

WEBVTT

NOTE duration:"01:12:21"

NOTE recognizability:0.871

NOTE language:en-us

NOTE Confidence: 0.969817511666667

00:00:00.000 --> 00:00:02.520 Welcome everyone. Thank you for joining.

NOTE Confidence: 0.9540549

00:00:04.960 --> 00:00:07.730 This is our November meeting of the

NOTE Confidence: 0.9540549

00:00:07.730 --> 00:00:09.286 Psychedelic Science Seminar series.

NOTE Confidence: 0.9540549

00:00:09.286 --> 00:00:11.464 Coming up in December will be

NOTE Confidence: 0.9540549

00:00:11.464 --> 00:00:13.720 the third Wednesday of December.

NOTE Confidence: 0.9540549

00:00:13.720 --> 00:00:15.995 We're going to have our own Janet,

NOTE Confidence: 0.9540549

00:00:16.000 --> 00:00:19.030 Jerry Santa Cora together with Ben

NOTE Confidence: 0.9540549

00:00:19.030 --> 00:00:21.640 Kalmandi presenting on the Usona,

NOTE Confidence: 0.9540549

00:00:21.640 --> 00:00:24.090 The Usona funded multi site study of

NOTE Confidence: 0.9540549

00:00:24.090 --> 00:00:25.664 psilocybin and depression both of

NOTE Confidence: 0.9540549

00:00:25.664 --> 00:00:27.512 them were we were a site on them,

NOTE Confidence: 0.9540549

00:00:27.520 --> 00:00:29.074 both of them were Co investigators on.

NOTE Confidence: 0.9540549

00:00:29.080 --> 00:00:30.744 So I'm looking forward to hearing some of

NOTE Confidence: 0.9540549

00:00:30.744 --> 00:00:34.920 their inside perspective on that study.

NOTE Confidence: 0.9540549

00:00:34.920 --> 00:00:36.156 But today we have a treat.

NOTE Confidence: 0.9540549

00:00:36.160 --> 00:00:37.600 We have Peter Hendricks,

NOTE Confidence: 0.9540549

00:00:37.600 --> 00:00:39.606 who's joining us virtually, obviously,

NOTE Confidence: 0.9540549

00:00:39.606 --> 00:00:42.436 from the University of Alabama,

NOTE Confidence: 0.9540549

00:00:42.440 --> 00:00:43.848 Peter's a clinical psychologist

NOTE Confidence: 0.9540549

00:00:43.848 --> 00:00:45.608 and the Heersink Endowed Chair

NOTE Confidence: 0.9540549

00:00:45.608 --> 00:00:47.565 of Psychiatry and at Alabama.

NOTE Confidence: 0.9540549

00:00:47.565 --> 00:00:49.575 And he describes himself as having

NOTE Confidence: 0.9540549

00:00:49.575 --> 00:00:51.289 happily stumbled on the field

NOTE Confidence: 0.9540549

00:00:51.289 --> 00:00:53.270 of psychedelics in 2006 and even

NOTE Confidence: 0.9540549

00:00:53.270 --> 00:00:54.920 happier to still be involved.

NOTE Confidence: 0.9540549

00:00:54.920 --> 00:00:56.745 He's doing work on psilocybin

NOTE Confidence: 0.9540549

00:00:56.745 --> 00:00:57.840 and cocaine disorder,

NOTE Confidence: 0.9540549

00:00:57.840 --> 00:01:00.276 as well as in smoking cessation,

NOTE Confidence: 0.9540549

00:01:00.280 --> 00:01:03.919 fibromyalgia and demoralization.

NOTE Confidence: 0.9540549

00:01:03.920 --> 00:01:05.312 So I think we're going to

NOTE Confidence: 0.9540549

00:01:05.312 --> 00:01:06.240 hear mostly about cocaine,

NOTE Confidence: 0.9540549

00:01:06.240 --> 00:01:07.680 but anything you want to share with us today,

NOTE Confidence: 0.9540549

00:01:07.680 --> 00:01:08.288 Peter, would be great.

NOTE Confidence: 0.9540549

00:01:08.288 --> 00:01:09.200 We're happy to have you here.

NOTE Confidence: 0.9540549

00:01:09.200 --> 00:01:09.680 Thank you.

NOTE Confidence: 0.892257285652174

00:01:10.480 --> 00:01:12.460 Thank you. So I think I need to be

NOTE Confidence: 0.892257285652174

00:01:12.460 --> 00:01:14.565 able to share my screen and this will

NOTE Confidence: 0.892257285652174

00:01:14.565 --> 00:01:16.365 probably be a few moments of trying

NOTE Confidence: 0.892257285652174

00:01:16.365 --> 00:01:18.120 to figure that out on my end. I think

NOTE Confidence: 0.89474614

00:01:18.680 --> 00:01:22.680 OK it should be enabled. OK

NOTE Confidence: 0.855591553076923

00:01:22.680 --> 00:01:25.326 you're let's see then So here's

NOTE Confidence: 0.855591553076923

00:01:25.326 --> 00:01:27.544 the PowerPoint let's see if

NOTE Confidence: 0.855591553076923

00:01:27.544 --> 00:01:29.639 this works. So let's start.

NOTE Confidence: 0.5591981325

00:01:29.760 --> 00:01:30.320 There you go. Yep

NOTE Confidence: 0.63644163

00:01:32.680 --> 00:01:36.120 that worked. You we. OK.
NOTE Confidence: 0.63644163

00:01:36.120 --> 00:01:37.359 I'm trying to see what you except
NOTE Confidence: 0.904820746666667

00:01:38.040 --> 00:01:39.678 it's. We're not seeing the presentation.
NOTE Confidence: 0.904820746666667

00:01:39.680 --> 00:01:40.920 We're seeing the edit mode.
NOTE Confidence: 0.676985846666667

00:01:41.680 --> 00:01:43.198 Yeah. How do I get to
NOTE Confidence: 0.943841436

00:01:44.120 --> 00:01:45.716 it? Usually works best if you
NOTE Confidence: 0.943841436

00:01:45.716 --> 00:01:47.096 go into presentation 1st and
NOTE Confidence: 0.943841436

00:01:47.096 --> 00:01:49.480 then share your screen. All
NOTE Confidence: 0.8243356

00:01:49.480 --> 00:01:50.560 right, let me try that. Is
NOTE Confidence: 0.84902707

00:01:50.560 --> 00:01:51.700 anyone gonna be phone
NOTE Confidence: 0.84902707

00:01:51.700 --> 00:01:52.555 screening this afternoon?
NOTE Confidence: 0.893497095

00:01:55.160 --> 00:01:57.038 No, no phone screening this afternoon.
NOTE Confidence: 0.791293752

00:02:00.760 --> 00:02:03.440 All right, just a second. Now let's try.
NOTE Confidence: 0.801978446666667

00:02:12.600 --> 00:02:15.106 Does that work? Perfect. Yeah.
NOTE Confidence: 0.801978446666667

00:02:15.106 --> 00:02:18.660 OK, good. I figured it out more
NOTE Confidence: 0.801978446666667

00:02:18.660 --> 00:02:19.760 quickly than I typically do.

NOTE Confidence: 0.801978446666667
00:02:19.760 --> 00:02:23.091 All right, well, so I mean,
NOTE Confidence: 0.801978446666667
00:02:23.091 --> 00:02:24.633 this is a first for me.
NOTE Confidence: 0.801978446666667
00:02:24.640 --> 00:02:26.248 I think this is the first time I've
NOTE Confidence: 0.801978446666667
00:02:26.248 --> 00:02:28.227 talked to a group of people who are
NOTE Confidence: 0.801978446666667
00:02:28.227 --> 00:02:29.560 specifically interested in this topic.
NOTE Confidence: 0.801978446666667
00:02:29.560 --> 00:02:33.106 So I'm. I'm sure that I'll be covering a
NOTE Confidence: 0.801978446666667
00:02:33.106 --> 00:02:36.514 number of points that are known to you.
NOTE Confidence: 0.801978446666667
00:02:36.520 --> 00:02:38.284 But you might think of this in
NOTE Confidence: 0.801978446666667
00:02:38.284 --> 00:02:40.445 some ways as how I often pitch what
NOTE Confidence: 0.801978446666667
00:02:40.445 --> 00:02:42.441 I'm doing to people who are not
NOTE Confidence: 0.801978446666667
00:02:42.441 --> 00:02:44.199 familiar with this line of work.
NOTE Confidence: 0.801978446666667
00:02:44.200 --> 00:02:45.838 And I've been doing that for a while now.
NOTE Confidence: 0.801978446666667
00:02:45.840 --> 00:02:48.584 And of course doing that from the
NOTE Confidence: 0.801978446666667
00:02:48.584 --> 00:02:50.760 perspective of of realizing that it may be,
NOTE Confidence: 0.801978446666667
00:02:50.760 --> 00:02:52.320 especially in the state of Alabama,
NOTE Confidence: 0.801978446666667

00:02:52.320 --> 00:02:56.560 that many people think I've lost my mind.

NOTE Confidence: 0.801978446666667

00:02:56.560 --> 00:02:58.730 And I'm, I'm happy to say now

NOTE Confidence: 0.801978446666667

00:02:58.730 --> 00:03:00.320 that that has changed.

NOTE Confidence: 0.801978446666667

00:03:00.320 --> 00:03:03.116 And when I started this study,

NOTE Confidence: 0.801978446666667

00:03:03.120 --> 00:03:05.960 must have been late 2015,

NOTE Confidence: 0.801978446666667

00:03:05.960 --> 00:03:07.400 most of my colleagues would have

NOTE Confidence: 0.801978446666667

00:03:07.400 --> 00:03:08.713 reacted by saying that, well,

NOTE Confidence: 0.801978446666667

00:03:08.713 --> 00:03:11.537 why would you pursue a line of work

NOTE Confidence: 0.801978446666667

00:03:11.537 --> 00:03:14.600 that has no funding future at best?

NOTE Confidence: 0.801978446666667

00:03:14.600 --> 00:03:16.952 And others asked if I was second

NOTE Confidence: 0.801978446666667

00:03:16.952 --> 00:03:18.440 coming of Timothy Leary,

NOTE Confidence: 0.801978446666667

00:03:18.440 --> 00:03:20.480 neither of which are true.

NOTE Confidence: 0.801978446666667

00:03:20.480 --> 00:03:21.070 Now, fortunately,

NOTE Confidence: 0.801978446666667

00:03:21.070 --> 00:03:22.840 at least I'm not the second

NOTE Confidence: 0.801978446666667

00:03:22.840 --> 00:03:24.240 coming of Timothy Leary,

NOTE Confidence: 0.801978446666667

00:03:24.240 --> 00:03:25.260 but I'm very happy that

NOTE Confidence: 0.801978446666667
00:03:25.260 --> 00:03:26.280 things are where they are.
NOTE Confidence: 0.801978446666667
00:03:26.280 --> 00:03:28.088 But I did have this idea early on
NOTE Confidence: 0.801978446666667
00:03:28.088 --> 00:03:30.051 that this would be the first and last
NOTE Confidence: 0.801978446666667
00:03:30.051 --> 00:03:31.797 study of psilocybin I'd ever do.
NOTE Confidence: 0.801978446666667
00:03:31.800 --> 00:03:33.216 So I'm really happy that things
NOTE Confidence: 0.801978446666667
00:03:33.216 --> 00:03:34.160 are where they are.
NOTE Confidence: 0.827158222
00:03:36.200 --> 00:03:38.454 So let's see. I'll, I'll try to
NOTE Confidence: 0.827158222
00:03:38.454 --> 00:03:40.106 offer some interesting little bits
NOTE Confidence: 0.827158222
00:03:40.106 --> 00:03:42.000 of trivia too, about Alabama.
NOTE Confidence: 0.9388523975
00:03:44.880 --> 00:03:46.980 I'm at the University of Alabama
NOTE Confidence: 0.9388523975
00:03:46.980 --> 00:03:49.000 at Birmingham and the University
NOTE Confidence: 0.9388523975
00:03:49.000 --> 00:03:51.200 of Alabama is in Tuscaloosa.
NOTE Confidence: 0.9388523975
00:03:51.200 --> 00:03:52.360 They have the football team.
NOTE Confidence: 0.9388523975
00:03:52.360 --> 00:03:54.600 We have the medical campus and the research.
NOTE Confidence: 0.9388523975
00:03:54.600 --> 00:03:58.238 And Speaking of Leary,
NOTE Confidence: 0.9388523975

00:03:58.240 --> 00:03:59.236 Timothy Leary graduated,
NOTE Confidence: 0.9388523975

00:03:59.236 --> 00:04:01.560 in fact from the University of Alabama.
NOTE Confidence: 0.9388523975

00:04:01.560 --> 00:04:02.660 Not many people know that
NOTE Confidence: 0.9388523975

00:04:02.660 --> 00:04:03.760 he was at West Point.
NOTE Confidence: 0.9388523975

00:04:03.760 --> 00:04:06.050 I think he was kicked out, nearly kicked
NOTE Confidence: 0.9388523975

00:04:06.050 --> 00:04:07.880 out of the University of Alabama,
NOTE Confidence: 0.9388523975

00:04:07.880 --> 00:04:10.880 but finished his degree by correspondence
NOTE Confidence: 0.9388523975

00:04:10.880 --> 00:04:13.280 and then also a little known fact.
NOTE Confidence: 0.9388523975

00:04:13.280 --> 00:04:13.880 Humphrey Osmond.
NOTE Confidence: 0.9388523975

00:04:13.880 --> 00:04:15.080 I wish we were.
NOTE Confidence: 0.9388523975

00:04:15.080 --> 00:04:16.637 I wish I could see a show of hands.
NOTE Confidence: 0.9388523975

00:04:16.640 --> 00:04:18.656 But I'm sure most of you know
NOTE Confidence: 0.9388523975

00:04:18.656 --> 00:04:19.760 who Humphrey Osmond is.
NOTE Confidence: 0.9388523975

00:04:19.760 --> 00:04:22.560 He coined the term psychedelic.
NOTE Confidence: 0.9388523975

00:04:22.560 --> 00:04:24.546 Humphrey Osmond's last academic home was
NOTE Confidence: 0.9388523975

00:04:24.546 --> 00:04:27.120 at the University of Alabama at Birmingham.

NOTE Confidence: 0.9388523975

00:04:27.120 --> 00:04:30.320 So back in 2015 or 14 or so,

NOTE Confidence: 0.9388523975

00:04:30.320 --> 00:04:32.904 my first thought was to do an intervention

NOTE Confidence: 0.9388523975

00:04:32.904 --> 00:04:35.751 in the criminal justice system and maybe

NOTE Confidence: 0.9388523975

00:04:35.751 --> 00:04:37.857 in some ways replicate the findings

NOTE Confidence: 0.9388523975

00:04:37.857 --> 00:04:40.080 of the Concorde Prison experiment.

NOTE Confidence: 0.9388523975

00:04:40.080 --> 00:04:41.280 I've learned a lot about drug

NOTE Confidence: 0.9388523975

00:04:41.280 --> 00:04:42.080 development in the meantime.

NOTE Confidence: 0.9388523975

00:04:42.080 --> 00:04:42.682 Of course,

NOTE Confidence: 0.9388523975

00:04:42.682 --> 00:04:43.284 you know,

NOTE Confidence: 0.9388523975

00:04:43.284 --> 00:04:45.421 being in the criminal justice system is

NOTE Confidence: 0.9388523975

00:04:45.421 --> 00:04:47.318 not an indication that you can target.

NOTE Confidence: 0.9388523975

00:04:47.320 --> 00:04:48.853 But I was still hoping to do

NOTE Confidence: 0.9388523975

00:04:48.853 --> 00:04:50.399 that study in that population.

NOTE Confidence: 0.9388523975

00:04:50.400 --> 00:04:53.725 And the my colleague here at UAB

NOTE Confidence: 0.9388523975

00:04:53.725 --> 00:04:56.476 who was directing the the Community

NOTE Confidence: 0.9388523975

00:04:56.476 --> 00:04:59.440 Corrections Diversion program that I work in,

NOTE Confidence: 0.9388523975

00:04:59.440 --> 00:05:01.239 he was very receptive to the idea

NOTE Confidence: 0.9388523975

00:05:01.239 --> 00:05:02.967 because he had been friends with

NOTE Confidence: 0.9388523975

00:05:02.967 --> 00:05:04.755 Humphrey Osmond in the late 90s.

NOTE Confidence: 0.9388523975

00:05:04.760 --> 00:05:06.960 When Humphrey was here,

NOTE Confidence: 0.9388523975

00:05:06.960 --> 00:05:08.600 we ended up not going in that direction.

