daughter's story,
NOTE Confidence: 0.942083250909091

00:42:19.840 --> 00:42:21.100 the model stories,
NOTE Confidence: 0.942083250909091

00:42:21.100 --> 00:42:22.360 the photographer's stories,
NOTE Confidence: 0.942083250909091

00:42:22.360 --> 00:42:24.315 starting Anna at the top
NOTE Confidence: 0.942083250909091

00:42:24.315 --> 00:42:25.488 with spiritual change.
NOTE Confidence: 0.942083250909091

00:42:25.490 --> 00:42:27.090 Moving to personal strength.
NOTE Confidence: 0.942083250909091

00:42:27.090 --> 00:42:28.690 These are strong women.
NOTE Confidence: 0.942083250909091

00:42:28.690 --> 00:42:30.550 Don't mess with them.
NOTE Confidence: 0.942083250909091

00:42:30.550 --> 00:42:32.410 Relationships to others change.
NOTE Confidence: 0.942083250909091

00:42:32.410 --> 00:42:34.468 You have to be very intimate and
NOTE Confidence: 0.942083250909091

00:42:34.468 --> 00:42:36.340 very caring to be in relationship
NOTE Confidence: 0.942083250909091

00:42:36.340 --> 00:42:38.930 with somebody who has a lot of needs.
NOTE Confidence: 0.942083250909091

00:42:38.930 --> 00:42:40.450 I'm looking at Doctor Glickson.
NOTE Confidence: 0.942083250909091

00:42:40.450 --> 00:42:42.010 We've been through a lot together.
NOTE Confidence: 0.942083250909091

00:42:42.010 --> 00:42:43.615 We're incredibly bonded.

NOTE Confidence: 0.942083250909091
00:42:43.615 --> 00:42:45.755 Karen tragically lost her
NOTE Confidence: 0.942083250909091
00:42:45.755 --> 00:42:48.759 husband December 30th of 2019,
NOTE Confidence: 0.942083250909091
00:42:48.759 --> 00:42:50.853 so we went through that right
NOTE Confidence: 0.942083250909091
00:42:50.853 --> 00:42:51.900 before the pandemic.
NOTE Confidence: 0.942083250909091
00:42:51.900 --> 00:42:53.406 In The Pandemic,
NOTE Confidence: 0.942083250909091
00:42:53.406 --> 00:42:55.414 so your relationships deepens.
NOTE Confidence: 0.942083250909091
00:42:55.420 --> 00:42:56.468 Karen's best friend is
NOTE Confidence: 0.942083250909091
00:42:56.468 --> 00:42:57.778 now my best friend Lynn,
NOTE Confidence: 0.942083250909091
00:42:57.780 --> 00:42:59.120 because we've been through
NOTE Confidence: 0.942083250909091
00:42:59.120 --> 00:43:00.460 all these things together.
NOTE Confidence: 0.942083250909091
00:43:00.460 --> 00:43:03.856 You have an appreciation for life.
NOTE Confidence: 0.942083250909091
00:43:03.860 --> 00:43:06.084 What do you think it's like to be
NOTE Confidence: 0.942083250909091
00:43:06.084 --> 00:43:08.344 my age here, speaking for my half
NOTE Confidence: 0.942083250909091
00:43:08.344 --> 00:43:11.180 brother who died at 25 on this campus,
NOTE Confidence: 0.942083250909091
00:43:11.180 --> 00:43:14.193 practically, right?
NOTE Confidence: 0.942083250909091

00:43:14.193 --> 00:43:16.804 You must have an appreciation for life.
NOTE Confidence: 0.942083250909091

00:43:16.810 --> 00:43:17.770 Life is short.
NOTE Confidence: 0.942083250909091

00:43:17.770 --> 00:43:18.730 Life is fleeting.
NOTE Confidence: 0.942083250909091

00:43:18.730 --> 00:43:20.648 People who've been through trauma know that.
NOTE Confidence: 0.942083250909091

00:43:20.650 --> 00:43:21.658 They get that.
NOTE Confidence: 0.942083250909091

00:43:21.658 --> 00:43:24.588 I don't go through a day without thinking
NOTE Confidence: 0.942083250909091

00:43:24.588 --> 00:43:26.287 about maybe I wasn't going to be here.
NOTE Confidence: 0.942083250909091

00:43:26.290 --> 00:43:27.330 What if I'm not here?
NOTE Confidence: 0.942083250909091

00:43:27.330 --> 00:43:29.490 All these sorts of thoughts.
NOTE Confidence: 0.942083250909091

00:43:29.490 --> 00:43:29.920 Julia.
NOTE Confidence: 0.942083250909091

00:43:29.920 --> 00:43:31.210 Oh my gosh,
NOTE Confidence: 0.942083250909091

00:43:31.210 --> 00:43:32.930 my cousin is here.
NOTE Confidence: 0.942083250909091

00:43:32.930 --> 00:43:35.010 We tragically lost her father,
NOTE Confidence: 0.942083250909091

00:43:35.010 --> 00:43:37.929 March of 2020 in a boating accident.
NOTE Confidence: 0.942083250909091

00:43:37.930 --> 00:43:40.648 So we must appreciate every day.
NOTE Confidence: 0.942083250909091

00:43:40.650 --> 00:43:42.006 Joy is here as a freshman,

NOTE Confidence: 0.942083250909091
00:43:42.010 --> 00:43:44.208 so proud of her for being here.
NOTE Confidence: 0.942083250909091
00:43:44.210 --> 00:43:45.710 And then new possibilities.
NOTE Confidence: 0.942083250909091
00:43:45.710 --> 00:43:47.960 And that is what the bold
NOTE Confidence: 0.942083250909091
00:43:48.032 --> 00:43:49.728 beauty project is about.
NOTE Confidence: 0.942083250909091
00:43:49.730 --> 00:43:51.440 I would never have thought
NOTE Confidence: 0.942083250909091
00:43:51.440 --> 00:43:52.808 of anything like this.
NOTE Confidence: 0.942083250909091
00:43:52.810 --> 00:43:54.250 Thank goodness that Shelly did.
NOTE Confidence: 0.942083250909091
00:43:54.250 --> 00:43:56.049 Thank goodness a friend put us together.
NOTE Confidence: 0.942083250909091
00:43:56.050 --> 00:43:57.730 Thank goodness for so many things.
NOTE Confidence: 0.942083250909091
00:43:57.730 --> 00:43:59.686 Thank goodness for Ari supporting us.
NOTE Confidence: 0.942083250909091
00:43:59.690 --> 00:44:01.532 Patrice was met through a mutual
NOTE Confidence: 0.942083250909091
00:44:01.532 --> 00:44:03.170 friend at a cocktail party.
NOTE Confidence: 0.942083250909091
00:44:03.170 --> 00:44:05.210 So these are all the ways that people
NOTE Confidence: 0.942083250909091
00:44:05.210 --> 00:44:06.848 can experience post traumatic growth.
NOTE Confidence: 0.942083250909091
00:44:06.850 --> 00:44:09.940 I think it's vitally important as.
NOTE Confidence: 0.942083250909091

00:44:09.940 --> 00:44:10.984 Healthcare professionals that
NOTE Confidence: 0.942083250909091

00:44:10.984 --> 00:44:12.376 we focus on growth,
NOTE Confidence: 0.869926908181818