NOTE Confidence: 0.9388523975

00:05:08.600 --> 00:05:09.600 There were some cold feet,

NOTE Confidence: 0.9388523975

00:05:09.600 --> 00:05:10.756 as you might imagine,

NOTE Confidence: 0.9388523975

00:05:10.756 --> 00:05:12.490 at the last moment there were

NOTE Confidence: 0.9388523975

00:05:12.547 --> 00:05:15.040 some concerns about, you know,

NOTE Confidence: 0.9388523975

00:05:15.040 --> 00:05:16.650 political optics around doing a

NOTE Confidence: 0.9388523975

00:05:16.650 --> 00:05:18.260 study with the psychedelic and

NOTE Confidence: 0.9388523975

00:05:18.319 --> 00:05:19.687 the criminal justice population.

NOTE Confidence: 0.9388523975

00:05:19.687 --> 00:05:21.322 But that's something that I

NOTE Confidence: 0.9388523975

00:05:21.322 --> 00:05:22.840 think we will eventually do.

NOTE Confidence: 0.9388523975

00:05:22.840 --> 00:05:24.485 But I was very pleased to know

NOTE Confidence: 0.9388523975

00:05:24.485 --> 00:05:25.960 that Humphrey was here and there

NOTE Confidence: 0.9388523975

00:05:25.960 --> 00:05:27.394 were people here who knew him

NOTE Confidence: 0.9388523975

00:05:27.400 --> 00:05:29.143 and then even sort of tickled to

NOTE Confidence: 0.9388523975

00:05:29.143 --> 00:05:30.608 know that Timothy Leary graduated

NOTE Confidence: 0.9388523975

00:05:30.608 --> 00:05:32.278 from the University of Alabama.

NOTE Confidence: 0.9388523975

00:05:32.280 --> 00:05:32.489 So,

NOTE Confidence: 0.9388523975

00:05:32.489 --> 00:05:32.907 you know,

NOTE Confidence: 0.9388523975

00:05:32.907 --> 00:05:34.161 in some ways people think that

NOTE Confidence: 0.9388523975

00:05:34.161 --> 00:05:35.557 what we're doing makes no sense

NOTE Confidence: 0.9388523975

00:05:35.557 --> 00:05:37.119 because we're in the state we're in.

NOTE Confidence: 0.9388523975

00:05:37.120 --> 00:05:38.840 But we we have a long history here.

NOTE Confidence: 0.9388523975

00:05:38.840 --> 00:05:40.052 Not only that,

NOTE Confidence: 0.9388523975

00:05:40.052 --> 00:05:42.476 but it appears that the celosity

NOTE Confidence: 0.9388523975

00:05:42.476 --> 00:05:44.517 mushrooms grow rather prolifically in

NOTE Confidence: 0.9388523975

00:05:44.517 --> 00:05:47.584 the wild in this part of the world.

NOTE Confidence: 0.9388523975

00:05:47.584 --> 00:05:48.605 And you know Birmingham,

NOTE Confidence: 0.9388523975

00:05:48.605 --> 00:05:50.877 the city is a very blue dot and the Red Sea.

NOTE Confidence: 0.9388523975

00:05:50.880 --> 00:05:52.560 But you know the Red Sea tends to

NOTE Confidence: 0.9388523975

00:05:52.560 --> 00:05:54.128 be very libertarian in nature and

NOTE Confidence: 0.9388523975

00:05:54.128 --> 00:05:56.088 many of the people I've met in

NOTE Confidence: 0.9388523975

00:05:56.088 --> 00:05:57.443 those areas have shared stories

NOTE Confidence: 0.9388523975

00:05:57.443 --> 00:06:01.514 of of sort of routing the the cow

NOTE Confidence: 0.9388523975

00:06:01.514 --> 00:06:04.104 patties of of mushrooms and and

NOTE Confidence: 0.9388523975

00:06:04.104 --> 00:06:06.902 looking up at the stars and having a

NOTE Confidence: 0.9388523975

00:06:06.902 --> 00:06:08.528 positive experience in the in their

NOTE Confidence: 0.9388523975

00:06:08.528 --> 00:06:10.249 youth and that the government has

NOTE Confidence: 0.9388523975

00:06:10.249 --> 00:06:11.935 no business what telling us what

NOTE Confidence: 0.9388523975

00:06:11.991 --> 00:06:13.594 we can put in our bodies anyway.

NOTE Confidence: 0.9388523975

00:06:13.600 --> 00:06:14.752 So I haven't had much problem

NOTE Confidence: 0.9388523975

00:06:14.752 --> 00:06:15.520 doing the work here.

NOTE Confidence: 0.9388523975

00:06:15.520 --> 00:06:15.880 All right,

NOTE Confidence: 0.9388523975

00:06:15.880 --> 00:06:16.600 let's dive into it.

NOTE Confidence: 0.836088893333333

00:06:20.560 --> 00:06:24.372 OK. So many of you know classic

NOTE Confidence: 0.836088893333333

00:06:24.372 --> 00:06:26.032 psychedelics seem to be almost

NOTE Confidence: 0.836088893333333

00:06:26.032 --> 00:06:27.886 everywhere in nature in some ways

NOTE Confidence: 0.836088893333333

00:06:27.886 --> 00:06:29.877 and from what we can tell had been

NOTE Confidence: 0.836088893333333

00:06:29.877 --> 00:06:30.954 used throughout recorded history

NOTE Confidence: 0.836088893333333

00:06:30.954 --> 00:06:32.598 by a number of different cultures,

NOTE Confidence: 0.836088893333333

00:06:32.600 --> 00:06:35.160 usually in highly ritualized

NOTE Confidence: 0.836088893333333

00:06:35.160 --> 00:06:36.920 contexts and they appear to have

NOTE Confidence: 0.836088893333333

00:06:36.920 --> 00:06:38.040 been used to promote healing,

NOTE Confidence: 0.836088893333333

00:06:38.040 --> 00:06:39.640 divine the future, enhanced learning,

NOTE Confidence: 0.836088893333333

00:06:39.640 --> 00:06:40.620 facilitate the dining process.

NOTE Confidence: 0.836088893333333

00:06:40.620 --> 00:06:41.355 But you know,

NOTE Confidence: 0.836088893333333

00:06:41.360 --> 00:06:44.304 I should point out there there are also

NOTE Confidence: 0.836088893333333

00:06:44.304 --> 00:06:46.358 documented cases of of psychedelics,

NOTE Confidence: 0.836088893333333

00:06:46.360 --> 00:06:47.767 in particular philosophy,
NOTE Confidence: 0.8360888933333333

00:06:47.767 --> 00:06:50.112 mushrooms being used to facilitate
NOTE Confidence: 0.8360888933333333

00:06:50.112 --> 00:06:52.558 child psych sacrifice and warfare.
NOTE Confidence: 0.8360888933333333

00:06:52.560 --> 00:06:54.048 So they're not universally,
NOTE Confidence: 0.8360888933333333

00:06:54.048 --> 00:06:56.908 or they have not been universally used in
NOTE Confidence: 0.8360888933333333

00:06:56.908 --> 00:06:59.400 in the settings that we would think of as,
NOTE Confidence: 0.8360888933333333

00:06:59.400 --> 00:07:00.519 you know, benevolent.
NOTE Confidence: 0.8761793533333333

00:07:03.640 --> 00:07:04.360 The Western world,
NOTE Confidence: 0.8761793533333333

00:07:04.360 --> 00:07:05.800 again many of us probably knew,
NOTE Confidence: 0.8761793533333333

00:07:05.800 --> 00:07:07.504 forgot about Psilocybin,
NOTE Confidence: 0.8761793533333333

00:07:07.504 --> 00:07:10.544 it appears, until our Gordon Wasson,
NOTE Confidence: 0.8761793533333333

00:07:10.544 --> 00:07:13.400 that gentleman there on the right,
NOTE Confidence: 0.8761793533333333

00:07:13.400 --> 00:07:16.600 made contact Maria Sabina here
NOTE Confidence: 0.8761793533333333

00:07:16.600 --> 00:07:19.510 and was allowed to participate
NOTE Confidence: 0.8761793533333333

00:07:19.510 --> 00:07:22.879 in a a mushroom ceremony.
NOTE Confidence: 0.8761793533333333

00:07:22.880 --> 00:07:25.637 A little known fact is that our

NOTE Confidence: 0.8761793533333333

00:07:25.637 --> 00:07:27.299 Gordon Wasson was asked by Maria

NOTE Confidence: 0.8761793533333333

00:07:27.299 --> 00:07:29.357 not to reveal her name or location,

NOTE Confidence: 0.8761793533333333

00:07:29.360 --> 00:07:31.600 and he apparently promised not to do so,

NOTE Confidence: 0.8761793533333333

00:07:31.600 --> 00:07:33.230 but almost immediately revealed her

NOTE Confidence: 0.8761793533333333

00:07:33.230 --> 00:07:35.400 name and location in Life magazine.

NOTE Confidence: 0.8761793533333333

00:07:35.400 --> 00:07:37.059 And then in a book that he

NOTE Confidence: 0.8761793533333333

00:07:37.059 --> 00:07:38.120 wrote with his wife,

NOTE Confidence: 0.8761793533333333

00:07:38.120 --> 00:07:40.055 she really regretted having ever

NOTE Confidence: 0.8761793533333333

00:07:40.055 --> 00:07:41.990 introduced him to the ceremony

NOTE Confidence: 0.8761793533333333

00:07:42.056 --> 00:07:43.728 and allowing him to participate

NOTE Confidence: 0.8761793533333333

00:07:43.728 --> 00:07:46.346 because there was sort of an influx

NOTE Confidence: 0.8761793533333333

00:07:46.346 --> 00:07:48.530 of of hippies at the time that

NOTE Confidence: 0.8761793533333333

00:07:48.530 --> 00:07:50.757 made life very difficult for her.

NOTE Confidence: 0.8761793533333333

00:07:50.760 --> 00:07:52.400 Also a little known fact is that our

NOTE Confidence: 0.8761793533333333

00:07:52.400 --> 00:07:54.039 Gordon Wasson may have been on the payroll.

NOTE Confidence: 0.8761793533333333

00:07:54.040 --> 00:07:55.480 The CIA may not have known,
NOTE Confidence: 0.8761793533333333

00:07:55.480 --> 00:07:59.038 but his activities may have been,
NOTE Confidence: 0.8761793533333333

00:07:59.040 --> 00:08:00.800 may have been funded in part by the
NOTE Confidence: 0.8761793533333333

00:08:00.800 --> 00:08:02.656 CIA that was very interested in
NOTE Confidence: 0.8761793533333333

00:08:02.656 --> 00:08:03.796 discovering psychoactive medications
NOTE Confidence: 0.8761793533333333

00:08:03.796 --> 00:08:06.582 that might be weaponized or they could
NOTE Confidence: 0.8761793533333333

00:08:06.582 --> 00:08:08.440 enhance interrogation techniques.
NOTE Confidence: 0.8761793533333333

00:08:08.440 --> 00:08:09.432 So there's there's a,
NOTE Confidence: 0.8761793533333333

00:08:09.432 --> 00:08:11.240 there's a bit of a troubled history
NOTE Confidence: 0.8761793533333333

00:08:11.240 --> 00:08:12.818 and I think sometimes the story
NOTE Confidence: 0.8761793533333333

00:08:12.818 --> 00:08:14.677 that we hear in some circles that
NOTE Confidence: 0.8761793533333333

00:08:14.680 --> 00:08:16.072 psychedelics have always been
NOTE Confidence: 0.8761793533333333

00:08:16.072 --> 00:08:18.160 used for good and that that,
NOTE Confidence: 0.8761793533333333

00:08:18.160 --> 00:08:18.754 you know,
NOTE Confidence: 0.8761793533333333

00:08:18.754 --> 00:08:20.536 the stories around their discovery by
NOTE Confidence: 0.8761793533333333

00:08:20.536 --> 00:08:24.040 Western medicine are generally happy tails.

NOTE Confidence: 0.8761793533333333

00:08:24.040 --> 00:08:26.040 Unfortunately just not true.

NOTE Confidence: 0.8761793533333333

00:08:26.040 --> 00:08:28.238 And I think like almost anything we

NOTE Confidence: 0.8761793533333333

00:08:28.238 --> 00:08:30.919 might do or any any drug that exists,

NOTE Confidence: 0.8761793533333333

00:08:30.920 --> 00:08:33.200 it could be beneficial or harmful.

NOTE Confidence: 0.8761793533333333

00:08:33.200 --> 00:08:34.958 It really depends on the circumstances.

NOTE Confidence: 0.83160601875

00:08:38.360 --> 00:08:40.320 A new slide I've added to my presentation,

NOTE Confidence: 0.83160601875

00:08:40.320 --> 00:08:42.154 this is a slug eating a mushroom.

NOTE Confidence: 0.83160601875

00:08:42.160 --> 00:08:44.080 So apparently slugs and snails

NOTE Confidence: 0.83160601875

00:08:44.080 --> 00:08:46.000 have a preference for mushrooms.

NOTE Confidence: 0.83160601875

00:08:46.000 --> 00:08:47.836 It's one of their favorite meals

NOTE Confidence: 0.83160601875

00:08:47.840 --> 00:08:51.200 and one question is why do some

NOTE Confidence: 0.83160601875

00:08:51.200 --> 00:08:52.640 mushrooms produce psilocybin?

NOTE Confidence: 0.83160601875

00:08:52.640 --> 00:08:53.608 We don't really know,

NOTE Confidence: 0.83160601875

00:08:53.608 --> 00:08:55.376 but it it seems that the the

NOTE Confidence: 0.83160601875

00:08:55.376 --> 00:08:56.954 research would point to it being

NOTE Confidence: 0.83160601875

00:08:56.954 --> 00:08:58.480 a a gastropod anti feedant,
NOTE Confidence: 0.83160601875

00:08:58.480 --> 00:09:00.540 meaning it prevents slugs and
NOTE Confidence: 0.83160601875

00:09:00.540 --> 00:09:02.600 snails from eating the mushroom.
NOTE Confidence: 0.83160601875

00:09:02.600 --> 00:09:05.208 So so any slugger snail eating a psilosopy
NOTE Confidence: 0.83160601875

00:09:05.208 --> 00:09:07.680 would get disoriented and wander away.
NOTE Confidence: 0.83160601875

00:09:07.680 --> 00:09:09.750 It just so happens that it has the effects
NOTE Confidence: 0.83160601875

00:09:09.750 --> 00:09:11.677 it has in the human nervous system,
NOTE Confidence: 0.83160601875

00:09:11.680 --> 00:09:12.901 which are fascinating.
NOTE Confidence: 0.83160601875

00:09:12.901 --> 00:09:16.525 But I I sometimes like to mention this just
NOTE Confidence: 0.83160601875

00:09:16.525 --> 00:09:19.317 to in some ways de demystify the drug.
NOTE Confidence: 0.83160601875

00:09:19.320 --> 00:09:19.851 I I mean,
NOTE Confidence: 0.83160601875

00:09:19.851 --> 00:09:21.440 I think it is really interesting and special,
NOTE Confidence: 0.83160601875

00:09:21.440 --> 00:09:22.777 but also it isn't in that it
NOTE Confidence: 0.83160601875

00:09:22.777 --> 00:09:23.960 it serves as a pesticide,
NOTE Confidence: 0.83160601875

00:09:23.960 --> 00:09:25.292 like many psychoactive substances
NOTE Confidence: 0.83160601875

00:09:25.292 --> 00:09:26.957 we find in in nature.

NOTE Confidence: 0.857303661666667
00:09:29.240 --> 00:09:30.680 I do want to mention LSD.
NOTE Confidence: 0.857303661666667
00:09:30.680 --> 00:09:33.440 Many of you again know quite a bit about it.
NOTE Confidence: 0.857303661666667
00:09:33.440 --> 00:09:35.656 Albert Hoffman discovered LSD.
NOTE Confidence: 0.857303661666667
00:09:35.656 --> 00:09:38.304 Albert Hoffman also isolated and
NOTE Confidence: 0.857303661666667
00:09:38.304 --> 00:09:40.272 synthesized psilocybin from a
NOTE Confidence: 0.857303661666667
00:09:40.272 --> 00:09:42.836 batch of mushrooms that Maria
NOTE Confidence: 0.857303661666667
00:09:42.836 --> 00:09:46.552 Sabena provided and Al Hubbard,
NOTE Confidence: 0.857303661666667
00:09:46.552 --> 00:09:48.532 this gentleman dressed as a
NOTE Confidence: 0.857303661666667
00:09:48.532 --> 00:09:50.559 police officer in the middle,
NOTE Confidence: 0.857303661666667
00:09:50.560 --> 00:09:52.520 worked with Humphrey Osmond
NOTE Confidence: 0.857303661666667
00:09:52.520 --> 00:09:54.480 and really pioneered it.
NOTE Confidence: 0.857303661666667
00:09:54.480 --> 00:09:57.180 It would appear these early models
NOTE Confidence: 0.857303661666667
00:09:57.180 --> 00:10:00.240 of of treatment with with a
NOTE Confidence: 0.857303661666667
00:10:00.240 --> 00:10:03.104 psychedelic in particular LSD and I'm.
NOTE Confidence: 0.857303661666667
00:10:03.104 --> 00:10:05.216 I was really surprised to learn
NOTE Confidence: 0.857303661666667

00:10:05.216 --> 00:10:08.104 years ago that many of the treatment
NOTE Confidence: 0.857303661666667

00:10:08.104 --> 00:10:10.694 elements or components that are used
NOTE Confidence: 0.857303661666667

00:10:10.694 --> 00:10:13.376 today that started at Hopkins were
NOTE Confidence: 0.857303661666667

00:10:13.376 --> 00:10:15.320 originally pioneered by Al Hubbard,
NOTE Confidence: 0.857303661666667

00:10:15.320 --> 00:10:18.757 who was a Kentucky high school dropout,
NOTE Confidence: 0.857303661666667

00:10:18.760 --> 00:10:21.310 but nonetheless a very smart
NOTE Confidence: 0.857303661666667

00:10:21.310 --> 00:10:22.840 and entrepreneurial fellow.
NOTE Confidence: 0.857303661666667

00:10:22.840 --> 00:10:24.149 And I don't know that he was
NOTE Confidence: 0.857303661666667

00:10:24.149 --> 00:10:25.400 actually ever a police officer,
NOTE Confidence: 0.857303661666667

00:10:25.400 --> 00:10:27.283 but it sounds like he was a
NOTE Confidence: 0.857303661666667

00:10:27.283 --> 00:10:28.880 little bit of a huckster.
NOTE Confidence: 0.857303661666667

00:10:28.880 --> 00:10:31.720 And here he is again with Humphrey Osmond.
NOTE Confidence: 0.857303661666667

00:10:31.720 --> 00:10:33.040 Albert Hoffman's on the left.
NOTE Confidence: 0.857303661666667

00:10:33.040 --> 00:10:34.204 And as I mentioned,
NOTE Confidence: 0.857303661666667

00:10:34.204 --> 00:10:35.077 even with LSD,
NOTE Confidence: 0.857303661666667

00:10:35.080 --> 00:10:37.540 that the CIA was especially interested

NOTE Confidence: 0.857303661666667
00:10:37.540 --> 00:10:39.998 in what what promised LSD might hold is.
NOTE Confidence: 0.857303661666667
00:10:40.000 --> 00:10:42.048 A mind control drug is a drug that
NOTE Confidence: 0.857303661666667
00:10:42.048 --> 00:10:43.960 could produce the Manchurian Candidate,
NOTE Confidence: 0.857303661666667
00:10:43.960 --> 00:10:45.085 so to speak,
NOTE Confidence: 0.857303661666667
00:10:45.085 --> 00:10:46.960 and seems like they discovered
NOTE Confidence: 0.857303661666667
00:10:46.960 --> 00:10:49.240 better drugs along the way.
NOTE Confidence: 0.857303661666667
00:10:49.240 --> 00:10:52.075 But there's even more you might read,
NOTE Confidence: 0.857303661666667
00:10:52.080 --> 00:10:54.280 including a book called Poisoner
NOTE Confidence: 0.857303661666667
00:10:54.280 --> 00:10:56.480 in Chief about Sidney Gottlieb
NOTE Confidence: 0.857303661666667
00:10:56.550 --> 00:10:59.425 and a recent book called Chaos
NOTE Confidence: 0.857303661666667
00:10:59.425 --> 00:11:01.064 about Charlie Manson.
NOTE Confidence: 0.857303661666667
00:11:01.064 --> 00:11:03.292 And you know, it's speculative,
NOTE Confidence: 0.857303661666667
00:11:03.292 --> 00:11:04.436 but you know it.
NOTE Confidence: 0.857303661666667
00:11:04.440 --> 00:11:06.729 It appears that the number of people
NOTE Confidence: 0.857303661666667
00:11:06.729 --> 00:11:08.931 were working with psychedelics and and
NOTE Confidence: 0.857303661666667

00:11:08.931 --> 00:11:11.235 trying to determine what they might,
NOTE Confidence: 0.857303661666667

00:11:11.240 --> 00:11:12.840 what they might do with them and how
NOTE Confidence: 0.857303661666667

00:11:12.840 --> 00:11:14.478 they might manipulate people with them.
NOTE Confidence: 0.857303661666667

00:11:14.480 --> 00:11:16.775 And I think you know the the we'll
NOTE Confidence: 0.857303661666667

00:11:16.775 --> 00:11:18.000 we'll have to look at this further.
NOTE Confidence: 0.857303661666667

00:11:18.000 --> 00:11:19.638 But we do know that psychedelics do
NOTE Confidence: 0.857303661666667

00:11:19.638 --> 00:11:21.119 indeed make people more suggestible.
NOTE Confidence: 0.857303661666667

00:11:21.120 --> 00:11:22.660 And I think that's something that we
NOTE Confidence: 0.857303661666667

00:11:22.660 --> 00:11:24.399 we need to be on the lookout for,
NOTE Confidence: 0.857303661666667

00:11:24.400 --> 00:11:26.428 especially as as states legalize these
NOTE Confidence: 0.857303661666667

00:11:26.428 --> 00:11:28.319 compounds you know state by state.
NOTE Confidence: 0.857303661666667

00:11:28.320 --> 00:11:30.000 I think the possibility that that
NOTE Confidence: 0.857303661666667

00:11:30.000 --> 00:11:31.680 people might be especially vulnerable,
NOTE Confidence: 0.857303661666667

00:11:31.680 --> 00:11:33.180 especially outside of very carefully
NOTE Confidence: 0.857303661666667

00:11:33.180 --> 00:11:34.080 controlled medical settings,
NOTE Confidence: 0.857303661666667

00:11:34.080 --> 00:11:34.520 is high,

NOTE Confidence: 0.843880451666667

00:11:37.720 --> 00:11:39.916 but still one of my favorite pieces

NOTE Confidence: 0.843880451666667

00:11:39.916 --> 00:11:42.688 of one of my favorite documents from

NOTE Confidence: 0.843880451666667

00:11:42.688 --> 00:11:45.976 that first era of psychedelic research.

NOTE Confidence: 0.843880451666667

00:11:45.976 --> 00:11:47.920 And Al Hubbard, as I mentioned,

NOTE Confidence: 0.843880451666667

00:11:47.920 --> 00:11:49.660 was quite the character.

NOTE Confidence: 0.843880451666667

00:11:49.660 --> 00:11:52.270 Not only was he, you know,

NOTE Confidence: 0.843880451666667

00:11:52.270 --> 00:11:54.880 a high school dropout from Kentucky,

NOTE Confidence: 0.843880451666667

00:11:54.880 --> 00:11:57.076 he's also apparently a devout Catholic.

NOTE Confidence: 0.843880451666667

00:11:57.080 --> 00:12:00.930 And he had this idea that he might get

NOTE Confidence: 0.843880451666667

00:12:00.930 --> 00:12:03.580 support from Catholic leadership and

NOTE Confidence: 0.843880451666667

00:12:03.580 --> 00:12:06.404 and the there might be some support for

NOTE Confidence: 0.843880451666667

00:12:06.404 --> 00:12:08.679 this as a spiritual practice of sorts.

NOTE Confidence: 0.843880451666667

00:12:08.680 --> 00:12:10.900 And and this is something we

NOTE Confidence: 0.843880451666667

00:12:10.900 --> 00:12:12.843 hear today in some corners,

NOTE Confidence: 0.843880451666667

00:12:12.843 --> 00:12:15.249 that that psychedelics might find a

NOTE Confidence: 0.843880451666667

00:12:15.249 --> 00:12:17.799 place and organize religion and that
NOTE Confidence: 0.843880451666667

00:12:17.800 --> 00:12:19.265 religious professionals might even play
NOTE Confidence: 0.843880451666667

00:12:19.265 --> 00:12:21.200 a role in administering these compounds.
NOTE Confidence: 0.843880451666667

00:12:21.200 --> 00:12:23.860 Well, Al Hubbard was able to administer
NOTE Confidence: 0.843880451666667

00:12:23.860 --> 00:12:27.174 LSD to a Reverend Brown at the Cathedral
NOTE Confidence: 0.843880451666667

00:12:27.174 --> 00:12:29.830 of the Holy Rosary in Vancouver
NOTE Confidence: 0.843880451666667

00:12:29.830 --> 00:12:32.680 that that church is still there.
NOTE Confidence: 0.843880451666667

00:12:32.680 --> 00:12:34.056 And after his experience,
NOTE Confidence: 0.843880451666667

00:12:34.056 --> 00:12:36.120 this priest wrote to his congregation.
NOTE Confidence: 0.843880451666667

00:12:36.120 --> 00:12:38.888 And I think this is a good example
NOTE Confidence: 0.843880451666667

00:12:38.888 --> 00:12:41.026 here of of what what people thought
NOTE Confidence: 0.843880451666667

00:12:41.026 --> 00:12:42.598 of LSD in those early days.
NOTE Confidence: 0.843880451666667

00:12:42.600 --> 00:12:45.464 It wasn't a sensationalized drug at all.
NOTE Confidence: 0.843880451666667

00:12:45.464 --> 00:12:47.336 And here you have a representative
NOTE Confidence: 0.843880451666667

00:12:47.336 --> 00:12:48.964 from a long standing,
NOTE Confidence: 0.843880451666667

00:12:48.964 --> 00:12:50.470 rather orthodox institution

NOTE Confidence: 0.843880451666667
00:12:50.470 --> 00:12:52.478 raving about his experience.
NOTE Confidence: 0.843880451666667
00:12:52.480 --> 00:12:53.158 From my perspective,
NOTE Confidence: 0.843880451666667
00:12:53.158 --> 00:12:54.514 in case you can't read it,
NOTE Confidence: 0.843880451666667
00:12:54.520 --> 00:12:55.298 it says,
NOTE Confidence: 0.843880451666667
00:12:55.298 --> 00:12:55.687 friends,
NOTE Confidence: 0.843880451666667
00:12:55.687 --> 00:12:57.243 true scientific knowledge is
NOTE Confidence: 0.843880451666667
00:12:57.243 --> 00:12:59.449 the honorable objective of man's
NOTE Confidence: 0.843880451666667
00:12:59.449 --> 00:13:00.916 inquisitive intellectual faculties.
NOTE Confidence: 0.843880451666667
00:13:00.920 --> 00:13:02.920 The sciences have divided into
NOTE Confidence: 0.843880451666667
00:13:02.920 --> 00:13:04.368 myriad sections the vast,
NOTE Confidence: 0.843880451666667
00:13:04.368 --> 00:13:05.988 seemingly limitless data that is
NOTE Confidence: 0.843880451666667
00:13:05.988 --> 00:13:06.960 ours to learn.
NOTE Confidence: 0.843880451666667
00:13:06.960 --> 00:13:07.746 Over the centuries,
NOTE Confidence: 0.843880451666667
00:13:07.746 --> 00:13:08.794 man has gained collectively,
NOTE Confidence: 0.843880451666667
00:13:08.800 --> 00:13:11.158 drawing on his predecessors and sharing
NOTE Confidence: 0.843880451666667

00:13:11.158 --> 00:13:13.480 with his colleagues and successors.
NOTE Confidence: 0.843880451666667

00:13:13.480 --> 00:13:15.125 Each division of scientific knowledge
NOTE Confidence: 0.843880451666667

00:13:15.125 --> 00:13:16.770 has proved proof conclusive of
NOTE Confidence: 0.843880451666667

00:13:16.827 --> 00:13:18.075 the supreme Being responsible
NOTE Confidence: 0.843880451666667

00:13:18.075 --> 00:13:19.635 for the perfection of order,
NOTE Confidence: 0.843880451666667

00:13:19.640 --> 00:13:21.400 our scientific minds and cover.
NOTE Confidence: 0.843880451666667

00:13:21.400 --> 00:13:23.080 We are aware of man's pal ability and
NOTE Confidence: 0.843880451666667

00:13:23.080 --> 00:13:25.076 will be protected in our studies by
NOTE Confidence: 0.843880451666667

00:13:25.076 --> 00:13:26.292 that understanding and recognition
NOTE Confidence: 0.843880451666667

00:13:26.292 --> 00:13:28.084 of the first 'cause of all created
NOTE Confidence: 0.843880451666667

00:13:28.084 --> 00:13:29.880 things and the laws that govern them.
NOTE Confidence: 0.843880451666667

00:13:29.880 --> 00:13:31.560 So there's some set up here.
NOTE Confidence: 0.843880451666667

00:13:31.560 --> 00:13:33.492 He's taking some care to then
NOTE Confidence: 0.843880451666667

00:13:33.492 --> 00:13:35.840 say in this what 5th paragraph.
NOTE Confidence: 0.843880451666667

00:13:35.840 --> 00:13:37.235 We therefore approach the study
NOTE Confidence: 0.843880451666667

00:13:37.235 --> 00:13:38.630 of these psychedelics and their

NOTE Confidence: 0.843880451666667
00:13:38.675 --> 00:13:39.959 influence in the mind of man.
NOTE Confidence: 0.843880451666667
00:13:39.960 --> 00:13:41.560 Anxious to discover whatever
NOTE Confidence: 0.843880451666667
00:13:41.560 --> 00:13:42.760 attributes they possess,
NOTE Confidence: 0.843880451666667
00:13:42.760 --> 00:13:43.906 respectfully evaluating their
NOTE Confidence: 0.843880451666667
00:13:43.906 --> 00:13:46.198 proper place in the divine economy,
NOTE Confidence: 0.843880451666667
00:13:46.200 --> 00:13:47.916 we humbly ask our Heavenly Mother,
NOTE Confidence: 0.843880451666667
00:13:47.920 --> 00:13:48.595 the Virgin Mary,
NOTE Confidence: 0.843880451666667
00:13:48.595 --> 00:13:50.718 help of all who call upon her to aid
NOTE Confidence: 0.843880451666667
00:13:50.718 --> 00:13:52.461 us to know and understand the true
NOTE Confidence: 0.843880451666667
00:13:52.461 --> 00:13:53.838 qualities of these psychedelics,
NOTE Confidence: 0.843880451666667
00:13:53.840 --> 00:13:55.495 the full capacities of man's
NOTE Confidence: 0.843880451666667
00:13:55.495 --> 00:13:56.157 noblest faculties.
NOTE Confidence: 0.843880451666667
00:13:56.160 --> 00:13:57.720 And according to God's laws,
NOTE Confidence: 0.843880451666667
00:13:57.720 --> 00:13:59.169 you use them for the benefit of
NOTE Confidence: 0.843880451666667
00:13:59.169 --> 00:14:00.359 mankind here and in eternity.
NOTE Confidence: 0.23526476

00:14:04.680 --> 00:14:05.964 OK, that's not a question.
NOTE Confidence: 0.23526476

00:14:05.964 --> 00:14:08.920 I thought it was. Somebody might want
NOTE Confidence: 0.721620814

00:14:12.080 --> 00:14:14.360 to turn off their microphone.
NOTE Confidence: 0.721620814

00:14:14.360 --> 00:14:15.720 Can we mute, please?
NOTE Confidence: 0.5513042625

00:14:18.360 --> 00:14:19.560 I'll just keep talking.
NOTE Confidence: 0.5513042625

00:14:19.560 --> 00:14:22.520 I have the power. OK, good.
NOTE Confidence: 0.5513042625

00:14:22.520 --> 00:14:23.880 There we go. I mean,
NOTE Confidence: 0.5513042625

00:14:23.880 --> 00:14:25.240 this is interesting for me to see too,
NOTE Confidence: 0.5513042625

00:14:25.240 --> 00:14:27.032 because some people are now aware of a
NOTE Confidence: 0.5513042625

00:14:27.032 --> 00:14:28.719 book written by a man named Brian Moore,
NOTE Confidence: 0.5513042625

00:14:28.720 --> 00:14:30.436 a rescue called the Immortality Key.
NOTE Confidence: 0.5513042625

00:14:30.440 --> 00:14:33.146 And there's some argument here that
NOTE Confidence: 0.5513042625

00:14:33.146 --> 00:14:35.960 early Christians were using psychedelics,
NOTE Confidence: 0.5513042625

00:14:35.960 --> 00:14:38.662 that a practice passed down by
NOTE Confidence: 0.5513042625

00:14:38.662 --> 00:14:40.964 the Greeks or that had been a part
NOTE Confidence: 0.5513042625

00:14:40.964 --> 00:14:42.480 of Greek tradition had had been

NOTE Confidence: 0.5513042625

00:14:42.480 --> 00:14:45.156 incorporated into I guess the the,

NOTE Confidence: 0.5513042625

00:14:45.160 --> 00:14:46.560 the, the Eucharist, you know,

NOTE Confidence: 0.5513042625

00:14:46.560 --> 00:14:49.008 the the, the Christian tradition of

NOTE Confidence: 0.5513042625

00:14:49.008 --> 00:14:51.959 of wine and bread during the Mass.