00:44:12.380 --> 00:44:13.562 not just illness.
NOTE Confidence: 0.869926908181818

00:44:13.562 --> 00:44:16.940 So I want to tell you about Kerry.
NOTE Confidence: 0.869926908181818

00:44:16.940 --> 00:44:18.578 This is a picture of Kerry.
NOTE Confidence: 0.869926908181818

00:44:18.580 --> 00:44:20.470 This is a gentleman who's holding
NOTE Confidence: 0.869926908181818

00:44:20.470 --> 00:44:22.580 her up because she cannot stand.
NOTE Confidence: 0.869926908181818

00:44:22.580 --> 00:44:25.140 You can see he only has one leg.
NOTE Confidence: 0.869926908181818

00:44:25.140 --> 00:44:27.192 So Kerry again, sorry,
NOTE Confidence: 0.869926908181818

00:44:27.192 --> 00:44:29.376 we're Harvard, not Yale.
NOTE Confidence: 0.869926908181818

00:44:29.376 --> 00:44:31.688 Harvard undergraduate ended up
NOTE Confidence: 0.869926908181818

00:44:31.688 --> 00:44:35.138 in journalism was on her way to.
NOTE Confidence: 0.938815861428571

00:44:37.220 --> 00:44:39.418 Report the end of the Vietnam War.
NOTE Confidence: 0.938815861428571

00:44:39.420 --> 00:44:40.780 She was in Hawaii,
NOTE Confidence: 0.938815861428571

00:44:40.780 --> 00:44:42.708 in a hotel room, alone,
NOTE Confidence: 0.938815861428571

00:44:42.708 --> 00:44:44.980 interviewing a Green Beret.

NOTE Confidence: 0.938815861428571
00:44:44.980 --> 00:44:47.912 He had APTSD flashback,
NOTE Confidence: 0.938815861428571
00:44:47.912 --> 00:44:50.816 mistook her for Vietcong,
NOTE Confidence: 0.938815861428571
00:44:50.820 --> 00:44:54.796 strangled her, left her for dead.
NOTE Confidence: 0.938815861428571
00:44:54.796 --> 00:44:57.416 She stumbled onto the street.
NOTE Confidence: 0.938815861428571
00:44:57.420 --> 00:45:00.460 Spent many years rehabilitating.
NOTE Confidence: 0.938815861428571
00:45:00.460 --> 00:45:04.095 She has post traumatic Parkinson's.
NOTE Confidence: 0.938815861428571
00:45:04.095 --> 00:45:07.665 Where she can practically not move,
NOTE Confidence: 0.938815861428571
00:45:07.670 --> 00:45:08.822 her head is tilted.
NOTE Confidence: 0.938815861428571
00:45:08.822 --> 00:45:10.262 Her voice is a whisper.
NOTE Confidence: 0.938815861428571
00:45:10.270 --> 00:45:12.154 She can go like this and
NOTE Confidence: 0.938815861428571
00:45:12.154 --> 00:45:13.710 give you a thumbs up.
NOTE Confidence: 0.938815861428571
00:45:13.710 --> 00:45:16.735 And her nonprofit is called
NOTE Confidence: 0.938815861428571
00:45:16.735 --> 00:45:18.550 Thumbs Up International,
NOTE Confidence: 0.938815861428571
00:45:18.550 --> 00:45:20.560 where they take athletes with
NOTE Confidence: 0.938815861428571
00:45:20.560 --> 00:45:22.570 disabilities like this man and
NOTE Confidence: 0.938815861428571

00:45:22.640 --> 00:45:25.138 like Harry and athletes that don't

NOTE Confidence: 0.938815861428571

00:45:25.138 --> 00:45:27.423 have disabilities and pair them.

NOTE Confidence: 0.938815861428571

00:45:27.430 --> 00:45:31.560 And they go through all

NOTE Confidence: 0.938815861428571

00:45:31.560 --> 00:45:33.450 these experiences together.

NOTE Confidence: 0.938815861428571

00:45:33.450 --> 00:45:35.490 Carrie's message is very simple,

NOTE Confidence: 0.938815861428571

00:45:35.490 --> 00:45:39.462 which is a look beyond perceived

NOTE Confidence: 0.938815861428571

00:45:39.462 --> 00:45:41.790 limitations and together

NOTE Confidence: 0.938815861428571

00:45:41.790 --> 00:45:45.054 we can and can she does.

NOTE Confidence: 0.938815861428571

00:45:45.054 --> 00:45:47.059 She also has a documentary

NOTE Confidence: 0.938815861428571

00:45:47.059 --> 00:45:48.728 called May I Help You?

NOTE Confidence: 0.938815861428571

00:45:48.730 --> 00:45:51.370 In which she talks about how

NOTE Confidence: 0.938815861428571

00:45:51.370 --> 00:45:55.014 needing help is actually a gift

NOTE Confidence: 0.938815861428571

00:45:55.014 --> 00:45:58.002 because giving help feels so good.

NOTE Confidence: 0.938815861428571

00:45:58.002 --> 00:45:58.306 Well,

NOTE Confidence: 0.938815861428571

00:45:58.306 --> 00:46:00.130 how are you going to give

NOTE Confidence: 0.938815861428571

00:46:00.200 --> 00:46:01.916 help if no one needs help?

NOTE Confidence: 0.938815861428571
00:46:01.920 --> 00:46:03.474 So this is something that I've learned,
NOTE Confidence: 0.938815861428571
00:46:03.480 --> 00:46:04.580 because they certainly wouldn't teach
NOTE Confidence: 0.938815861428571
00:46:04.580 --> 00:46:06.520 you that in medical school, would they?
NOTE Confidence: 0.938815861428571
00:46:06.520 --> 00:46:09.970 So I learned from my daughter, ask for help.
NOTE Confidence: 0.938815861428571
00:46:09.970 --> 00:46:11.520 So I need reading glasses.
NOTE Confidence: 0.938815861428571
00:46:11.520 --> 00:46:12.148 But you know what?
NOTE Confidence: 0.938815861428571
00:46:12.148 --> 00:46:13.600 A lot of times I don't put them on.
NOTE Confidence: 0.938815861428571
00:46:13.600 --> 00:46:15.480 I asked somebody, could you read me this?
NOTE Confidence: 0.938815861428571
00:46:15.480 --> 00:46:17.280 Could you read me that?
NOTE Confidence: 0.938815861428571
00:46:17.280 --> 00:46:19.480 Because that's how we connect.
NOTE Confidence: 0.938815861428571
00:46:19.480 --> 00:46:22.340 We connect through our vulnerability.
NOTE Confidence: 0.938815861428571
00:46:22.340 --> 00:46:23.480 We don't necessarily
NOTE Confidence: 0.938815861428571
00:46:23.480 --> 00:46:24.620 connect through strength.
NOTE Confidence: 0.938815861428571
00:46:24.620 --> 00:46:25.960 We connect through vulnerability.
NOTE Confidence: 0.938815861428571
00:46:25.960 --> 00:46:28.539 I know you know who Brené Brown is,
NOTE Confidence: 0.938815861428571

00:46:28.540 --> 00:46:30.660 and I'm sure you've seen her Ted Talk,
NOTE Confidence: 0.938815861428571

00:46:30.660 --> 00:46:33.257 but Carrie is the manifestation of that.
NOTE Confidence: 0.938815861428571