NOTE Confidence: 0.5513042625

00:14:51.960 --> 00:14:52.840 I, as I understand it,

NOTE Confidence: 0.5513042625

00:14:52.840 --> 00:14:55.216 most proper scholars reject the idea

NOTE Confidence: 0.5513042625

00:14:55.216 --> 00:14:58.518 or scoff at it is rather ridiculous.

NOTE Confidence: 0.5513042625

00:14:58.520 --> 00:15:00.398 But we still see today now,

NOTE Confidence: 0.5513042625

00:15:00.400 --> 00:15:01.920 as we did in 1957,

NOTE Confidence: 0.5513042625

00:15:01.920 --> 00:15:03.280 the date of this letter,

NOTE Confidence: 0.5513042625

00:15:03.280 --> 00:15:06.157 this idea that there should be some

NOTE Confidence: 0.5513042625

00:15:06.160 --> 00:15:08.760 embrace of psychedelics by religious

NOTE Confidence: 0.5513042625

00:15:08.760 --> 00:15:10.840 institutions and religious professionals.

NOTE Confidence: 0.5513042625

00:15:10.840 --> 00:15:13.080 I'm, I'm not opposed to that necessarily,

NOTE Confidence: 0.5513042625

00:15:13.080 --> 00:15:14.068 but I think it's,

NOTE Confidence: 0.5513042625

00:15:14.068 --> 00:15:15.550 it seems to be an intuitive
NOTE Confidence: 0.5513042625

00:15:15.610 --> 00:15:17.480 conclusion that many people reach.
NOTE Confidence: 0.940625103636364

00:15:19.680 --> 00:15:21.332 So you know, the question is always
NOTE Confidence: 0.940625103636364

00:15:21.332 --> 00:15:22.680 what happened to psychedelics?
NOTE Confidence: 0.940625103636364

00:15:22.680 --> 00:15:25.480 And you know, I think a common
NOTE Confidence: 0.940625103636364

00:15:25.480 --> 00:15:27.124 explanation is, well, yeah,
NOTE Confidence: 0.940625103636364

00:15:27.124 --> 00:15:29.548 there there was a lot happening in
NOTE Confidence: 0.940625103636364

00:15:29.548 --> 00:15:31.939 the late 60s and they got caught up
NOTE Confidence: 0.940625103636364

00:15:31.939 --> 00:15:33.428 in the social and political tumult.
NOTE Confidence: 0.940625103636364

00:15:33.428 --> 00:15:34.850 And I I generally seem to
NOTE Confidence: 0.940625103636364

00:15:34.895 --> 00:15:36.080 think that that's the case,
NOTE Confidence: 0.940625103636364

00:15:36.080 --> 00:15:37.080 although I'm not a historian.
NOTE Confidence: 0.940625103636364

00:15:37.080 --> 00:15:37.876 What do I know?
NOTE Confidence: 0.940625103636364

00:15:37.876 --> 00:15:39.445 I can say that there was tremendous
NOTE Confidence: 0.940625103636364

00:15:39.445 --> 00:15:41.060 interest in the scientific community
NOTE Confidence: 0.940625103636364

00:15:41.060 --> 00:15:43.187 and it was really interesting for me

NOTE Confidence: 0.940625103636364
00:15:43.187 --> 00:15:45.000 to learn early on that there were
NOTE Confidence: 0.940625103636364
00:15:45.000 --> 00:15:46.845 over 1000 clinical studies that
NOTE Confidence: 0.940625103636364
00:15:46.845 --> 00:15:49.103 were conducted mostly with LSD where
NOTE Confidence: 0.940625103636364
00:15:49.103 --> 00:15:51.209 where around 40,000 people or so
NOTE Confidence: 0.940625103636364
00:15:51.209 --> 00:15:53.040 were administered as psychedelic,
NOTE Confidence: 0.940625103636364
00:15:53.040 --> 00:15:55.520 mostly LSD.
NOTE Confidence: 0.940625103636364
00:15:55.520 --> 00:15:58.880 And we saw a range of really
NOTE Confidence: 0.940625103636364
00:15:58.880 --> 00:15:59.984 interesting pieces of work.
NOTE Confidence: 0.940625103636364
00:15:59.984 --> 00:16:01.807 So I mean keep in mind of course
NOTE Confidence: 0.940625103636364
00:16:01.807 --> 00:16:03.357 the language was not especially
NOTE Confidence: 0.940625103636364
00:16:03.357 --> 00:16:04.597 sensitive at the time,
NOTE Confidence: 0.940625103636364
00:16:04.600 --> 00:16:07.120 but here was a study on LSD in the
NOTE Confidence: 0.940625103636364
00:16:07.120 --> 00:16:09.000 treatment of criminal psychopaths,
NOTE Confidence: 0.940625103636364
00:16:09.000 --> 00:16:09.720 you know,
NOTE Confidence: 0.940625103636364
00:16:09.720 --> 00:16:11.880 so there was interest in recidivism.
NOTE Confidence: 0.940625103636364

00:16:11.880 --> 00:16:13.016 There was a publication,
NOTE Confidence: 0.940625103636364

00:16:13.016 --> 00:16:15.060 a number of publications on LSD in
NOTE Confidence: 0.940625103636364

00:16:15.060 --> 00:16:16.794 the treatment of alcohol use disorder
NOTE Confidence: 0.940625103636364

00:16:16.800 --> 00:16:20.440 and it was really the most focused,
NOTE Confidence: 0.940625103636364

00:16:20.440 --> 00:16:22.378 it appears in alcohol use disorder
NOTE Confidence: 0.940625103636364

00:16:22.378 --> 00:16:24.320 and end of life distress.
NOTE Confidence: 0.940625103636364

00:16:24.320 --> 00:16:26.476 Now a very highly cited study given
NOTE Confidence: 0.940625103636364

00:16:26.476 --> 00:16:28.942 the fact that we're in the midst of
NOTE Confidence: 0.940625103636364

00:16:28.942 --> 00:16:30.483 an opioid crisis but publication
NOTE Confidence: 0.940625103636364

00:16:30.483 --> 00:16:32.661 and and the archives of general
NOTE Confidence: 0.940625103636364

00:16:32.661 --> 00:16:34.585 psychiatry which we now know is
NOTE Confidence: 0.940625103636364

00:16:34.585 --> 00:16:36.398 JAMA Psychiatry on the use of LSD
NOTE Confidence: 0.940625103636364

00:16:36.458 --> 00:16:38.360 for opiate use disorder and these
NOTE Confidence: 0.940625103636364

00:16:38.360 --> 00:16:40.392 findings look quite promising.
NOTE Confidence: 0.940625103636364

00:16:40.392 --> 00:16:43.440 In a fairly well conducted study
NOTE Confidence: 0.940625103636364

00:16:43.440 --> 00:16:44.952 there was also the interest in LSD

NOTE Confidence: 0.940625103636364
00:16:44.952 --> 00:16:46.638 and the treatment of end of life distress.
NOTE Confidence: 0.940625103636364
00:16:46.640 --> 00:16:48.635 This was a publication in in JAMA.
NOTE Confidence: 0.940625103636364
00:16:48.640 --> 00:16:51.160 I want to point out often to my
NOTE Confidence: 0.940625103636364
00:16:51.160 --> 00:16:52.930 colleagues that these these manuscripts
NOTE Confidence: 0.940625103636364
00:16:52.930 --> 00:16:55.120 were not published in fringe journals.
NOTE Confidence: 0.940625103636364
00:16:55.120 --> 00:16:57.304 These are to this day very
NOTE Confidence: 0.940625103636364
00:16:57.304 --> 00:16:58.396 highly respected journals.
NOTE Confidence: 0.940625103636364
00:16:58.400 --> 00:16:59.792 In the psychological Bulletin,
NOTE Confidence: 0.940625103636364
00:16:59.792 --> 00:17:02.215 which is sort of the the the
NOTE Confidence: 0.940625103636364
00:17:02.215 --> 00:17:03.890 leading journal of the American
NOTE Confidence: 0.940625103636364
00:17:03.890 --> 00:17:04.560 Psychological Association,
NOTE Confidence: 0.940625103636364
00:17:04.560 --> 00:17:08.960 we saw publications on the effects of LSD.
NOTE Confidence: 0.940625103636364
00:17:08.960 --> 00:17:11.298 Now a a very nice meta analysis
NOTE Confidence: 0.940625103636364
00:17:11.298 --> 00:17:13.375 conducted this was back in 2012
NOTE Confidence: 0.940625103636364
00:17:13.375 --> 00:17:16.585 by the Norwegian couple Krebs and
NOTE Confidence: 0.940625103636364

00:17:16.585 --> 00:17:18.532 Johansson gathered some of the
NOTE Confidence: 0.940625103636364

00:17:18.532 --> 00:17:20.297 more rigorous studies that were
NOTE Confidence: 0.940625103636364

00:17:20.297 --> 00:17:22.129 conducted at the time between 1966
NOTE Confidence: 0.940625103636364

00:17:22.129 --> 00:17:24.432 and 1970 on LSD and the treatment
NOTE Confidence: 0.940625103636364

00:17:24.432 --> 00:17:26.566 of alcohol use disorder and they
NOTE Confidence: 0.940625103636364

00:17:26.566 --> 00:17:28.666 reported an odds ratio here of
NOTE Confidence: 0.940625103636364

00:17:28.734 --> 00:17:31.194 almost two favoring the the LSD
NOTE Confidence: 0.940625103636364

00:17:31.194 --> 00:17:33.240 intervention over the control in in.
NOTE Confidence: 0.940625103636364

00:17:33.240 --> 00:17:34.640 In many ways when I saw this,
NOTE Confidence: 0.940625103636364

00:17:34.640 --> 00:17:37.398 at least quite surprising to me because
NOTE Confidence: 0.940625103636364

00:17:37.400 --> 00:17:39.839 prior to my exposure to this line of work,
NOTE Confidence: 0.940625103636364

00:17:39.840 --> 00:17:42.340 the assumption was that psychedelics
NOTE Confidence: 0.940625103636364

00:17:42.340 --> 00:17:44.420 are dangerous and addictive and that
NOTE Confidence: 0.940625103636364

00:17:44.420 --> 00:17:46.000 they have no medical application.
NOTE Confidence: 0.940625103636364

00:17:46.000 --> 00:17:46.576 That's what.
NOTE Confidence: 0.940625103636364

00:17:46.576 --> 00:17:48.016 That's what their placement and

NOTE Confidence: 0.940625103636364
00:17:48.016 --> 00:17:49.399 schedule one precisely would mean.
NOTE Confidence: 0.940625103636364
00:17:49.400 --> 00:17:51.514 But the the data would suggest otherwise.
NOTE Confidence: 0.940625103636364
00:17:51.520 --> 00:17:52.156 And what's really interesting,
NOTE Confidence: 0.940625103636364
00:17:52.156 --> 00:17:53.560 I don't know if you can see my cursor,
NOTE Confidence: 0.940625103636364
00:17:53.560 --> 00:17:55.408 but in some cases like this
NOTE Confidence: 0.940625103636364
00:17:55.408 --> 00:17:56.640 smart at all study,
NOTE Confidence: 0.940625103636364
00:17:56.640 --> 00:17:58.740 if I remember correctly there was
NOTE Confidence: 0.940625103636364
00:17:58.740 --> 00:18:00.666 almost no psychotherapy or preparation
NOTE Confidence: 0.940625103636364
00:18:00.666 --> 00:18:03.332 provided and participants were
NOTE Confidence: 0.940625103636364
00:18:03.332 --> 00:18:05.560 essentially strapped down to a Gurney,
NOTE Confidence: 0.940625103636364
00:18:05.560 --> 00:18:07.636 wheeled into a a a room
NOTE Confidence: 0.940625103636364
00:18:07.636 --> 00:18:09.020 by themselves and then
NOTE Confidence: 0.9014520475
00:18:09.104 --> 00:18:11.687 given a pretty massive dose of LSDI
NOTE Confidence: 0.9014520475
00:18:11.687 --> 00:18:14.759 think in this study was 800 micrograms,
NOTE Confidence: 0.9014520475
00:18:14.760 --> 00:18:16.075 which I I I've wondered
NOTE Confidence: 0.9014520475

00:18:16.075 --> 00:18:17.720 before what that must be like.
NOTE Confidence: 0.9014520475

00:18:17.720 --> 00:18:19.160 I think someone once joked it.
NOTE Confidence: 0.9014520475

00:18:19.160 --> 00:18:21.015 It must have been like when Frodo
NOTE Confidence: 0.9014520475

00:18:21.015 --> 00:18:23.080 wears the Ring and Lord of the Rings.
NOTE Confidence: 0.9014520475

00:18:23.080 --> 00:18:23.960 But even in this case,
NOTE Confidence: 0.9014520475

00:18:23.960 --> 00:18:26.116 although we see a huge confidence interval,
NOTE Confidence: 0.9014520475

00:18:26.120 --> 00:18:29.270 the the odds ratio still generally favored
NOTE Confidence: 0.9014520475

00:18:29.270 --> 00:18:31.520 the the LSD condition over the control.
NOTE Confidence: 0.801623191818182

00:18:34.840 --> 00:18:38.080 So I, you know, I think there was some
NOTE Confidence: 0.801623191818182

00:18:38.080 --> 00:18:40.064 reason that scientists and clinicians
NOTE Confidence: 0.801623191818182

00:18:40.064 --> 00:18:42.774 at the time are really excited and
NOTE Confidence: 0.801623191818182

00:18:42.774 --> 00:18:44.298 it's interesting if you read some
NOTE Confidence: 0.801623191818182

00:18:44.298 --> 00:18:45.639 of the publications at the time,
NOTE Confidence: 0.801623191818182

00:18:45.640 --> 00:18:46.918 it's hard to know what to make of them.
NOTE Confidence: 0.801623191818182

00:18:46.920 --> 00:18:48.870 And sometimes they even read
NOTE Confidence: 0.801623191818182

00:18:48.870 --> 00:18:50.764 something like this. You know,

NOTE Confidence: 0.801623191818182
00:18:50.764 --> 00:18:53.298 John Smith was a difficult person and
NOTE Confidence: 0.801623191818182
00:18:53.298 --> 00:18:56.115 we gave him a series of LSD doses and
NOTE Confidence: 0.801623191818182
00:18:56.115 --> 00:18:58.956 at the end of his experience with us,
NOTE Confidence: 0.801623191818182
00:18:58.960 --> 00:19:00.715 he was much more agreeable
NOTE Confidence: 0.801623191818182
00:19:00.715 --> 00:19:02.119 and pleasant and balanced.
NOTE Confidence: 0.801623191818182
00:19:02.120 --> 00:19:03.808 And there's there's nothing
NOTE Confidence: 0.801623191818182
00:19:03.808 --> 00:19:05.074 really empirical there.
NOTE Confidence: 0.801623191818182
00:19:05.080 --> 00:19:07.390 But it was clear that even the
NOTE Confidence: 0.801623191818182
00:19:07.390 --> 00:19:08.960 clinicians are really excited.
NOTE Confidence: 0.801623191818182
00:19:08.960 --> 00:19:10.960 Cary Grant, the famous actor,
NOTE Confidence: 0.801623191818182
00:19:10.960 --> 00:19:12.982 had received LSD psychotherapy I believe
NOTE Confidence: 0.801623191818182
00:19:12.982 --> 00:19:15.133 from Sidney Cohen in LA and claimed
NOTE Confidence: 0.801623191818182
00:19:15.133 --> 00:19:17.320 that it made him a much better person.
NOTE Confidence: 0.801623191818182
00:19:17.320 --> 00:19:19.119 And Paul McCartney was out there saying,
NOTE Confidence: 0.801623191818182
00:19:19.120 --> 00:19:19.432 look,
NOTE Confidence: 0.801623191818182

00:19:19.432 --> 00:19:22.240 if if the world leaders used LSD just once,
NOTE Confidence: 0.801623191818182

00:19:22.240 --> 00:19:24.860 then we could achieve World
NOTE Confidence: 0.801623191818182

00:19:24.860 --> 00:19:26.956 Peace and eradicate famine.
NOTE Confidence: 0.801623191818182

00:19:26.960 --> 00:19:27.581 And I don't,
NOTE Confidence: 0.801623191818182

00:19:27.581 --> 00:19:29.030 I don't know that I'm ready to
NOTE Confidence: 0.801623191818182

00:19:29.087 --> 00:19:30.437 endorse those sort of ideas.
NOTE Confidence: 0.801623191818182

00:19:30.440 --> 00:19:32.636 But clearly people were really excited
NOTE Confidence: 0.801623191818182