00:46:33.260 --> 00:46:37.016 And her documentary is called May I Help You?
NOTE Confidence: 0.938815861428571

00:46:37.020 --> 00:46:38.424 It's on YouTube.
NOTE Confidence: 0.938815861428571

00:46:38.424 --> 00:46:40.296 It's 27 minutes around.
NOTE Confidence: 0.938815861428571

00:46:40.300 --> 00:46:42.414 I highly urge you to watch it.
NOTE Confidence: 0.938815861428571

00:46:42.420 --> 00:46:45.220 Carrie competes with a woman named Karen.
NOTE Confidence: 0.938815861428571

00:46:45.220 --> 00:46:48.164 They have 3 Guinness Book of World's Records.
NOTE Confidence: 0.938815861428571

00:46:48.170 --> 00:46:50.315 For athletic accomplishments,
NOTE Confidence: 0.938815861428571

00:46:50.315 --> 00:46:54.324 one is the most triathlons completed
NOTE Confidence: 0.938815861428571

00:46:54.324 --> 00:46:56.928 by a person carrying a person.
NOTE Confidence: 0.938815861428571

00:46:56.930 --> 00:46:59.450 They did 3 triathlons in a week.
NOTE Confidence: 0.938815861428571

00:46:59.450 --> 00:47:02.488 They raced across the state of Florida.
NOTE Confidence: 0.938815861428571

00:47:02.490 --> 00:47:05.395 Okay second one is the fastest duo
NOTE Confidence: 0.938815861428571

00:47:05.395 --> 00:47:08.577 team in the New York City Marathon
NOTE Confidence: 0.938815861428571

00:47:08.577 --> 00:47:12.249 and the third is the longest duo team.

NOTE Confidence: 0.938815861428571
00:47:12.250 --> 00:47:14.890 I think it's like 56 hours.
NOTE Confidence: 0.938815861428571
00:47:14.890 --> 00:47:16.689 Okay, This is a woman who cannot
NOTE Confidence: 0.938815861428571
00:47:16.689 --> 00:47:18.210 brush her teeth without help,
NOTE Confidence: 0.938815861428571
00:47:18.210 --> 00:47:22.008 yet she gathers all these people
NOTE Confidence: 0.938815861428571
00:47:22.010 --> 00:47:26.090 to do these incredible things,
NOTE Confidence: 0.938815861428571
00:47:26.090 --> 00:47:27.898 so she's also brilliant.
NOTE Confidence: 0.938815861428571
00:47:27.898 --> 00:47:31.133 Her mind is unaffected and we text
NOTE Confidence: 0.938815861428571
00:47:31.133 --> 00:47:34.206 and e-mail probably on a daily basis.
NOTE Confidence: 0.938815861428571
00:47:34.210 --> 00:47:37.410 And anytime I'm in traffic and I think,
NOTE Confidence: 0.938815861428571
00:47:37.410 --> 00:47:39.048 oh, I'm so frustrated, I'm in traffic.
NOTE Confidence: 0.938815861428571
00:47:39.050 --> 00:47:42.046 I think, no, I'm not going there.
NOTE Confidence: 0.938815861428571
00:47:42.050 --> 00:47:44.798 I'm in traffic, I can drive.
NOTE Confidence: 0.938815861428571
00:47:44.800 --> 00:47:46.104 There's no problem here.
NOTE Confidence: 0.938815861428571
00:47:46.104 --> 00:47:48.430 So Kerry has helped me gain a
NOTE Confidence: 0.938815861428571
00:47:48.430 --> 00:47:49.935 perspective that I don't know
NOTE Confidence: 0.938815861428571

00:47:49.935 --> 00:47:51.960 how else I would have gained.
NOTE Confidence: 0.938815861428571

00:47:51.960 --> 00:47:54.501 How do you gain that perspective without
NOTE Confidence: 0.938815861428571

00:47:54.501 --> 00:47:56.800 knowing somebody so intimately as this?
NOTE Confidence: 0.938815861428571

00:47:56.800 --> 00:47:59.638 So Kerry is very, very accessible.
NOTE Confidence: 0.938815861428571

00:47:59.640 --> 00:48:01.480 She's listening on Zoom now.
NOTE Confidence: 0.938815861428571

00:48:01.480 --> 00:48:03.316 If anybody wants her e-mail address,
NOTE Confidence: 0.938815861428571

00:48:03.320 --> 00:48:04.895 if anybody wants to participate
NOTE Confidence: 0.938815861428571

00:48:04.895 --> 00:48:06.155 in Thumbs Up International,
NOTE Confidence: 0.938815861428571

00:48:06.160 --> 00:48:08.400 please reach out to any of us.
NOTE Confidence: 0.94629164

00:48:10.480 --> 00:48:13.393 How do our photographers change? Well.
NOTE Confidence: 0.94629164

00:48:13.393 --> 00:48:15.850 We're going to give you hot off the press.
NOTE Confidence: 0.94629164

00:48:15.850 --> 00:48:17.428 Patrice and I called the photographer
NOTE Confidence: 0.94629164

00:48:17.428 --> 00:48:18.890 from this shoot this morning.
NOTE Confidence: 0.94629164

00:48:18.890 --> 00:48:19.826 Her name is Kelly.
NOTE Confidence: 0.94629164

00:48:19.826 --> 00:48:21.650 This is one of my favorite images.
NOTE Confidence: 0.94629164

00:48:21.650 --> 00:48:24.944 This is a a woman named Teresa and Teresa

NOTE Confidence: 0.94629164

00:48:24.944 --> 00:48:27.560 is a vet and she has post traumatic

NOTE Confidence: 0.94629164

00:48:27.637 --> 00:48:30.423 stress disorder and a very high level

NOTE Confidence: 0.94629164

00:48:30.423 --> 00:48:33.049 of anxiety amongst other disabilities.

NOTE Confidence: 0.94629164

00:48:33.050 --> 00:48:34.640 And she's extremely indinvrted and

NOTE Confidence: 0.94629164

00:48:34.640 --> 00:48:36.610 doesn't like to leave the house.

NOTE Confidence: 0.94629164

00:48:36.610 --> 00:48:38.554 So she decided to be really

NOTE Confidence: 0.94629164

00:48:38.554 --> 00:48:40.889 brave for a bold beauty shoot.

NOTE Confidence: 0.94629164

00:48:40.890 --> 00:48:42.470 Patrice was there that day

NOTE Confidence: 0.94629164

00:48:42.470 --> 00:48:44.050 they went to Times Square.

NOTE Confidence: 0.94629164

00:48:44.050 --> 00:48:45.690 Now this was pre pandemic,

NOTE Confidence: 0.94629164

00:48:45.690 --> 00:48:47.850 so it was crowded with people,

NOTE Confidence: 0.94629164

00:48:47.850 --> 00:48:49.872 had everybody kind of move away

NOTE Confidence: 0.94629164

00:48:49.872 --> 00:48:52.169 and they took this image of her.