00:19:32.636 --> 00:19:35.489 about the the promise of LSD that
NOTE Confidence: 0.801623191818182

00:19:35.489 --> 00:19:37.249 meanwhile there were sensationalized
NOTE Confidence: 0.801623191818182

00:19:37.249 --> 00:19:39.119 reports of recreational LSD use.
NOTE Confidence: 0.801623191818182

00:19:39.120 --> 00:19:40.065 And you know,
NOTE Confidence: 0.801623191818182

00:19:40.065 --> 00:19:42.878 I think we all know that though sometimes
NOTE Confidence: 0.801623191818182

00:19:42.878 --> 00:19:45.173 experiences with psychedelics can be
NOTE Confidence: 0.801623191818182

00:19:45.173 --> 00:19:47.480 profound and transcendent and beneficial,
NOTE Confidence: 0.801623191818182

00:19:47.480 --> 00:19:49.054 they can also be very, very unsettling.
NOTE Confidence: 0.801623191818182

00:19:49.054 --> 00:19:50.776 And people can have very bad

NOTE Confidence: 0.801623191818182
00:19:50.776 --> 00:19:52.000 experiences with psychedelics.
NOTE Confidence: 0.801623191818182
00:19:52.000 --> 00:19:53.476 And like anything we ever do,
NOTE Confidence: 0.801623191818182
00:19:53.480 --> 00:19:54.803 they carry risks,
NOTE Confidence: 0.801623191818182
00:19:54.803 --> 00:19:57.008 certainly risks outside of very
NOTE Confidence: 0.801623191818182
00:19:57.008 --> 00:19:58.520 carefully controlled settings.
NOTE Confidence: 0.801623191818182
00:19:58.520 --> 00:19:59.424 And we had this,
NOTE Confidence: 0.801623191818182
00:19:59.424 --> 00:19:59.876 you know,
NOTE Confidence: 0.801623191818182
00:19:59.880 --> 00:20:01.460 former Harvard professor Timothy
NOTE Confidence: 0.801623191818182
00:20:01.460 --> 00:20:03.435 Leary here on the left,
NOTE Confidence: 0.801623191818182
00:20:03.440 --> 00:20:06.878 who was extremely smart and charismatic,
NOTE Confidence: 0.801623191818182
00:20:06.880 --> 00:20:10.108 who is out there sort of doing what he could
NOTE Confidence: 0.801623191818182
00:20:10.108 --> 00:20:11.800 to attract as much attention to himself,
NOTE Confidence: 0.801623191818182
00:20:11.800 --> 00:20:13.599 I guess is possible and was labeled
NOTE Confidence: 0.801623191818182
00:20:13.599 --> 00:20:15.694 as the most dangerous man in the
NOTE Confidence: 0.801623191818182
00:20:15.694 --> 00:20:17.274 United States by Richard Nixon,
NOTE Confidence: 0.801623191818182

00:20:17.280 --> 00:20:19.080 which really seems pretty silly.
NOTE Confidence: 0.801623191818182

00:20:19.080 --> 00:20:20.648 But that still captures how at least some
NOTE Confidence: 0.801623191818182

00:20:20.648 --> 00:20:22.438 of the country felt about what whatever,
NOTE Confidence: 0.801623191818182

00:20:22.440 --> 00:20:24.790 what what was ever happening
NOTE Confidence: 0.801623191818182

00:20:24.790 --> 00:20:26.200 with psychedelics and.
NOTE Confidence: 0.801623191818182

00:20:26.200 --> 00:20:28.000 This is a picture on the right taken
NOTE Confidence: 0.801623191818182

00:20:28.000 --> 00:20:29.842 from my former neighborhood in San
NOTE Confidence: 0.801623191818182

00:20:29.842 --> 00:20:31.517 Francisco in the Haight Ashbury.
NOTE Confidence: 0.801623191818182

00:20:31.520 --> 00:20:33.248 I think there was the perception
NOTE Confidence: 0.801623191818182

00:20:33.248 --> 00:20:34.906 clearly that psychedelics were fueling
NOTE Confidence: 0.801623191818182

00:20:34.906 --> 00:20:36.277 this countercultural revolution.
NOTE Confidence: 0.801623191818182

00:20:36.280 --> 00:20:38.720 So almost every time I talk about this,
NOTE Confidence: 0.801623191818182

00:20:38.720 --> 00:20:39.878 I like to share this image.
NOTE Confidence: 0.801623191818182

00:20:39.880 --> 00:20:40.930 And I have.
NOTE Confidence: 0.801623191818182

00:20:40.930 --> 00:20:42.680 I've borrowed this from a
NOTE Confidence: 0.801623191818182

00:20:42.680 --> 00:20:44.598 Ted talk of John Height,

NOTE Confidence: 0.801623191818182

00:20:44.600 --> 00:20:47.360 who was a professor of mine in the mid 90s,

NOTE Confidence: 0.801623191818182

00:20:47.360 --> 00:20:48.540 when I was an undergraduate

NOTE Confidence: 0.801623191818182

00:20:48.540 --> 00:20:49.720 at the University of Virginia,

NOTE Confidence: 0.801623191818182

00:20:49.720 --> 00:20:52.846 one of my very favorite professors ever.

NOTE Confidence: 0.801623191818182

00:20:52.846 --> 00:20:54.861 And really influential in my

NOTE Confidence: 0.801623191818182

00:20:54.861 --> 00:20:56.560 pursuing an academic career.

NOTE Confidence: 0.801623191818182

00:20:56.560 --> 00:20:58.450 But here he uses this triptych

NOTE Confidence: 0.801623191818182

00:20:58.450 --> 00:20:59.395 by Hieronymus Bosch.

NOTE Confidence: 0.801623191818182

00:20:59.400 --> 00:21:01.386 It's called The Garden of Earthly

NOTE Confidence: 0.801623191818182

00:21:01.386 --> 00:21:03.524 Delights to describe the psychology

NOTE Confidence: 0.801623191818182

00:21:03.524 --> 00:21:04.877 of political orientation.

NOTE Confidence: 0.801623191818182

00:21:04.880 --> 00:21:06.158 You might wonder, where am I going with this?

NOTE Confidence: 0.801623191818182

00:21:06.160 --> 00:21:07.480 But on the far left,

NOTE Confidence: 0.801623191818182

00:21:07.480 --> 00:21:08.620 you see in the beginning things

NOTE Confidence: 0.801623191818182

00:21:08.620 --> 00:21:10.000 are ordered and as they should be.

NOTE Confidence: 0.801623191818182

00:21:10.000 --> 00:21:11.348 It's it's it's beautiful.
NOTE Confidence: 0.801623191818182

00:21:11.348 --> 00:21:12.359 It's it's calm.
NOTE Confidence: 0.801623191818182

00:21:12.360 --> 00:21:13.006 It's soothing.
NOTE Confidence: 0.801623191818182

00:21:13.006 --> 00:21:14.944 But the natural order begins to
NOTE Confidence: 0.801623191818182

00:21:14.944 --> 00:21:16.280 to be disturbed.
NOTE Confidence: 0.801623191818182

00:21:16.280 --> 00:21:18.835 And on the far right we see
NOTE Confidence: 0.901141281428571

00:21:18.840 --> 00:21:21.080 like a dystopian future.
NOTE Confidence: 0.901141281428571

00:21:21.080 --> 00:21:24.056 Like that's like like Gotham, Gotham City.
NOTE Confidence: 0.901141281428571

00:21:24.056 --> 00:21:25.676 You'd expect Batman to be
NOTE Confidence: 0.901141281428571

00:21:25.676 --> 00:21:27.318 there trying to solve crime.
NOTE Confidence: 0.901141281428571

00:21:27.320 --> 00:21:29.000 But this captures this idea that well,
NOTE Confidence: 0.901141281428571

00:21:29.000 --> 00:21:30.640 if we don't maintain order,
NOTE Confidence: 0.901141281428571

00:21:30.640 --> 00:21:32.795 that things could descend into
NOTE Confidence: 0.901141281428571

00:21:32.795 --> 00:21:34.519 complete chaos and darkness.
NOTE Confidence: 0.901141281428571

00:21:34.520 --> 00:21:36.506 And I think there was this
NOTE Confidence: 0.901141281428571

00:21:36.506 --> 00:21:37.869 perception in the 60s,

NOTE Confidence: 0.901141281428571
00:21:37.869 --> 00:21:40.640 certainly and late 60s and 70s that LSD,
NOTE Confidence: 0.901141281428571
00:21:40.640 --> 00:21:42.160 that psychedelics were fueling
NOTE Confidence: 0.901141281428571
00:21:42.160 --> 00:21:43.300 A countercultural revolution
NOTE Confidence: 0.901141281428571
00:21:43.300 --> 00:21:44.800 that could very could,
NOTE Confidence: 0.901141281428571
00:21:44.800 --> 00:21:46.250 could tear the very fabric
NOTE Confidence: 0.901141281428571
00:21:46.250 --> 00:21:47.120 of American Society.
NOTE Confidence: 0.901141281428571
00:21:47.120 --> 00:21:50.396 And I I think there's probably some,
NOTE Confidence: 0.901141281428571
00:21:50.400 --> 00:21:52.400 some validity to that argument.
NOTE Confidence: 0.901141281428571
00:21:52.400 --> 00:21:53.835 If an entire generation had
NOTE Confidence: 0.901141281428571
00:21:53.835 --> 00:21:55.941 said we're going to sign out of
NOTE Confidence: 0.901141281428571
00:21:55.941 --> 00:21:57.476 capitalism and move to communes.
NOTE Confidence: 0.901141281428571
00:21:57.480 --> 00:21:59.760 And if an entire generation had
NOTE Confidence: 0.901141281428571
00:21:59.760 --> 00:22:01.790 refused to go to Vietnam and burning
NOTE Confidence: 0.901141281428571
00:22:01.790 --> 00:22:03.543 their draft cards that that we could
NOTE Confidence: 0.901141281428571
00:22:03.543 --> 00:22:05.034 have seen quite a bit of chaos.
NOTE Confidence: 0.901141281428571

00:22:05.040 --> 00:22:05.848 And I could understand.
NOTE Confidence: 0.901141281428571

00:22:05.848 --> 00:22:07.060 I think I'm just trying to
NOTE Confidence: 0.901141281428571

00:22:07.106 --> 00:22:08.276 be empathic to Richard Nixon.
NOTE Confidence: 0.901141281428571

00:22:08.280 --> 00:22:09.870 I could see how how politicians
NOTE Confidence: 0.901141281428571

00:22:09.870 --> 00:22:11.669 at the time would say boy let's
NOTE Confidence: 0.901141281428571

00:22:11.669 --> 00:22:13.258 put a lid on this right away
NOTE Confidence: 0.901141281428571

00:22:13.317 --> 00:22:15.160 and let's let's pretend like
NOTE Confidence: 0.901141281428571

00:22:15.160 --> 00:22:16.840 psychedelics never even existed.
NOTE Confidence: 0.901141281428571

00:22:16.840 --> 00:22:18.105 And I think that's generally
NOTE Confidence: 0.901141281428571

00:22:18.105 --> 00:22:19.117 what we saw happen.
NOTE Confidence: 0.901141281428571

00:22:19.120 --> 00:22:20.440 And I I'm,
NOTE Confidence: 0.901141281428571

00:22:20.440 --> 00:22:23.080 I'm now fond of the the end
NOTE Confidence: 0.901141281428571

00:22:23.080 --> 00:22:24.400 of Raiders of the Lost Ark.
NOTE Confidence: 0.901141281428571

00:22:24.400 --> 00:22:25.400 If you've seen that movie,
NOTE Confidence: 0.901141281428571

00:22:25.400 --> 00:22:25.940 Indiana Jones,
NOTE Confidence: 0.901141281428571

00:22:25.940 --> 00:22:27.830 where they they take the ark and

NOTE Confidence: 0.901141281428571
00:22:27.830 --> 00:22:29.696 they put it in a box and they nail
NOTE Confidence: 0.901141281428571
00:22:29.696 --> 00:22:31.656 it shut and they put it away in a in
NOTE Confidence: 0.901141281428571
00:22:31.656 --> 00:22:32.952 a large warehouse somewhere and hope
NOTE Confidence: 0.901141281428571
00:22:32.952 --> 00:22:34.840 that the world will just forget all about it.
NOTE Confidence: 0.901141281428571
00:22:34.840 --> 00:22:36.906 And I think that's what some governmental
NOTE Confidence: 0.901141281428571
00:22:36.906 --> 00:22:38.318 officials thought might happen.
NOTE Confidence: 0.901141281428571
00:22:38.320 --> 00:22:38.768 But,
NOTE Confidence: 0.901141281428571
00:22:38.768 --> 00:22:39.664 you know,
NOTE Confidence: 0.901141281428571
00:22:39.664 --> 00:22:42.352 facts are stubborn things and we
NOTE Confidence: 0.901141281428571
00:22:42.352 --> 00:22:44.626 have a number of pioneering people
NOTE Confidence: 0.901141281428571
00:22:44.626 --> 00:22:47.320 to thank for our not forgetting
NOTE Confidence: 0.901141281428571
00:22:47.320 --> 00:22:49.000 about psychedelics entirely.
NOTE Confidence: 0.901141281428571
00:22:49.000 --> 00:22:50.400 I'll mention it here in a bit,
NOTE Confidence: 0.901141281428571
00:22:50.400 --> 00:22:52.950 but the question is were there
NOTE Confidence: 0.901141281428571
00:22:52.950 --> 00:22:54.850 were there scientific medical
NOTE Confidence: 0.901141281428571

00:22:54.850 --> 00:22:57.475 justifications for these legal changes?
NOTE Confidence: 0.901141281428571

00:22:57.480 --> 00:22:59.560 There are two studies published,
NOTE Confidence: 0.901141281428571

00:22:59.560 --> 00:23:00.688 one in 1993,
NOTE Confidence: 0.901141281428571

00:23:00.688 --> 00:23:03.660 one in 2004 that wanted to compare
NOTE Confidence: 0.901141281428571

00:23:03.660 --> 00:23:05.436 the dependence potential and
NOTE Confidence: 0.901141281428571

00:23:05.436 --> 00:23:07.799 toxicity of psychoactive substances.
NOTE Confidence: 0.901141281428571

00:23:07.800 --> 00:23:09.660 So on the horizontal axis you'll
NOTE Confidence: 0.901141281428571

00:23:09.660 --> 00:23:11.615 see those drugs with very high
NOTE Confidence: 0.901141281428571

00:23:11.615 --> 00:23:13.250 dependence potential would be on
NOTE Confidence: 0.901141281428571

00:23:13.250 --> 00:23:15.440 the far right and those with the
NOTE Confidence: 0.901141281428571

00:23:15.440 --> 00:23:17.480 severe risk of fatality would be at,
NOTE Confidence: 0.901141281428571

00:23:17.480 --> 00:23:19.208 at at the sort of top of the
NOTE Confidence: 0.901141281428571

00:23:19.208 --> 00:23:19.960 the vertical axis.
NOTE Confidence: 0.901141281428571

00:23:19.960 --> 00:23:21.592 Those at the bottom have a
NOTE Confidence: 0.901141281428571

00:23:21.592 --> 00:23:22.680 negligible risk of fatality.
NOTE Confidence: 0.901141281428571

00:23:22.680 --> 00:23:25.160 So the drugs you wouldn't want to use

NOTE Confidence: 0.901141281428571
00:23:25.160 --> 00:23:27.462 would be in the the top right quadrant.
NOTE Confidence: 0.901141281428571
00:23:27.462 --> 00:23:29.034 That's a bad place to be.
NOTE Confidence: 0.901141281428571
00:23:29.040 --> 00:23:30.360 And if you look there, you see,
NOTE Confidence: 0.901141281428571
00:23:30.360 --> 00:23:32.320 you know, one of the most dangerous
NOTE Confidence: 0.901141281428571
00:23:32.320 --> 00:23:34.276 drugs in these studies were heroin,
NOTE Confidence: 0.901141281428571
00:23:34.280 --> 00:23:37.352 IV, heroin, opium, morphine,
NOTE Confidence: 0.901141281428571
00:23:37.352 --> 00:23:38.878 alcohol, cocaine, amphetamine.
NOTE Confidence: 0.901141281428571
00:23:38.878 --> 00:23:41.531 The the drugs that you might think
NOTE Confidence: 0.901141281428571
00:23:41.531 --> 00:23:43.775 is as being a bit more safe would
NOTE Confidence: 0.901141281428571
00:23:43.775 --> 00:23:45.960 be in the bottom left quadrant.
NOTE Confidence: 0.901141281428571
00:23:45.960 --> 00:23:47.000 And you know, sure enough,
NOTE Confidence: 0.901141281428571
00:23:47.000 --> 00:23:49.190 that's where we see LSD and
NOTE Confidence: 0.901141281428571
00:23:49.190 --> 00:23:50.298 psilocybin taken by mouth.
NOTE Confidence: 0.901141281428571
00:23:50.298 --> 00:23:53.080 And you know, cannabis is there as well.
NOTE Confidence: 0.901141281428571
00:23:53.080 --> 00:23:53.252 Again,
NOTE Confidence: 0.901141281428571

00:23:53.252 --> 00:23:54.284 that's not to say they don't
NOTE Confidence: 0.901141281428571

00:23:54.284 --> 00:23:55.079 carry any risk at all.
NOTE Confidence: 0.901141281428571

00:23:55.080 --> 00:23:55.872 They certainly do.
NOTE Confidence: 0.901141281428571

00:23:55.872 --> 00:23:57.720 But if the question is were these
NOTE Confidence: 0.901141281428571

00:23:57.776 --> 00:23:59.326 legal changes justified and do
NOTE Confidence: 0.901141281428571

00:23:59.326 --> 00:24:00.876 these drugs belong in schedule
NOTE Confidence: 0.901681307037037

00:24:00.929 --> 00:24:02.756 one at least from these two studies?
NOTE Confidence: 0.901681307037037

00:24:02.760 --> 00:24:04.440 I think the answer is no.
NOTE Confidence: 0.901681307037037

00:24:04.440 --> 00:24:05.496 We've all seen this.
NOTE Confidence: 0.901681307037037

00:24:05.496 --> 00:24:07.080 I'm going to skip through this,
NOTE Confidence: 0.901681307037037

00:24:07.080 --> 00:24:09.906 but this was David Nutz study
NOTE Confidence: 0.901681307037037

00:24:09.906 --> 00:24:13.672 on on the harms posed by drugs
NOTE Confidence: 0.901681307037037

00:24:13.672 --> 00:24:16.000 of potential misuse through a
NOTE Confidence: 0.901681307037037

00:24:16.000 --> 00:24:17.400 sort of expert panel review.
NOTE Confidence: 0.901681307037037

00:24:17.400 --> 00:24:18.882 And we see that alcohol was
NOTE Confidence: 0.901681307037037

00:24:18.882 --> 00:24:20.360 ranked as the most harmful.

NOTE Confidence: 0.901681307037037
00:24:20.360 --> 00:24:22.439 I think this is in the UK
NOTE Confidence: 0.901681307037037
00:24:22.439 --> 00:24:24.040 specifically and and mushrooms,
NOTE Confidence: 0.901681307037037
00:24:24.040 --> 00:24:25.365 LSD, ecstasy, we're all near
NOTE Confidence: 0.901681307037037
00:24:25.365 --> 00:24:27.000 the very bottom of this list.
NOTE Confidence: 0.787860015454546
00:24:29.360 --> 00:24:31.070 So we're in the midst of a of a
NOTE Confidence: 0.787860015454546
00:24:31.070 --> 00:24:32.586 modest renaissance, I guess it's
NOTE Confidence: 0.787860015454546
00:24:32.586 --> 00:24:33.918 maybe more than a modest renaissance.
NOTE Confidence: 0.787860015454546
00:24:33.920 --> 00:24:36.350 It's a pretty robust renaissance now
NOTE Confidence: 0.787860015454546
00:24:36.350 --> 00:24:39.203 and we have in part Rick Strassman to
NOTE Confidence: 0.787860015454546
00:24:39.203 --> 00:24:42.040 thank for his work on DMT in the 90s.
NOTE Confidence: 0.787860015454546
00:24:42.040 --> 00:24:44.357 Here are some examples of that work.
NOTE Confidence: 0.787860015454546
00:24:44.360 --> 00:24:46.240 But in in my mind,
NOTE Confidence: 0.787860015454546
00:24:46.240 --> 00:24:48.880 it really all started here with
NOTE Confidence: 0.787860015454546
00:24:48.880 --> 00:24:50.487 Roland Griffith's 2006 study.
NOTE Confidence: 0.787860015454546
00:24:50.487 --> 00:24:53.210 And many of you probably know Roland
NOTE Confidence: 0.787860015454546

00:24:53.280 --> 00:24:55.864 recently passed away and this study was

NOTE Confidence: 0.787860015454546

00:24:55.864 --> 00:24:57.760 really influential in my own thinking.

NOTE Confidence: 0.787860015454546

00:24:57.760 --> 00:24:58.960 People always ask me the

NOTE Confidence: 0.787860015454546

00:24:58.960 --> 00:24:59.920 most commonly asked question,

NOTE Confidence: 0.787860015454546

00:24:59.920 --> 00:25:01.546 especially here is why am I

NOTE Confidence: 0.787860015454546

00:25:01.546 --> 00:25:02.359 interested in psychedelics?

NOTE Confidence: 0.787860015454546

00:25:02.360 --> 00:25:05.069 And I often disappoint people by saying

NOTE Confidence: 0.787860015454546

00:25:05.069 --> 00:25:07.580 it's not because I have any history

NOTE Confidence: 0.787860015454546

00:25:07.580 --> 00:25:11.386 of personal use and and you know it,

NOTE Confidence: 0.787860015454546

00:25:11.386 --> 00:25:12.896 my own introduction to the

NOTE Confidence: 0.787860015454546

00:25:12.896 --> 00:25:14.166 field is purely serendipitous.

NOTE Confidence: 0.787860015454546

00:25:14.166 --> 00:25:17.200 If you look at the top of this image,

NOTE Confidence: 0.787860015454546

00:25:17.200 --> 00:25:19.300 you'll see that this study by Roland

NOTE Confidence: 0.787860015454546

00:25:19.300 --> 00:25:21.380 was published in 2006 in issue 187,

NOTE Confidence: 0.787860015454546

00:25:21.380 --> 00:25:24.079 and that happens to be the same journal,

NOTE Confidence: 0.787860015454546

00:25:24.080 --> 00:25:27.518 same issue as my dissertation here,

NOTE Confidence: 0.787860015454546

00:25:27.520 --> 00:25:29.304 which if if you can get through the

NOTE Confidence: 0.787860015454546

00:25:29.304 --> 00:25:30.758 title without kind of snoozing off,

NOTE Confidence: 0.787860015454546

00:25:30.760 --> 00:25:32.062 I'm impressed.

NOTE Confidence: 0.787860015454546

00:25:32.062 --> 00:25:35.317 But I published this dissertation

NOTE Confidence: 0.787860015454546

00:25:35.320 --> 00:25:36.990 and I received a complimentary

NOTE Confidence: 0.787860015454546

00:25:36.990 --> 00:25:39.206 copy of this issue and I opened

NOTE Confidence: 0.787860015454546

00:25:39.206 --> 00:25:41.234 up the issue eager to see my name

NOTE Confidence: 0.787860015454546

00:25:41.234 --> 00:25:43.000 in print for the first time,

NOTE Confidence: 0.787860015454546

00:25:43.000 --> 00:25:44.884 and instead turned to Roland's article

NOTE Confidence: 0.787860015454546

00:25:44.884 --> 00:25:46.798 and was just fascinated at the time.

NOTE Confidence: 0.787860015454546

00:25:46.800 --> 00:25:47.720 And from that point forward,

NOTE Confidence: 0.787860015454546

00:25:47.720 --> 00:25:49.531 I was really interested in learning

NOTE Confidence: 0.787860015454546

00:25:49.531 --> 00:25:51.539 more and maybe doing some work in this

NOTE Confidence: 0.787860015454546

00:25:51.539 --> 00:25:53.429 area in large part because I know there

NOTE Confidence: 0.787860015454546

00:25:53.429 --> 00:25:55.936 are a number of of addiction scientists here.

NOTE Confidence: 0.787860015454546

00:25:55.936 --> 00:25:57.740 You know, our best interventions
NOTE Confidence: 0.787860015454546

00:25:57.740 --> 00:25:59.040 and certainly in my own,
NOTE Confidence: 0.787860015454546

00:25:59.040 --> 00:26:01.119 my kind of home field smoking cessation,
NOTE Confidence: 0.787860015454546

00:26:01.120 --> 00:26:02.026 even the very,
NOTE Confidence: 0.787860015454546

00:26:02.026 --> 00:26:03.536 very best interventions money can
NOTE Confidence: 0.787860015454546

00:26:03.536 --> 00:26:05.519 buy tend to perform really poorly.
NOTE Confidence: 0.787860015454546

00:26:05.520 --> 00:26:07.186 So I was really eager to find
NOTE Confidence: 0.787860015454546

00:26:07.186 --> 00:26:08.703 something that could really make a
NOTE Confidence: 0.787860015454546

00:26:08.703 --> 00:26:10.215 difference and I thought there might
NOTE Confidence: 0.787860015454546

00:26:10.215 --> 00:26:12.037 be potential there in psychedelics.
NOTE Confidence: 0.787860015454546

00:26:12.040 --> 00:26:13.876 And I I think so far things look good,
NOTE Confidence: 0.787860015454546

00:26:13.880 --> 00:26:16.400 but we'll have to see.
NOTE Confidence: 0.787860015454546

00:26:16.400 --> 00:26:19.448 So a little review before I
NOTE Confidence: 0.787860015454546

00:26:19.448 --> 00:26:21.480 talk about my trial.
NOTE Confidence: 0.787860015454546

00:26:21.480 --> 00:26:24.576 We've we've seen some of the findings here
NOTE Confidence: 0.787860015454546

00:26:24.576 --> 00:26:26.640 around psilocybin and demoralization.

NOTE Confidence: 0.787860015454546
00:26:26.640 --> 00:26:27.216 You know,
NOTE Confidence: 0.787860015454546
00:26:27.216 --> 00:26:29.320 there's a rather rapid and
NOTE Confidence: 0.787860015454546
00:26:29.320 --> 00:26:31.800 robust effect on demoralization.
NOTE Confidence: 0.787860015454546
00:26:31.800 --> 00:26:34.026 And this is the cancer work that
NOTE Confidence: 0.787860015454546
00:26:34.026 --> 00:26:35.987 that Roland and the team at
NOTE Confidence: 0.787860015454546
00:26:35.987 --> 00:26:37.850 NYU conducted back in 2016,
NOTE Confidence: 0.787860015454546
00:26:37.850 --> 00:26:40.900 very robust and rapid effects
NOTE Confidence: 0.787860015454546
00:26:40.900 --> 00:26:43.680 of these psilocybin experiences
NOTE Confidence: 0.787860015454546
00:26:43.680 --> 00:26:46.800 on depression and anxiety.
NOTE Confidence: 0.787860015454546
00:26:46.800 --> 00:26:49.060 Brian Anderson at UCSF conducted
NOTE Confidence: 0.787860015454546
00:26:49.060 --> 00:26:51.320 a great study of demoralization
NOTE Confidence: 0.787860015454546
00:26:51.392 --> 00:26:53.888 among gay identified men who were
NOTE Confidence: 0.787860015454546
00:26:53.888 --> 00:26:55.552 long term AIDS survivors.
NOTE Confidence: 0.787860015454546
00:26:55.560 --> 00:26:56.718 Of course this was open label,
NOTE Confidence: 0.787860015454546
00:26:56.720 --> 00:26:58.000 single arm, open label.
NOTE Confidence: 0.787860015454546

00:26:58.000 --> 00:26:58.795 So you know,
NOTE Confidence: 0.787860015454546

00:26:58.795 --> 00:27:00.035 take these findings with a grain of salt.
NOTE Confidence: 0.787860015454546

00:27:00.040 --> 00:27:01.531 But there seems to be a nice
NOTE Confidence: 0.787860015454546

00:27:01.531 --> 00:27:02.946 effect here that at least would
NOTE Confidence: 0.787860015454546

00:27:02.946 --> 00:27:04.398 suggest we we do more research.
NOTE Confidence: 0.833415448947368

00:27:06.800 --> 00:27:08.852 We've seen Michael Bogan shoots his
NOTE Confidence: 0.833415448947368

00:27:08.852 --> 00:27:10.840 work with alcohol dependence on this
NOTE Confidence: 0.833415448947368

00:27:10.840 --> 00:27:12.514 was his original proof of concept
NOTE Confidence: 0.833415448947368

00:27:12.514 --> 00:27:14.364 study and he recently published
NOTE Confidence: 0.833415448947368

00:27:14.364 --> 00:27:16.710 findings in in JAMA Psychiatry that
NOTE Confidence: 0.833415448947368

00:27:16.782 --> 00:27:18.937 would indeed suggest that psilocybin
NOTE Confidence: 0.833415448947368

00:27:18.937 --> 00:27:21.015 can reduce heavy alcohol use.
NOTE Confidence: 0.833415448947368

00:27:21.015 --> 00:27:23.850 And then Matt Johnson has done some
NOTE Confidence: 0.833415448947368

00:27:23.925 --> 00:27:26.400 great work with smoking cessation
NOTE Confidence: 0.833415448947368

00:27:26.400 --> 00:27:28.416 kind of breezing by so I can get to
NOTE Confidence: 0.833415448947368

00:27:28.416 --> 00:27:30.000 the the study that I'm doing now

NOTE Confidence: 0.833415448947368

00:27:30.000 --> 00:27:31.581 of course we've seen some of the

NOTE Confidence: 0.833415448947368

00:27:31.581 --> 00:27:33.023 work on on depression and I'm I'm

NOTE Confidence: 0.833415448947368

00:27:33.023 --> 00:27:34.400 gonna sort of move by that too.

NOTE Confidence: 0.75077504

00:27:36.880 --> 00:27:40.040 Here's the the compass findings.

NOTE Confidence: 0.75077504

00:27:40.040 --> 00:27:45.159 So why am I interested in cocaine dependence?

NOTE Confidence: 0.75077504

00:27:45.160 --> 00:27:46.994 There are a few reasons for that.

NOTE Confidence: 0.75077504

00:27:47.000 --> 00:27:48.776 One is there are no approved

NOTE Confidence: 0.75077504

00:27:48.776 --> 00:27:50.440 pharmacotherapies for cocaine use disorder.

NOTE Confidence: 0.936078608888889

00:27:53.640 --> 00:27:56.800 The second is if you look at dropout

NOTE Confidence: 0.936078608888889

00:27:56.800 --> 00:27:59.200 rates in in person psychosocial

NOTE Confidence: 0.936078608888889

00:27:59.200 --> 00:28:01.200 substance use disorder treatments.

NOTE Confidence: 0.936078608888889

00:28:01.200 --> 00:28:03.432 This is a meta analysis my postdoc Sarah

NOTE Confidence: 0.936078608888889

00:28:03.432 --> 00:28:05.800 Lappin and I conducted a little while back.

NOTE Confidence: 0.936078608888889

00:28:05.800 --> 00:28:07.676 You'll see that the rates of dropout,

NOTE Confidence: 0.936078608888889

00:28:07.680 --> 00:28:10.032 if you look closely are are especially

NOTE Confidence: 0.936078608888889

00:28:10.032 --> 00:28:11.999 high for major stimulant use.
NOTE Confidence: 0.936078608888889

00:28:12.000 --> 00:28:14.590 So the average rates of dropout for
NOTE Confidence: 0.936078608888889

00:28:14.590 --> 00:28:17.416 cocaine use disorder were 48 percent,
NOTE Confidence: 0.936078608888889

00:28:17.416 --> 00:28:19.480 48.7 For methamphetamine,
NOTE Confidence: 0.936078608888889

00:28:19.480 --> 00:28:21.692 53.5 for major stimulants,
NOTE Confidence: 0.936078608888889

00:28:21.692 --> 00:28:23.181 broadly speaking 46.8.
NOTE Confidence: 0.936078608888889

00:28:23.181 --> 00:28:26.229 And this is quite different than some of
NOTE Confidence: 0.936078608888889

00:28:26.229 --> 00:28:29.437 the other substances that were targeted.
NOTE Confidence: 0.936078608888889

00:28:29.440 --> 00:28:32.846 It's very difficult to work with people
NOTE Confidence: 0.936078608888889

00:28:32.846 --> 00:28:34.276 with major stimulant use disorder.
NOTE Confidence: 0.936078608888889

00:28:34.280 --> 00:28:35.604 Or put another way,
NOTE Confidence: 0.936078608888889

00:28:35.604 --> 00:28:38.147 you know people who have major stimulant
NOTE Confidence: 0.936078608888889

00:28:38.147 --> 00:28:40.338 use disorder have difficult lives
NOTE Confidence: 0.936078608888889

00:28:40.338 --> 00:28:43.820 and the the the chronic use of major
NOTE Confidence: 0.936078608888889

00:28:43.820 --> 00:28:47.162 stimulants has a way of disrupting
NOTE Confidence: 0.936078608888889

00:28:47.162 --> 00:28:48.833 cognitive behavioral control.

NOTE Confidence: 0.936078608888889

00:28:48.840 --> 00:28:51.000 And we we don't really have much of

NOTE Confidence: 0.936078608888889

00:28:51.000 --> 00:28:53.039 anything that works for this population.