NOTE Confidence: 0.94629164

00:48:52.170 --> 00:48:53.094 Kelly, our photographer,

NOTE Confidence: 0.94629164

00:48:53.094 --> 00:48:54.634 had been a photographer prior

NOTE Confidence: 0.94629164

00:48:54.634 --> 00:48:55.850 to this experience.
NOTE Confidence: 0.94629164

00:48:55.850 --> 00:48:58.406 She told us literally this morning
NOTE Confidence: 0.94629164

00:48:58.410 --> 00:49:01.338 that the bold beauty experience for
NOTE Confidence: 0.94629164

00:49:01.338 --> 00:49:03.970 her was so transformative that she
NOTE Confidence: 0.94629164

00:49:03.970 --> 00:49:06.010 went back to social work school.
NOTE Confidence: 0.94629164

00:49:06.010 --> 00:49:08.002 And is now working full time
NOTE Confidence: 0.94629164

00:49:08.002 --> 00:49:09.330 as a social worker.
NOTE Confidence: 0.94629164

00:49:09.330 --> 00:49:11.622 And I said to her, are you happier now?
NOTE Confidence: 0.94629164

00:49:11.622 --> 00:49:14.330 And she said of course I am.
NOTE Confidence: 0.94629164

00:49:14.330 --> 00:49:16.890 I found my purpose.
NOTE Confidence: 0.94629164

00:49:16.890 --> 00:49:21.850 I feel so fulfilled and I feel whole.
NOTE Confidence: 0.94629164

00:49:21.850 --> 00:49:24.376 I did not plant that word.
NOTE Confidence: 0.94629164

00:49:24.380 --> 00:49:25.736 So we all got very tearful,
NOTE Confidence: 0.94629164

00:49:25.740 --> 00:49:26.976 including the makeup artist who by
NOTE Confidence: 0.94629164

00:49:26.976 --> 00:49:28.569 the way is on board for the next
NOTE Confidence: 0.94629164

00:49:28.569 --> 00:49:30.258 show when we do it here in New Haven.

NOTE Confidence: 0.94629164

00:49:30.260 --> 00:49:32.220 She was so touched by the whole thing.

NOTE Confidence: 0.94629164

00:49:32.220 --> 00:49:33.816 So not only do our photographers change,

NOTE Confidence: 0.94629164

00:49:33.820 --> 00:49:36.340 but our ancillary services change too.

NOTE Confidence: 0.94629164

00:49:36.340 --> 00:49:37.936 And we have makeup artist volunteering.

NOTE Confidence: 0.94629164

00:49:37.940 --> 00:49:40.257 We have all sorts of people volunteering.

NOTE Confidence: 0.94629164

00:49:40.260 --> 00:49:41.620 This was our most incredible

NOTE Confidence: 0.94629164

00:49:41.620 --> 00:49:42.980 shoot that we've ever done.

NOTE Confidence: 0.94629164

00:49:42.980 --> 00:49:44.900 This is a woman named Leticia.

NOTE Confidence: 0.94629164

00:49:44.900 --> 00:49:47.672 Leticia was injured in a car

NOTE Confidence: 0.94629164

00:49:47.672 --> 00:49:50.980 accident and is paraplegic and the

NOTE Confidence: 0.94629164

00:49:50.980 --> 00:49:54.180 photographer is Alexandra Vivas and.

NOTE Confidence: 0.94629164

00:49:54.180 --> 00:49:56.220 Casandra worked with a sculptor.

NOTE Confidence: 0.94629164

00:49:56.220 --> 00:49:58.932 They went to thrift shops and

NOTE Confidence: 0.94629164

00:49:58.932 --> 00:50:00.740 they got 3 wheelchairs.

NOTE Confidence: 0.94629164

00:50:00.740 --> 00:50:02.144 He welded them together,

NOTE Confidence: 0.94629164

00:50:02.144 --> 00:50:05.419 created a cage made out of the wheelchairs.

NOTE Confidence: 0.94629164

00:50:05.420 --> 00:50:07.496 Because this was what she wanted.

NOTE Confidence: 0.94629164

00:50:07.500 --> 00:50:08.498 They collaborated.

NOTE Confidence: 0.94629164

00:50:08.498 --> 00:50:10.993 She wanted to show herself

NOTE Confidence: 0.94629164

00:50:10.993 --> 00:50:13.740 breaking free from her wheelchair,

NOTE Confidence: 0.94629164

00:50:13.740 --> 00:50:14.950 wheelchair cage.

NOTE Confidence: 0.94629164

00:50:14.950 --> 00:50:17.975 So we have a pool,

NOTE Confidence: 0.94629164

00:50:17.980 --> 00:50:20.164 we have a black tart we've got.

NOTE Confidence: 0.94629164

00:50:20.170 --> 00:50:23.074 People everywhere submerge the

NOTE Confidence: 0.94629164

00:50:23.074 --> 00:50:24.526 sculpture underwater.

NOTE Confidence: 0.94629164

00:50:24.530 --> 00:50:26.330 She's wearing a special underwater suit,

NOTE Confidence: 0.94629164

00:50:26.330 --> 00:50:27.854 special underwater makeup,

NOTE Confidence: 0.94629164

00:50:27.854 --> 00:50:30.394 The photographers down there with

NOTE Confidence: 0.94629164

00:50:30.394 --> 00:50:33.850 scuba gear and our model swimming out

NOTE Confidence: 0.94629164

00:50:33.850 --> 00:50:35.248 and swimming out and swimming out.

NOTE Confidence: 0.94629164

00:50:35.250 --> 00:50:35.770 I'm like, Oh my God,

NOTE Confidence: 0.94629164

00:50:35.770 --> 00:50:37.490 how many times are we going to do the shoot?

NOTE Confidence: 0.94629164

00:50:37.490 --> 00:50:39.206 We can't keep doing the shoot,

NOTE Confidence: 0.94629164

00:50:39.210 --> 00:50:40.446 but you know how photographers are.

NOTE Confidence: 0.94629164

00:50:40.450 --> 00:50:41.488 Do it again, do it again,

NOTE Confidence: 0.94629164

00:50:41.490 --> 00:50:42.549 do it again.

NOTE Confidence: 0.94629164

00:50:42.549 --> 00:50:44.667 So this was the most impactful

NOTE Confidence: 0.94629164

00:50:44.667 --> 00:50:47.350 shoot to be present at and we

NOTE Confidence: 0.94629164

00:50:47.350 --> 00:50:49.360 think an incredibly powerful image.

NOTE Confidence: 0.94629164

00:50:49.360 --> 00:50:52.314 So this photographer has stayed with us.

NOTE Confidence: 0.94629164

00:50:52.320 --> 00:50:53.730 She's going to be shooting again

NOTE Confidence: 0.94629164

00:50:53.730 --> 00:50:54.200 for international,

NOTE Confidence: 0.94629164

00:50:54.200 --> 00:50:56.996 probably for Los Angeles as well,

NOTE Confidence: 0.94629164

00:50:57.000 --> 00:50:59.502 and she found this experience to

NOTE Confidence: 0.94629164

00:50:59.502 --> 00:51:00.753 be incredibly transformative.