NOTE Confidence: 0.936078608888889

00:28:53.040 --> 00:28:54.824 Contingency management may indeed

NOTE Confidence: 0.936078608888889

00:28:54.824 --> 00:28:55.716 be effective.

NOTE Confidence: 0.936078608888889

00:28:55.720 --> 00:28:57.519 But as many of you probably know,

NOTE Confidence: 0.936078608888889

00:28:57.520 --> 00:28:58.830 the problem there is once

NOTE Confidence: 0.936078608888889

00:28:58.830 --> 00:28:59.878 the contingency is removed,

NOTE Confidence: 0.936078608888889

00:28:59.880 --> 00:29:01.728 the drug use returns and there are

NOTE Confidence: 0.936078608888889

00:29:01.728 --> 00:29:03.146 you know political realities you

NOTE Confidence: 0.936078608888889

00:29:03.146 --> 00:29:05.162 have to deal with namely that like

NOTE Confidence: 0.936078608888889

00:29:05.162 --> 00:29:06.754 generally voters don't like the idea

NOTE Confidence: 0.936078608888889

00:29:06.754 --> 00:29:08.928 of paying people not to use drugs.

NOTE Confidence: 0.936078608888889

00:29:08.928 --> 00:29:12.176 So we we need something for major

NOTE Confidence: 0.936078608888889

00:29:12.176 --> 00:29:14.918 stimulant use disorder and I'll I'll

NOTE Confidence: 0.936078608888889

00:29:14.918 --> 00:29:17.436 add also and the Birmingham area and

NOTE Confidence: 0.936078608888889

00:29:17.436 --> 00:29:19.470 our very large sample of individuals
NOTE Confidence: 0.936078608888889

00:29:19.528 --> 00:29:21.278 in the criminal justice system,
NOTE Confidence: 0.936078608888889

00:29:21.280 --> 00:29:23.944 major stimulant use is frequently the
NOTE Confidence: 0.936078608888889

00:29:23.944 --> 00:29:26.520 single strongest predictor of recidivism.
NOTE Confidence: 0.936078608888889

00:29:26.520 --> 00:29:28.080 So there are implications I think
NOTE Confidence: 0.936078608888889

00:29:28.080 --> 00:29:29.480 for the criminal justice system.
NOTE Confidence: 0.936078608888889

00:29:29.480 --> 00:29:31.760 And you know, Alabama is a police state.
NOTE Confidence: 0.936078608888889

00:29:31.760 --> 00:29:33.488 I doubt Connecticut is to the
NOTE Confidence: 0.936078608888889

00:29:33.488 --> 00:29:34.640 degree that Alabama is.
NOTE Confidence: 0.936078608888889

00:29:34.640 --> 00:29:34.984 And we,
NOTE Confidence: 0.936078608888889

00:29:34.984 --> 00:29:36.188 we would like to see fewer people
NOTE Confidence: 0.936078608888889

00:29:36.188 --> 00:29:37.460 in the criminal justice system
NOTE Confidence: 0.936078608888889

00:29:37.460 --> 00:29:38.516 because once you're there,
NOTE Confidence: 0.936078608888889

00:29:38.520 --> 00:29:40.950 it's hard to get out and generally you
NOTE Confidence: 0.936078608888889

00:29:40.950 --> 00:29:42.315 can ruin your life if you're there.
NOTE Confidence: 0.936078608888889

00:29:42.320 --> 00:29:45.240 So we'd like to do something about that.

NOTE Confidence: 0.936078608888889

00:29:45.240 --> 00:29:46.815 So I'm just going to present some

NOTE Confidence: 0.936078608888889

00:29:46.815 --> 00:29:47.941 preliminary results and if you've

NOTE Confidence: 0.936078608888889

00:29:47.941 --> 00:29:49.153 seen me talk about this before,

NOTE Confidence: 0.936078608888889

00:29:49.160 --> 00:29:50.476 this might look very familiar to you.

NOTE Confidence: 0.936078608888889

00:29:50.480 --> 00:29:53.080 But we have dosed everyone in this trial.

NOTE Confidence: 0.936078608888889

00:29:53.080 --> 00:29:56.070 We have complete data on a 38

NOTE Confidence: 0.936078608888889

00:29:56.070 --> 00:29:57.960 out of 40 of the participants,

NOTE Confidence: 0.936078608888889

00:29:57.960 --> 00:30:00.008 but I'm only showing results from the 1st

NOTE Confidence: 0.936078608888889

00:30:00.008 --> 00:30:02.437 10 who have completed their participation.

NOTE Confidence: 0.936078608888889

00:30:02.440 --> 00:30:04.354 Those were 10 people who were

NOTE Confidence: 0.936078608888889

00:30:04.354 --> 00:30:06.175 unblinded per my Data Safety

NOTE Confidence: 0.936078608888889

00:30:06.175 --> 00:30:08.079 and Monitoring Board's request.

NOTE Confidence: 0.936078608888889

00:30:08.080 --> 00:30:10.090 We'll have all the data out

NOTE Confidence: 0.936078608888889

00:30:10.090 --> 00:30:11.520 I think this summer.

NOTE Confidence: 0.958037007142857

00:30:13.840 --> 00:30:15.520 So here's an overview of our protocol.

NOTE Confidence: 0.894819930714286

00:30:17.960 --> 00:30:19.878 So before we provide any treatment there's
NOTE Confidence: 0.894819930714286

00:30:19.878 --> 00:30:22.397 sort of a pre treatment screening period.
NOTE Confidence: 0.894819930714286

00:30:22.400 --> 00:30:26.318 We we will assess our participants
NOTE Confidence: 0.894819930714286

00:30:26.318 --> 00:30:28.277 for uncontrolled hypertension.
NOTE Confidence: 0.894819930714286

00:30:28.280 --> 00:30:29.384 We want to see they're just
NOTE Confidence: 0.894819930714286

00:30:29.384 --> 00:30:30.720 able to come to appointments.
NOTE Confidence: 0.894819930714286

00:30:30.720 --> 00:30:32.262 So they're they're two pre screen
NOTE Confidence: 0.894819930714286

00:30:32.262 --> 00:30:34.251 appointments as we call them and we just
NOTE Confidence: 0.894819930714286

00:30:34.251 --> 00:30:35.859 want our participants to show that they
NOTE Confidence: 0.894819930714286

00:30:35.859 --> 00:30:37.726 can they can come to appointments on
NOTE Confidence: 0.894819930714286

00:30:37.726 --> 00:30:39.839 time before we really begin the process.
NOTE Confidence: 0.894819930714286

00:30:39.840 --> 00:30:42.496 There's a medical exam and we we just
NOTE Confidence: 0.894819930714286

00:30:42.496 --> 00:30:44.482 required that our participants be
NOTE Confidence: 0.894819930714286

00:30:44.482 --> 00:30:47.285 generally healthy to have an an EKG
NOTE Confidence: 0.894819930714286

00:30:47.285 --> 00:30:49.910 and blood panel that our our physician
NOTE Confidence: 0.894819930714286

00:30:49.992 --> 00:30:52.942 collaborators felt deemed them healthy

NOTE Confidence: 0.894819930714286
00:30:52.942 --> 00:30:55.604 enough to receive psilocybin and then
NOTE Confidence: 0.894819930714286
00:30:55.604 --> 00:30:57.718 the psychotherapy began and and we had
NOTE Confidence: 0.894819930714286
00:30:57.718 --> 00:30:59.879 four so-called preparation sessions.
NOTE Confidence: 0.894819930714286
00:30:59.880 --> 00:31:02.085 The focus here was essentially
NOTE Confidence: 0.894819930714286
00:31:02.085 --> 00:31:03.849 establishing Rapport Alliance with
NOTE Confidence: 0.894819930714286
00:31:03.849 --> 00:31:05.960 our participants and we included at
NOTE Confidence: 0.894819930714286
00:31:05.960 --> 00:31:08.296 this time a a empirically supported
NOTE Confidence: 0.894819930714286
00:31:08.296 --> 00:31:09.880 manualized cognitive behavioral
NOTE Confidence: 0.894819930714286
00:31:09.880 --> 00:31:12.520 therapy for cocaine use disorder
NOTE Confidence: 0.894819930714286
00:31:12.590 --> 00:31:14.618 developed by Peter Monti and colleagues
NOTE Confidence: 0.894819930714286
00:31:14.618 --> 00:31:16.280 at Brown in the 90s.
NOTE Confidence: 0.894819930714286
00:31:16.280 --> 00:31:18.660 We tried not to do anything other
NOTE Confidence: 0.894819930714286
00:31:18.660 --> 00:31:21.424 than very standard rapport building
NOTE Confidence: 0.894819930714286
00:31:21.424 --> 00:31:23.146 reflective listening, expression,
NOTE Confidence: 0.894819930714286
00:31:23.146 --> 00:31:25.676 empathy along with the CBT.
NOTE Confidence: 0.894819930714286

00:31:25.680 --> 00:31:28.152 Now part of this did include a description
NOTE Confidence: 0.894819930714286

00:31:28.152 --> 00:31:30.995 of what the effects of psilocybin might be.
NOTE Confidence: 0.894819930714286

00:31:31.000 --> 00:31:32.902 We wanted people certainly to be
NOTE Confidence: 0.894819930714286

00:31:32.902 --> 00:31:34.636 prepared for the effects of the
NOTE Confidence: 0.894819930714286

00:31:34.636 --> 00:31:37.176 drug and to we try as best we could
NOTE Confidence: 0.894819930714286

00:31:37.176 --> 00:31:39.246 to mitigate the sometimes rather
NOTE Confidence: 0.894819930714286

00:31:39.246 --> 00:31:41.606 significant anxiety or panic that
NOTE Confidence: 0.894819930714286

00:31:41.606 --> 00:31:43.880 can accompany these experiences.
NOTE Confidence: 0.894819930714286

00:31:43.880 --> 00:31:45.315 We included MRI in the study if
NOTE Confidence: 0.894819930714286

00:31:45.315 --> 00:31:46.720 any of you are interested.
NOTE Confidence: 0.894819930714286

00:31:46.720 --> 00:31:48.984 We're we were taking a good look at
NOTE Confidence: 0.894819930714286

00:31:48.984 --> 00:31:51.000 resting state functional connectivity.
NOTE Confidence: 0.894819930714286

00:31:51.000 --> 00:31:52.302 I don't have those results present
NOTE Confidence: 0.894819930714286

00:31:52.302 --> 00:31:52.953 to you today,
NOTE Confidence: 0.894819930714286

00:31:52.960 --> 00:31:55.312 but we will in the summer and
NOTE Confidence: 0.894819930714286

00:31:55.312 --> 00:31:57.438 we're also looking at GLX via Mrs.

NOTE Confidence: 0.885946000769231

00:31:59.480 --> 00:32:01.461 After the MRI, we would administer the

NOTE Confidence: 0.885946000769231

00:32:01.461 --> 00:32:04.119 drug in a clinical research unit either

NOTE Confidence: 0.885946000769231

00:32:04.119 --> 00:32:06.753 25 milligrams per 70kg of psilocybin

NOTE Confidence: 0.885946000769231

00:32:06.753 --> 00:32:09.520 or 100 milligrams of diphenhydramine.

NOTE Confidence: 0.885946000769231

00:32:09.520 --> 00:32:12.800 I think a common question is, well,

NOTE Confidence: 0.885946000769231

00:32:12.800 --> 00:32:14.600 how were we able to maintain the blind?

NOTE Confidence: 0.885946000769231

00:32:14.600 --> 00:32:18.058 I think maybe now not much of A secret

NOTE Confidence: 0.885946000769231

00:32:18.058 --> 00:32:20.278 is it's really hard to maintain the

NOTE Confidence: 0.885946000769231

00:32:20.278 --> 00:32:22.028 blind and studies of psychedelics

NOTE Confidence: 0.885946000769231

00:32:22.028 --> 00:32:24.192 because the the effects are so

NOTE Confidence: 0.885946000769231

00:32:24.192 --> 00:32:25.596 transparent salient and profound.

NOTE Confidence: 0.885946000769231

00:32:25.600 --> 00:32:29.120 And maybe not all participants

NOTE Confidence: 0.885946000769231

00:32:29.120 --> 00:32:30.395 who received the placebo where

NOTE Confidence: 0.885946000769231

00:32:30.395 --> 00:32:32.080 where they had received a placebo.

NOTE Confidence: 0.885946000769231

00:32:32.080 --> 00:32:33.824 But I would gather that most of those

NOTE Confidence: 0.885946000769231

00:32:33.824 --> 00:32:35.280 who received the active drug thought
NOTE Confidence: 0.885946000769231

00:32:35.280 --> 00:32:37.200 they received an active drug and
NOTE Confidence: 0.885946000769231

00:32:37.200 --> 00:32:38.973 likely the the therapist involved in
NOTE Confidence: 0.885946000769231

00:32:38.973 --> 00:32:41.200 the study had a good idea as well.
NOTE Confidence: 0.885946000769231

00:32:41.200 --> 00:32:42.555 And that's that's something that
NOTE Confidence: 0.885946000769231

00:32:42.555 --> 00:32:44.553 we just have to consider when we
NOTE Confidence: 0.885946000769231

00:32:44.553 --> 00:32:46.074 interpret these results that as
NOTE Confidence: 0.885946000769231

00:32:46.074 --> 00:32:48.610 best in in this case we may have
NOTE Confidence: 0.885946000769231

00:32:48.698 --> 00:32:51.398 tried to maintain our objectivity.
NOTE Confidence: 0.885946000769231

00:32:51.400 --> 00:32:54.400 We are the investigators who
NOTE Confidence: 0.885946000769231

00:32:54.400 --> 00:32:56.568 who designed the study.
NOTE Confidence: 0.885946000769231

00:32:56.568 --> 00:33:00.120 We have hypothesis we have a bias and that
NOTE Confidence: 0.885946000769231

00:33:00.120 --> 00:33:03.240 bias likely had an impact on our findings,
NOTE Confidence: 0.885946000769231

00:33:03.240 --> 00:33:04.264 especially considering
NOTE Confidence: 0.885946000769231

00:33:04.264 --> 00:33:05.800 functional and blinding.
NOTE Confidence: 0.885946000769231

00:33:05.800 --> 00:33:07.592 And as much as we'd like to say

NOTE Confidence: 0.885946000769231
00:33:07.592 --> 00:33:09.120 that these are very objective,
NOTE Confidence: 0.885946000769231
00:33:09.120 --> 00:33:11.181 I think these are these are issues that we'll
NOTE Confidence: 0.885946000769231
00:33:11.181 --> 00:33:13.080 we'll have to contend with moving forward.
NOTE Confidence: 0.885946000769231
00:33:13.080 --> 00:33:14.316 I should I should mention also,
NOTE Confidence: 0.885946000769231
00:33:14.320 --> 00:33:16.120 because this was funded with a
NOTE Confidence: 0.885946000769231
00:33:16.120 --> 00:33:17.696 shoestring budget, not only was I,
NOTE Confidence: 0.885946000769231
00:33:17.696 --> 00:33:19.572 the PIII was also the the primary
NOTE Confidence: 0.885946000769231
00:33:19.572 --> 00:33:20.876 therapist for every participant.
NOTE Confidence: 0.885946000769231
00:33:20.880 --> 00:33:23.897 So consider how my own bias may
NOTE Confidence: 0.885946000769231
00:33:23.897 --> 00:33:25.960 have impacted these results.
NOTE Confidence: 0.885946000769231
00:33:25.960 --> 00:33:28.560 So one administration of psilocybin
NOTE Confidence: 0.885946000769231
00:33:28.560 --> 00:33:29.600 or diphenhydramine,
NOTE Confidence: 0.885946000769231
00:33:29.600 --> 00:33:32.156 we would usually the next day,
NOTE Confidence: 0.885946000769231
00:33:32.160 --> 00:33:34.085 sometimes two days after depending
NOTE Confidence: 0.885946000769231
00:33:34.085 --> 00:33:35.240 on participant availability,
NOTE Confidence: 0.885946000769231

00:33:35.240 --> 00:33:37.040 we would begin the so-called
NOTE Confidence: 0.885946000769231
00:33:37.040 --> 00:33:37.760 integration process.
NOTE Confidence: 0.885946000769231
00:33:37.760 --> 00:33:38.482 And I,
NOTE Confidence: 0.885946000769231
00:33:38.482 --> 00:33:39.204 you know,
NOTE Confidence: 0.885946000769231
00:33:39.204 --> 00:33:41.370 I think in retrospect I regret
NOTE Confidence: 0.885946000769231
00:33:41.452 --> 00:33:43.400 these these terms they sound
NOTE Confidence: 0.885946000769231
00:33:43.400 --> 00:33:45.000 again a little too magical.
NOTE Confidence: 0.885946000769231
00:33:45.000 --> 00:33:48.030 We would just begin discussing the
NOTE Confidence: 0.885946000769231
00:33:48.030 --> 00:33:49.772 experience and but we really don't
NOTE Confidence: 0.885946000769231
00:33:49.772 --> 00:33:51.719 know what in the world is happening in
NOTE Confidence: 0.885946000769231
00:33:51.719 --> 00:33:52.919 so-called psychedelic psychotherapy.
NOTE Confidence: 0.885946000769231
00:33:52.920 --> 00:33:54.418 My sense is that for the most
NOTE Confidence: 0.885946000769231
00:33:54.418 --> 00:33:55.537 part people have insights and
NOTE Confidence: 0.885946000769231
00:33:55.537 --> 00:33:57.249 I'll talk about this in a bit and
NOTE Confidence: 0.885946000769231
00:33:57.298 --> 00:33:58.918 much of our discussion might just
NOTE Confidence: 0.885946000769231
00:33:58.918 --> 00:34:00.328 focus on natural problem solving.