NOTE Confidence: 0.94629164

00:51:00.760 --> 00:51:02.884 Our our coordinator for this shoot

NOTE Confidence: 0.94629164

00:51:02.884 --> 00:51:05.800 then went on to do our same project,
NOTE Confidence: 0.94629164

00:51:05.800 --> 00:51:07.548 but with incarcerated women.
NOTE Confidence: 0.94629164

00:51:07.548 --> 00:51:10.170 And this photographer did this amazing,
NOTE Confidence: 0.94629164

00:51:10.170 --> 00:51:12.175 amazing underwater shoot of an
NOTE Confidence: 0.94629164

00:51:12.175 --> 00:51:14.180 incarcerated woman talking through one
NOTE Confidence: 0.94153735

00:51:14.240 --> 00:51:15.170 of those phones.
NOTE Confidence: 0.94153735

00:51:15.170 --> 00:51:18.074 So just incredible talent,
NOTE Confidence: 0.94153735

00:51:18.074 --> 00:51:19.526 incredible creativity.
NOTE Confidence: 0.94153735

00:51:19.530 --> 00:51:20.922 Also not necessarily encouraged
NOTE Confidence: 0.94153735

00:51:20.922 --> 00:51:22.321 in medical school, right?
NOTE Confidence: 0.94153735

00:51:22.321 --> 00:51:24.778 You got to think within those lines.
NOTE Confidence: 0.94153735

00:51:24.780 --> 00:51:25.932 Not everybody think, oh,
NOTE Confidence: 0.94153735

00:51:25.932 --> 00:51:27.660 we have Mary who thought outside
NOTE Confidence: 0.94153735

00:51:27.716 --> 00:51:29.332 of the box and is one of the
NOTE Confidence: 0.94153735

00:51:29.332 --> 00:51:30.500 founders of immunotherapy.
NOTE Confidence: 0.94153735

00:51:30.500 --> 00:51:32.132 But in medical school they teach

NOTE Confidence: 0.94153735

00:51:32.132 --> 00:51:33.580 you think within the lines.

NOTE Confidence: 0.94153735

00:51:33.580 --> 00:51:35.266 So the creativity part of our

NOTE Confidence: 0.94153735

00:51:35.266 --> 00:51:37.294 project I think has been very

NOTE Confidence: 0.94153735

00:51:37.294 --> 00:51:38.978 important and very transformative.

NOTE Confidence: 0.94153735

00:51:38.980 --> 00:51:42.060 So I know we're running out of time.

NOTE Confidence: 0.94153735

00:51:42.060 --> 00:51:42.708 Our audience,

NOTE Confidence: 0.94153735

00:51:42.708 --> 00:51:45.300 our audience to me is our most important.

NOTE Confidence: 0.94153735

00:51:45.300 --> 00:51:46.425 Why sheer numbers.

NOTE Confidence: 0.94153735

00:51:46.425 --> 00:51:48.708 You guys are our biggest, right.

NOTE Confidence: 0.94153735

00:51:48.708 --> 00:51:51.122 We have 120 models, 120 photographers.

NOTE Confidence: 0.94153735

00:51:51.122 --> 00:51:53.468 We've had thousands and thousands and

NOTE Confidence: 0.94153735

00:51:53.468 --> 00:51:55.777 thousands of of people listening to us.

NOTE Confidence: 0.94153735

00:51:55.780 --> 00:51:59.299 So today I'm hoping that you will all change.

NOTE Confidence: 0.94153735

00:51:59.300 --> 00:52:01.940 I hope that you will leave here different.

NOTE Confidence: 0.94153735

00:52:01.940 --> 00:52:04.159 I hope that you will feel connected

NOTE Confidence: 0.94153735

00:52:04.159 --> 00:52:05.884 to this project to reach out
NOTE Confidence: 0.94153735

00:52:05.884 --> 00:52:07.536 to any of us at any time.
NOTE Confidence: 0.94153735

00:52:07.540 --> 00:52:09.292 I hope you will feel braver
NOTE Confidence: 0.94153735

00:52:09.292 --> 00:52:10.940 to connect with other people,
NOTE Confidence: 0.94153735

00:52:10.940 --> 00:52:13.360 to connect through vulnerability as.
NOTE Confidence: 0.94153735

00:52:13.360 --> 00:52:15.520 Max and my daughter and everyone
NOTE Confidence: 0.94153735

00:52:15.520 --> 00:52:16.600 has shown you,
NOTE Confidence: 0.94153735

00:52:16.600 --> 00:52:19.316 I hope that you will gain perspective.
NOTE Confidence: 0.94153735

00:52:19.320 --> 00:52:21.752 Anybody who has 2 feet to walk out
NOTE Confidence: 0.94153735

00:52:21.752 --> 00:52:24.312 of here is blessed. If you can see,
NOTE Confidence: 0.94153735

00:52:24.312 --> 00:52:25.920 you're blessed if you can hear,
NOTE Confidence: 0.94153735

00:52:25.920 --> 00:52:27.880 you're blessed. You're at Yale.
NOTE Confidence: 0.94153735

00:52:27.880 --> 00:52:29.240 You've got a high IQ.
NOTE Confidence: 0.94153735

00:52:29.240 --> 00:52:30.536 You're hard workers.
NOTE Confidence: 0.94153735

00:52:30.536 --> 00:52:31.400 You're ambitious.
NOTE Confidence: 0.94153735

00:52:31.400 --> 00:52:34.200 You are blessed every moment of your life.

NOTE Confidence: 0.94153735

00:52:34.200 --> 00:52:36.726 You're blessed and take these blessings

NOTE Confidence: 0.94153735

00:52:36.726 --> 00:52:39.280 to help people that are challenged

NOTE Confidence: 0.94153735

00:52:39.280 --> 00:52:42.216 in other ways and to be grateful.

NOTE Confidence: 0.94153735

00:52:42.216 --> 00:52:44.820 Being grateful is such an important

NOTE Confidence: 0.94153735

00:52:44.909 --> 00:52:47.357 way of improving your own life.

NOTE Confidence: 0.94153735

00:52:47.360 --> 00:52:49.238 Thinking about what you're grateful for.

NOTE Confidence: 0.94153735

00:52:49.240 --> 00:52:50.155 Hopefully you're grateful

NOTE Confidence: 0.94153735

00:52:50.155 --> 00:52:51.680 that you came here today,

NOTE Confidence: 0.94153735

00:52:51.680 --> 00:52:53.318 that you are on this campus,

NOTE Confidence: 0.94153735

00:52:53.320 --> 00:52:55.380 that you're growing, that you're

NOTE Confidence: 0.94153735

00:52:55.380 --> 00:52:57.440 learning you're making new friends.

NOTE Confidence: 0.94153735

00:52:57.440 --> 00:53:00.156 How can you grow as a healer?

NOTE Confidence: 0.94153735

00:53:00.160 --> 00:53:01.720 Have you heard of Gabor Monte?

NOTE Confidence: 0.94153735

00:53:01.720 --> 00:53:05.115 Raise your hand. Great. So about half.

NOTE Confidence: 0.94153735

00:53:05.120 --> 00:53:07.374 Have the other half. This is homework.

NOTE Confidence: 0.94153735

00:53:07.380 --> 00:53:09.340 Latest book is called The Myth of Normal.

NOTE Confidence: 0.94153735

00:53:09.340 --> 00:53:10.614 It was 10 years in the writing.

NOTE Confidence: 0.94153735

00:53:10.620 --> 00:53:12.454 He just wrote it with his son.

NOTE Confidence: 0.94153735

00:53:12.460 --> 00:53:12.794 600 pages.

NOTE Confidence: 0.94153735

00:53:12.794 --> 00:53:14.130 So if you want to get it shorter

NOTE Confidence: 0.94153735

00:53:14.175 --> 00:53:15.495 you can watch the YouTube version.

NOTE Confidence: 0.94153735

00:53:15.500 --> 00:53:16.420 Not bad,

NOTE Confidence: 0.94153735

00:53:16.420 --> 00:53:20.100 but his whole belief is that we are

NOTE Confidence: 0.94153735

00:53:20.213 --> 00:53:23.669 fracturing ourselves with trauma.

NOTE Confidence: 0.94153735

00:53:23.670 --> 00:53:25.986 Small tea trauma, Big tea trauma.

NOTE Confidence: 0.94153735

00:53:25.990 --> 00:53:28.042 And that's why our society and

NOTE Confidence: 0.94153735

00:53:28.042 --> 00:53:30.030 our cultures are so damaged.

NOTE Confidence: 0.94153735

00:53:30.030 --> 00:53:30.662 He's Canadian,

NOTE Confidence: 0.94153735

00:53:30.662 --> 00:53:33.190 so he sort of looks down upon us,

NOTE Confidence: 0.94153735

00:53:33.190 --> 00:53:35.790 but they have their problems there as well.

NOTE Confidence: 0.94153735

00:53:35.790 --> 00:53:38.424 But his concept is healing into

NOTE Confidence: 0.94153735

00:53:38.424 --> 00:53:40.830 wholeness rather than healing disease.

NOTE Confidence: 0.94153735

00:53:40.830 --> 00:53:42.350 We try to do that,

NOTE Confidence: 0.94153735

00:53:42.350 --> 00:53:43.706 but we can't always do that.

NOTE Confidence: 0.94153735

00:53:43.710 --> 00:53:45.510 And I think what our project is about

NOTE Confidence: 0.94153735

00:53:45.510 --> 00:53:47.388 we don't touch these women's disease.

NOTE Confidence: 0.94153735

00:53:47.390 --> 00:53:49.388 We don't care about their diseases.

NOTE Confidence: 0.94153735

00:53:49.390 --> 00:53:51.497 We want them to feel whole and

NOTE Confidence: 0.94153735

00:53:51.497 --> 00:53:53.669 we want them to feel seen and.

NOTE Confidence: 0.94153735

00:53:53.670 --> 00:53:55.428 We want them to feel complete.

NOTE Confidence: 0.94153735

00:53:55.430 --> 00:53:58.230 So I think his message is extremely powerful,

NOTE Confidence: 0.94153735

00:53:58.230 --> 00:53:59.006 very beautiful,

NOTE Confidence: 0.94153735

00:53:59.006 --> 00:54:02.110 and we can take it all to ourselves,

NOTE Confidence: 0.94153735

00:54:02.110 --> 00:54:02.435 right?

NOTE Confidence: 0.94153735

00:54:02.435 --> 00:54:04.710 So each of us needs to feel

NOTE Confidence: 0.94153735

00:54:04.710 --> 00:54:07.059 whole and then we bring that into

NOTE Confidence: 0.94153735

00:54:07.059 --> 00:54:08.684 our work as a healer
NOTE Confidence: 0.928809547037037

00:54:08.758 --> 00:54:11.264 and we can help people feel whole.
NOTE Confidence: 0.928809547037037

00:54:11.270 --> 00:54:12.742 Even as Mario knows,
NOTE Confidence: 0.928809547037037

00:54:12.742 --> 00:54:15.510 in the face of a terminal illness
NOTE Confidence: 0.928809547037037

00:54:15.510 --> 00:54:17.910 people can still feel whole.
NOTE Confidence: 0.928809547037037

00:54:17.910 --> 00:54:20.820 So in conclusion.
NOTE Confidence: 0.928809547037037

00:54:20.820 --> 00:54:23.095 Trauma is not what happens to us,
NOTE Confidence: 0.928809547037037

00:54:23.100 --> 00:54:26.996 but what we hold inside in the Absence
NOTE Confidence: 0.928809547037037

00:54:26.996 --> 00:54:30.020 of an Empathic Witness by Gabor Monte.
NOTE Confidence: 0.928809547037037

00:54:30.020 --> 00:54:32.540 I used you guys today as a witness
NOTE Confidence: 0.928809547037037

00:54:32.540 --> 00:54:34.467 to share something that I've
NOTE Confidence: 0.928809547037037

00:54:34.467 --> 00:54:37.366 carried as a secret for 27 years,
NOTE Confidence: 0.928809547037037

00:54:37.366 --> 00:54:39.898 so I'm hoping that I will
NOTE Confidence: 0.928809547037037

00:54:39.898 --> 00:54:42.820 feel healed when I leave here.
NOTE Confidence: 0.928809547037037

00:54:42.820 --> 00:54:45.370 This is my favorite image, other than,
NOTE Confidence: 0.928809547037037

00:54:45.370 --> 00:54:46.540 of course, my every other one,

NOTE Confidence: 0.928809547037037

00:54:46.540 --> 00:54:47.692 which is my favorite.

NOTE Confidence: 0.928809547037037

00:54:47.692 --> 00:54:49.760 Really have to stop using that word.

NOTE Confidence: 0.928809547037037

00:54:49.760 --> 00:54:52.280 This is a woman who had Ms.

NOTE Confidence: 0.928809547037037

00:54:52.280 --> 00:54:54.772 who thought and was told that she

NOTE Confidence: 0.928809547037037

00:54:54.772 --> 00:54:57.025 could not conceive and her greatest

NOTE Confidence: 0.928809547037037

00:54:57.025 --> 00:55:00.090 dream was to have a child and she

NOTE Confidence: 0.928809547037037

00:55:00.090 --> 00:55:02.160 got pregnant and she went through

NOTE Confidence: 0.928809547037037

00:55:02.160 --> 00:55:03.799 the pregnancy without an Ms.

NOTE Confidence: 0.928809547037037

00:55:03.800 --> 00:55:04.253 flare.

NOTE Confidence: 0.928809547037037

00:55:04.253 --> 00:55:07.519 And this is her son and this is

NOTE Confidence: 0.928809547037037

00:55:07.519 --> 00:55:09.517 her son gazing into her eyes.

NOTE Confidence: 0.928809547037037

00:55:09.520 --> 00:55:11.984 She always wanted to be on a magazine

NOTE Confidence: 0.928809547037037

00:55:11.984 --> 00:55:14.038 cover with her son and this image

NOTE Confidence: 0.928809547037037

00:55:14.038 --> 00:55:16.180 was on a magazine cover in Panama.

NOTE Confidence: 0.928809547037037

00:55:16.180 --> 00:55:18.778 So in terms of empathic witness,

NOTE Confidence: 0.928809547037037

00:55:18.780 --> 00:55:20.460 you don't get better than that.
NOTE Confidence: 0.928809547037037

00:55:20.460 --> 00:55:22.086 You don't get better than my
NOTE Confidence: 0.928809547037037

00:55:22.086 --> 00:55:22.899 emotional support daughter,
NOTE Confidence: 0.928809547037037

00:55:22.900 --> 00:55:25.084 my other daughter who's so beautiful
NOTE Confidence: 0.928809547037037

00:55:25.084 --> 00:55:27.257 and empathic and is watching today
NOTE Confidence: 0.928809547037037

00:55:27.257 --> 00:55:29.532 and has texted me 10 times today
NOTE Confidence: 0.928809547037037

00:55:29.532 --> 00:55:31.752 to see if I'm okay and you guys
NOTE Confidence: 0.928809547037037

00:55:31.752 --> 00:55:33.456 are all empathic witness for me.
NOTE Confidence: 0.928809547037037

00:55:33.460 --> 00:55:35.860 And you need to be empathic
NOTE Confidence: 0.928809547037037

00:55:35.860 --> 00:55:37.460 witnesses for your patients.
NOTE Confidence: 0.928809547037037

00:55:37.460 --> 00:55:40.396 It's a broadening of your concept of healing.
NOTE Confidence: 0.928809547037037

00:55:40.400 --> 00:55:41.800 Can I just say before you finish,
NOTE Confidence: 0.928809547037037

00:55:41.800 --> 00:55:43.914 really not done. I'm really not done.
NOTE Confidence: 0.928809547037037

00:55:43.920 --> 00:55:45.040 Can you give me two more slides?
NOTE Confidence: 0.928809547037037

00:55:45.040 --> 00:55:45.227 Yes,
NOTE Confidence: 0.928809547037037

00:55:45.227 --> 00:55:45.975 because there's someone who

NOTE Confidence: 0.928809547037037
00:55:45.975 --> 00:55:47.080 wants to say something to you,
NOTE Confidence: 0.928809547037037
00:55:47.080 --> 00:55:48.795 but go, go ahead, two more slides.
NOTE Confidence: 0.928809547037037
00:55:48.800 --> 00:55:50.960 My daughter Joy would like to speak to you.
NOTE Confidence: 0.928809547037037
00:55:50.960 --> 00:55:52.640 She would like to tell you to appease,
NOTE Confidence: 0.928809547037037
00:55:52.640 --> 00:55:54.052 be slow, be kind,
NOTE Confidence: 0.928809547037037
00:55:54.052 --> 00:55:55.878 be patient, be compassionate.
NOTE Confidence: 0.928809547037037
00:55:55.878 --> 00:55:59.232 And that people like all these
NOTE Confidence: 0.928809547037037
00:55:59.232 --> 00:56:01.680 models are not disabled.
NOTE Confidence: 0.928809547037037
00:56:01.680 --> 00:56:03.188 They have different abilities
NOTE Confidence: 0.928809547037037
00:56:03.188 --> 00:56:05.450 because she can't run and jump
NOTE Confidence: 0.928809547037037
00:56:05.522 --> 00:56:07.594 and play and do all those things.
NOTE Confidence: 0.928809547037037
00:56:07.600 --> 00:56:09.694 She's incredibly intuitive.
NOTE Confidence: 0.928809547037037
00:56:09.694 --> 00:56:11.788 And incredibly artistic,
NOTE Confidence: 0.928809547037037
00:56:11.790 --> 00:56:13.242 because Kerry can't do.
NOTE Confidence: 0.928809547037037
00:56:13.242 --> 00:56:15.710 I don't know what she can't do,
NOTE Confidence: 0.928809547037037

00:56:15.710 --> 00:56:17.593 but somehow she can do all these
NOTE Confidence: 0.928809547037037

00:56:17.593 --> 00:56:19.549 things that no other human can do.
NOTE Confidence: 0.928809547037037

00:56:19.550 --> 00:56:21.070 These are different abilities.
NOTE Confidence: 0.928809547037037

00:56:21.070 --> 00:56:22.590 So broaden your lens.
NOTE Confidence: 0.928809547037037

00:56:22.590 --> 00:56:24.160 Think of these women with
NOTE Confidence: 0.928809547037037

00:56:24.160 --> 00:56:24.788 different abilities.
NOTE Confidence: 0.928809547037037

00:56:24.790 --> 00:56:25.990 And my last word,
NOTE Confidence: 0.928809547037037

00:56:25.990 --> 00:56:27.790 I promise last word is be
NOTE Confidence: 0.928809547037037

00:56:27.864 --> 00:56:29.748 the change you wish to see.
NOTE Confidence: 0.928809547037037

00:56:29.750 --> 00:56:32.669 So embrace all of your different abilities,
NOTE Confidence: 0.928809547037037

00:56:32.670 --> 00:56:34.665 like I told you, my directional dyslexia.
NOTE Confidence: 0.928809547037037

00:56:34.670 --> 00:56:36.002 Embrace all of that.
NOTE Confidence: 0.928809547037037

00:56:36.002 --> 00:56:38.000 And that's how we heal ourselves
NOTE Confidence: 0.928809547037037

00:56:38.067 --> 00:56:39.009 into wholeness.
NOTE Confidence: 0.928809547037037

00:56:39.010 --> 00:56:41.180 And that will be the way we
NOTE Confidence: 0.928809547037037

00:56:41.180 --> 00:56:43.622 can help heal others around us

NOTE Confidence: 0.928809547037037
00:56:43.622 --> 00:56:45.526 and hopefully heal society.
NOTE Confidence: 0.894688033333333
00:56:52.500 --> 00:56:54.099 Now, please don't
NOTE Confidence: 0.946962533333333
00:56:54.100 --> 00:56:57.113 go anywhere just yet. Just there's two
NOTE Confidence: 0.946962533333333
00:56:57.113 --> 00:56:58.700 quick comments, or maybe others if
NOTE Confidence: 0.943608066666667
00:56:58.700 --> 00:56:59.900 people need to leave.
NOTE Confidence: 0.943608066666667
00:56:59.900 --> 00:57:01.260 After that, if you want to linger,
NOTE Confidence: 0.943608066666667
00:57:01.260 --> 00:57:02.820 we have a reception here.
NOTE Confidence: 0.943608066666667
00:57:02.820 --> 00:57:04.122 We want people to linger and we
NOTE Confidence: 0.943608066666667
00:57:04.122 --> 00:57:05.620 want them to read the biographies.
NOTE Confidence: 0.94780115
00:57:07.050 --> 00:57:08.556 Yes, but more important than linger
NOTE Confidence: 0.94780115
00:57:08.556 --> 00:57:10.066 and reading the buyer, If he's there,
NOTE Confidence: 0.94780115
00:57:10.066 --> 00:57:11.890 someone who is going to say something,
NOTE Confidence: 0.94780115
00:57:11.890 --> 00:57:13.087 You might recognize it by the name
NOTE Confidence: 0.93270605
00:57:13.090 --> 00:57:15.650 of Joy Paloso. So,
NOTE Confidence: 0.93421556
00:57:15.890 --> 00:57:17.930 Joy Paloso. Come on in. We hear you loud and
NOTE Confidence: 0.92817752

00:57:17.930 --> 00:57:20.196 clear. Come on in. I do this.
NOTE Confidence: 0.92817752

00:57:20.196 --> 00:57:21.370 I'll place out there. Hi Mama.
NOTE Confidence: 0.8033401

00:57:24.330 --> 00:57:24.690 Hi, love.
NOTE Confidence: 0.93773775

00:57:27.330 --> 00:57:28.610 What do you want to tell the audience?
NOTE Confidence: 0.93773775

00:57:28.610 --> 00:57:30.030 I just told them different
NOTE Confidence: 0.93773775

00:57:30.030 --> 00:57:31.166 abilities instead of disabilities.
NOTE Confidence: 0.9251585

00:57:33.900 --> 00:57:34.920 Well, I just want to say
NOTE Confidence: 0.9251585

00:57:34.920 --> 00:57:36.660 you did a fantastic job
NOTE Confidence: 0.938017288888889

00:57:36.940 --> 00:57:38.857 and even though I'm not with you in person,
NOTE Confidence: 0.938017288888889

00:57:38.860 --> 00:57:40.880 I'm still your emotional support
NOTE Confidence: 0.938017288888889

00:57:40.880 --> 00:57:42.496 daughter supporting from here.
NOTE Confidence: 0.936899133333333

00:57:44.820 --> 00:57:47.180 And I'm proud of you and
NOTE Confidence: 0.933544666666667

00:57:50.660 --> 00:57:53.490 I'm. I'm glad that like we are where
NOTE Confidence: 0.933544666666667

00:57:53.490 --> 00:57:56.060 we are on the journey and that we
NOTE Confidence: 0.941930833333333

00:57:56.060 --> 00:57:57.860 can share all of this
NOTE Confidence: 0.941930833333333

00:57:57.860 --> 00:58:01.129 together now. And we can go

NOTE Confidence: 0.9452853
00:58:01.130 --> 00:58:03.050 forward from here. And
NOTE Confidence: 0.93924726
00:58:03.570 --> 00:58:05.370 yeah, and thank you to Max
NOTE Confidence: 0.93924726
00:58:05.370 --> 00:58:06.570 for creating the space.
NOTE Confidence: 0.93924726
00:58:06.570 --> 00:58:08.442 And thank you to our Linda
NOTE Confidence: 0.93924726
00:58:08.442 --> 00:58:10.490 and Andreas and everybody.
NOTE Confidence: 0.93924726
00:58:10.490 --> 00:58:11.640 And there's one important
NOTE Confidence: 0.93924726
00:58:11.640 --> 00:58:13.326 thank you that we want to add.
NOTE Confidence: 0.93924726
00:58:13.330 --> 00:58:15.232 So all this event in addition
NOTE Confidence: 0.93924726
00:58:15.232 --> 00:58:16.487 to what Lyndon you mentioned
NOTE Confidence: 0.93924726
00:58:16.490 --> 00:58:17.774 is being sponsored really,
NOTE Confidence: 0.93924726
00:58:17.774 --> 00:58:19.700 Ari is the President of the
NOTE Confidence: 0.93924726
00:58:19.762 --> 00:58:21.130 Alan Slifka Foundation.
NOTE Confidence: 0.93924726
00:58:21.130 --> 00:58:22.330 And the Alan Slifka Foundation has
NOTE Confidence: 0.93924726
00:58:22.330 --> 00:58:24.450 been so generous over the years.
NOTE Confidence: 0.93924726
00:58:24.450 --> 00:58:26.593 And Alan interestingly was
NOTE Confidence: 0.93924726

00:58:26.593 --> 00:58:28.336 all about coexistence.
NOTE Confidence: 0.93924726

00:58:28.340 --> 00:58:28.820 Right.
NOTE Confidence: 0.93924726

00:58:28.820 --> 00:58:30.512 And I'd like to think that this is a
NOTE Confidence: 0.93924726

00:58:30.512 --> 00:58:32.260 type of coexistence between the arts
NOTE Confidence: 0.93924726

00:58:32.260 --> 00:58:34.380 and medicine that you have so beautifully,
NOTE Confidence: 0.93924726

00:58:34.380 --> 00:58:35.820 you know, brought to us and shared with us.
NOTE Confidence: 0.93924726

00:58:35.820 --> 00:58:37.125 So thank you.
NOTE Confidence: 0.93924726

00:58:37.125 --> 00:58:39.300 And the last quote is,
NOTE Confidence: 0.93924726

00:58:39.300 --> 00:58:40.340 thank you for sharing.
NOTE Confidence: 0.93924726

00:58:40.340 --> 00:58:40.860 So amazing.
NOTE Confidence: 0.93924726

00:58:40.860 --> 00:58:42.738 I would agree with Virginia Zucchini.
NOTE Confidence: 0.93924726

00:58:42.740 --> 00:58:45.080 Oh, wherever the art of medicine is love,
NOTE Confidence: 0.93924726

00:58:45.080 --> 00:58:47.152 there is also a love of humanity.
NOTE Confidence: 0.93924726

00:58:47.152 --> 00:58:48.452 So again, thank you.
NOTE Confidence: 0.93924726

00:58:48.452 --> 00:58:50.980 Let me give the last word to Linda.
NOTE Confidence: 0.93924726

00:58:50.980 --> 00:58:52.124 Anything to add?

NOTE Confidence: 0.93924726

00:58:52.124 --> 00:58:54.670 Last word for the last word, Ari.

NOTE Confidence: 0.93924726

00:58:54.670 --> 00:58:56.110 Just that Patrice found this

NOTE Confidence: 0.93924726

00:58:56.110 --> 00:58:57.262 beautiful quote by Hippocrates.

NOTE Confidence: 0.93924726

00:58:57.270 --> 00:58:59.896 So there's nothing new under the sun, right?

NOTE Confidence: 0.93924726

00:58:59.896 --> 00:59:02.024 And it seems so modern and fresh to

NOTE Confidence: 0.93924726

00:59:02.024 --> 00:59:04.187 bring humanities and medicine together.

NOTE Confidence: 0.93924726

00:59:04.190 --> 00:59:06.325 But I think Hippocrates directed us to

NOTE Confidence: 0.93924726

00:59:06.325 --> 00:59:08.987 do that as long as well as do no harm.

NOTE Confidence: 0.93924726

00:59:08.990 --> 00:59:10.985 So hopefully I've done no harm today.

NOTE Confidence: 0.93924726

00:59:10.990 --> 00:59:12.520 And hopefully I've encouraged all

NOTE Confidence: 0.93924726

00:59:12.520 --> 00:59:14.950 of you to bring a more humanistic

NOTE Confidence: 0.93924726

00:59:14.950 --> 00:59:16.630 approach to your sciences,

NOTE Confidence: 0.93924726

00:59:16.630 --> 00:59:17.509 to your medicine,

NOTE Confidence: 0.93924726

00:59:17.509 --> 00:59:20.030 and to recognize your power as a healer.

NOTE Confidence: 0.93924726

00:59:20.030 --> 00:59:21.310 Just being an empathic witness,

NOTE Confidence: 0.93924726

00:59:21.310 --> 00:59:22.666 that's all you have to do.

NOTE Confidence: 0.93924726

00:59:22.670 --> 00:59:24.868 And so thank you for listening today.

NOTE Confidence: 0.93924726

00:59:24.870 --> 00:59:26.230 And thank you, Max,

NOTE Confidence: 0.93924726

00:59:26.230 --> 00:59:28.270 for creating the space for us.

NOTE Confidence: 0.93924726

00:59:28.270 --> 00:59:30.758 And I think we're also just

NOTE Confidence: 0.93924726

00:59:30.758 --> 00:59:32.726 deeply grateful to Ari for every

NOTE Confidence: 0.93924726

00:59:32.726 --> 00:59:34.310 step of this journey.

NOTE Confidence: 0.93924726

00:59:34.310 --> 00:59:35.750 And to everybody who's

NOTE Confidence: 0.93924726

00:59:35.750 --> 00:59:37.190 listening today on Zoom,

NOTE Confidence: 0.93924726

00:59:37.190 --> 00:59:39.110 who's also played a big role, thank you.