NOTE Confidence: 0.885946000769231
00:34:00.328 --> 00:34:01.640 So someone might say,
NOTE Confidence: 0.885946000769231
00:34:01.640 --> 00:34:02.935 I realize I need to spend more
NOTE Confidence: 0.885946000769231
00:34:02.935 --> 00:34:03.920 time with my children.
NOTE Confidence: 0.885946000769231
00:34:03.920 --> 00:34:06.209 OK What are some ways that that
NOTE Confidence: 0.885946000769231
00:34:06.209 --> 00:34:07.920 you can accomplish that goal.
NOTE Confidence: 0.885946000769231
00:34:07.920 --> 00:34:09.895 Otherwise we would continue with
NOTE Confidence: 0.885946000769231
00:34:09.895 --> 00:34:11.080 cognitive behavioral therapy.
NOTE Confidence: 0.885946000769231
00:34:11.080 --> 00:34:12.998 Over the course of the four sessions,
NOTE Confidence: 0.885946000769231
00:34:13.000 --> 00:34:14.722 I provided more rather than less
NOTE Confidence: 0.885946000769231
00:34:14.722 --> 00:34:16.377 treatment because I didn't want anyone
NOTE Confidence: 0.885946000769231
00:34:16.377 --> 00:34:18.433 to feel like after this experience we just,
NOTE Confidence: 0.885946000769231
00:34:18.440 --> 00:34:19.022 you know,
NOTE Confidence: 0.885946000769231
00:34:19.022 --> 00:34:21.336 cut cut them off and and sent
NOTE Confidence: 0.885946000769231
00:34:21.336 --> 00:34:23.476 them out without proper support.
NOTE Confidence: 0.885946000769231
00:34:23.480 --> 00:34:25.292 We then had assessments,
NOTE Confidence: 0.885946000769231

00:34:25.292 --> 00:34:27.784 assessment only at 90 and 180
NOTE Confidence: 0.885946000769231

00:34:27.784 --> 00:34:29.128 days after the end of treatment
NOTE Confidence: 0.885946000769231

00:34:29.128 --> 00:34:30.639 and I wasn't involved in that.
NOTE Confidence: 0.885946000769231

00:34:30.640 --> 00:34:32.166 I wouldn't even be in the building
NOTE Confidence: 0.885946000769231

00:34:32.166 --> 00:34:33.110 when when participants would
NOTE Confidence: 0.885946000769231

00:34:33.110 --> 00:34:34.118 come for these assessments.
NOTE Confidence: 0.885946000769231

00:34:34.120 --> 00:34:35.344 And they would,
NOTE Confidence: 0.885946000769231

00:34:35.344 --> 00:34:36.160 it would,
NOTE Confidence: 0.885946000769231

00:34:36.160 --> 00:34:37.890 it would conduct these assessments
NOTE Confidence: 0.885946000769231

00:34:37.890 --> 00:34:39.661 with members of my staff who were not
NOTE Confidence: 0.885946000769231

00:34:39.661 --> 00:34:41.158 involved in the treatment in any way
NOTE Confidence: 0.922242288571429

00:34:44.040 --> 00:34:45.076 and feel free to cut me off.
NOTE Confidence: 0.922242288571429

00:34:45.080 --> 00:34:46.052 Any questions you can.
NOTE Confidence: 0.922242288571429

00:34:46.052 --> 00:34:48.039 I guess since we're not here in person,
NOTE Confidence: 0.922242288571429

00:34:48.040 --> 00:34:48.580 I actually wouldn't
NOTE Confidence: 0.922242288571429

00:34:48.580 --> 00:34:49.480 know if anybody has one.

NOTE Confidence: 0.922242288571429
00:34:49.480 --> 00:34:51.360 But you can speak up if you'd like.
NOTE Confidence: 0.922242288571429
00:34:51.360 --> 00:34:53.200 May I ask a question?
NOTE Confidence: 0.922242288571429
00:34:53.200 --> 00:34:54.200 Yes. Hi. Can you
NOTE Confidence: 0.796646951666667
00:34:54.200 --> 00:34:55.916 exclude for use of other drugs?
NOTE Confidence: 0.893648308
00:34:57.680 --> 00:34:58.600 Oh, good question. Yeah. So.
NOTE Confidence: 0.893648308
00:34:58.600 --> 00:35:01.996 So we use DSM 4 criteria,
NOTE Confidence: 0.893648308
00:35:02.000 --> 00:35:03.112 I should say that.
NOTE Confidence: 0.893648308
00:35:03.112 --> 00:35:04.780 So we would have excluded for
NOTE Confidence: 0.893648308
00:35:04.842 --> 00:35:06.638 dependence on other substances,
NOTE Confidence: 0.893648308
00:35:06.640 --> 00:35:09.120 with the exception of tobacco,
NOTE Confidence: 0.893648308
00:35:09.120 --> 00:35:11.073 if we had excluded people who are
NOTE Confidence: 0.893648308
00:35:11.073 --> 00:35:12.496 also smoking cigarettes that this
NOTE Confidence: 0.893648308
00:35:12.496 --> 00:35:14.080 would have been impossible to do.
NOTE Confidence: 0.893648308
00:35:14.080 --> 00:35:16.120 So we allowed tobacco use.
NOTE Confidence: 0.893648308
00:35:16.120 --> 00:35:18.478 We allowed alcohol abuse but not
NOTE Confidence: 0.893648308

00:35:18.478 --> 00:35:20.786 dependence and alcohol use among those

NOTE Confidence: 0.893648308

00:35:20.786 --> 00:35:23.480 who use cocaine is very prevalent.

NOTE Confidence: 0.893648308

00:35:23.480 --> 00:35:25.225 And it's you probably know again

NOTE Confidence: 0.893648308

00:35:25.225 --> 00:35:26.737 that when you when you drink and

NOTE Confidence: 0.893648308

00:35:26.737 --> 00:35:27.955 use cocaine at the same time,

NOTE Confidence: 0.893648308

00:35:27.960 --> 00:35:31.416 there's a unique byproduct that sort

NOTE Confidence: 0.893648308

00:35:31.416 --> 00:35:33.992 of extends the the effects of cocaine.

NOTE Confidence: 0.893648308

00:35:34.000 --> 00:35:35.428 And not all of those who use

NOTE Confidence: 0.893648308

00:35:35.428 --> 00:35:36.439 cocaine are aware of this,

NOTE Confidence: 0.893648308

00:35:36.440 --> 00:35:37.676 but you basically get more bang

NOTE Confidence: 0.893648308

00:35:37.676 --> 00:35:39.136 for your buck when you drink and

NOTE Confidence: 0.893648308

00:35:39.136 --> 00:35:40.318 use cocaine at the same time.

NOTE Confidence: 0.893648308

00:35:40.320 --> 00:35:42.120 So there's a fair amount of drinking here,

NOTE Confidence: 0.893648308

00:35:42.120 --> 00:35:45.725 but we would have excluded anybody with

NOTE Confidence: 0.893648308

00:35:45.725 --> 00:35:48.053 an independent alcohol dependence diagnosis.

NOTE Confidence: 0.893648308

00:35:48.053 --> 00:35:50.639 A lot of people use cannabis,

NOTE Confidence: 0.893648308

00:35:50.640 --> 00:35:52.999 but no one met criteria for dependence.

NOTE Confidence: 0.893648308

00:35:53.000 --> 00:35:55.320 And so we also allowed abuse on cannabis.

NOTE Confidence: 0.85082926

00:35:59.160 --> 00:36:01.080 How about other psychiatric diagnosis?

NOTE Confidence: 0.85082926

00:36:01.080 --> 00:36:03.984 How about bipolar or, you know,

NOTE Confidence: 0.85082926

00:36:03.984 --> 00:36:05.700 history of psychosis or other things?

NOTE Confidence: 0.85082926

00:36:05.700 --> 00:36:07.622 Did you rule those out? Yeah.

NOTE Confidence: 0.85082926

00:36:07.622 --> 00:36:08.954 So anybody, that's a great question.

NOTE Confidence: 0.85082926

00:36:08.960 --> 00:36:10.738 Anybody with the first or second degree

NOTE Confidence: 0.85082926

00:36:10.738 --> 00:36:12.439 relative with the history of bipolar

NOTE Confidence: 0.85082926

00:36:12.439 --> 00:36:13.929 disorders or psychotic disorders would

NOTE Confidence: 0.85082926

00:36:13.929 --> 00:36:15.599 have been excluded from the study

NOTE Confidence: 0.836014498333333

00:36:17.680 --> 00:36:20.200 that that can be difficult to assess

NOTE Confidence: 0.836014498333333

00:36:20.200 --> 00:36:22.120 sometimes because I learned in in

NOTE Confidence: 0.836014498333333

00:36:22.120 --> 00:36:24.547 this part of the world the term

NOTE Confidence: 0.836014498333333

00:36:24.547 --> 00:36:25.947 schizophrenia is sometimes used

NOTE Confidence: 0.836014498333333

00:36:25.947 --> 00:36:28.352 just to refer to you know a parent
NOTE Confidence: 0.836014498333333

00:36:28.352 --> 00:36:30.520 who is kind of irritable and Moody.
NOTE Confidence: 0.836014498333333

00:36:30.520 --> 00:36:32.900 So we were we were careful not
NOTE Confidence: 0.836014498333333

00:36:32.900 --> 00:36:34.804 to include anybody who had first
NOTE Confidence: 0.836014498333333

00:36:34.804 --> 00:36:36.424 or second degree relatives with
NOTE Confidence: 0.836014498333333

00:36:36.424 --> 00:36:37.720 psychotic or bipolar disorders.
NOTE Confidence: 0.836014498333333

00:36:37.720 --> 00:36:39.680 And we don't really know
NOTE Confidence: 0.836014498333333

00:36:39.680 --> 00:36:40.808 what psychedelics might do.
NOTE Confidence: 0.836014498333333

00:36:40.808 --> 00:36:42.896 I mean I I actually think that
NOTE Confidence: 0.836014498333333

00:36:42.896 --> 00:36:44.264 concerns around hypomanic or
NOTE Confidence: 0.836014498333333

00:36:44.264 --> 00:36:45.632 manic episodes are real.
NOTE Confidence: 0.836014498333333

00:36:45.640 --> 00:36:47.985 I'm not as concerned now about the
NOTE Confidence: 0.836014498333333

00:36:47.985 --> 00:36:49.510 impact on psychotic disorders and
NOTE Confidence: 0.836014498333333

00:36:49.510 --> 00:36:52.056 I think even there could be a a
NOTE Confidence: 0.836014498333333

00:36:52.056 --> 00:36:53.320 future in studying psychedelics
NOTE Confidence: 0.836014498333333

00:36:53.320 --> 00:36:54.560 for psychotic disorders.

NOTE Confidence: 0.836014498333333

00:36:54.560 --> 00:36:56.256 But to be very safe in the study

NOTE Confidence: 0.836014498333333

00:36:56.256 --> 00:36:57.360 we excluded those people.

NOTE Confidence: 0.941733968

00:37:00.040 --> 00:37:01.320 OK, I'll keep going here.

NOTE Confidence: 0.941733968

00:37:01.320 --> 00:37:03.028 So just to give you a general

NOTE Confidence: 0.941733968

00:37:03.028 --> 00:37:04.461 overview this this is just the

NOTE Confidence: 0.941733968

00:37:04.461 --> 00:37:05.959 1st 10 people you know our our

NOTE Confidence: 0.941733968

00:37:06.012 --> 00:37:07.440 demographics will change it.

NOTE Confidence: 0.941733968

00:37:07.440 --> 00:37:09.504 But, but I mean generally speaking

NOTE Confidence: 0.941733968

00:37:09.504 --> 00:37:10.880 our participants were were

NOTE Confidence: 0.941733968

00:37:10.938 --> 00:37:12.798 economically disadvantaged folks,

NOTE Confidence: 0.941733968

00:37:12.800 --> 00:37:14.666 some were homeless,

NOTE Confidence: 0.941733968

00:37:14.666 --> 00:37:17.413 many were unemployed and the

NOTE Confidence: 0.941733968

00:37:17.413 --> 00:37:18.931 majority of our sample was African

NOTE Confidence: 0.941733968

00:37:18.931 --> 00:37:20.384 American and that just reflects

NOTE Confidence: 0.941733968

00:37:20.384 --> 00:37:21.680 the population of Birmingham,

NOTE Confidence: 0.941733968

00:37:21.680 --> 00:37:23.400 that's over 70% African American.
NOTE Confidence: 0.941639231818182

00:37:25.480 --> 00:37:28.475 So we administered the challenging
NOTE Confidence: 0.941639231818182

00:37:28.475 --> 00:37:30.871 experience questionnaire after psilocybin
NOTE Confidence: 0.941639231818182

00:37:30.871 --> 00:37:34.225 sessions and this was a questionnaire that
NOTE Confidence: 0.941639231818182

00:37:34.225 --> 00:37:37.760 was ultimately developed by Fred Baird.
NOTE Confidence: 0.941639231818182

00:37:37.760 --> 00:37:39.560 But based on some older
NOTE Confidence: 0.941639231818182

00:37:39.560 --> 00:37:40.718 questionnaires from the 60s,
NOTE Confidence: 0.941639231818182

00:37:40.720 --> 00:37:42.304 I think Walter Panke and colleagues
NOTE Confidence: 0.941639231818182

00:37:42.304 --> 00:37:44.104 may have developed a number of these
NOTE Confidence: 0.941639231818182

00:37:44.104 --> 00:37:45.960 questions that get at some of the more
NOTE Confidence: 0.941639231818182

00:37:45.960 --> 00:37:47.328 difficult experiences that people
NOTE Confidence: 0.941639231818182

00:37:47.328 --> 00:37:49.230 can have with the psychedelic. Now,
NOTE Confidence: 0.941639231818182

00:37:49.230 --> 00:37:51.200 to give you a sense of what these might mean,
NOTE Confidence: 0.941639231818182

00:37:51.200 --> 00:37:52.835 there were adjectival anchors at
NOTE Confidence: 0.941639231818182

00:37:52.835 --> 00:37:55.159 each number and zero the the anchor.
NOTE Confidence: 0.941639231818182

00:37:55.160 --> 00:37:56.480 There would have been none.

NOTE Confidence: 0.941639231818182
00:37:56.480 --> 00:37:59.837 One would have been so slight I cannot tell.
NOTE Confidence: 0.941639231818182
00:37:59.840 --> 00:38:01.120 Two would have been mild,
NOTE Confidence: 0.941639231818182
00:38:01.120 --> 00:38:03.675 3 was moderate, 4 was very strong,
NOTE Confidence: 0.941639231818182
00:38:03.680 --> 00:38:05.188 and five was extreme.
NOTE Confidence: 0.941639231818182
00:38:05.188 --> 00:38:07.965 So although your eyes might tell you
NOTE Confidence: 0.941639231818182
00:38:07.965 --> 00:38:10.635 here that there were indeed differences
NOTE Confidence: 0.941639231818182
00:38:10.635 --> 00:38:11.890 between psilocybin and placebo,
NOTE Confidence: 0.941639231818182
00:38:11.890 --> 00:38:13.240 just note that even for,
NOTE Confidence: 0.941639231818182
00:38:13.240 --> 00:38:15.280 say, fear, the fear scale,
NOTE Confidence: 0.941639231818182
00:38:15.280 --> 00:38:18.556 where we saw the strongest mean score,
NOTE Confidence: 0.941639231818182
00:38:18.560 --> 00:38:20.600 folks were essentially saying that
NOTE Confidence: 0.941639231818182
00:38:20.600 --> 00:38:23.033 their mean fear was somewhere between
NOTE Confidence: 0.941639231818182
00:38:23.033 --> 00:38:25.392 so slight I cannot tell and mild.
NOTE Confidence: 0.941639231818182
00:38:25.392 --> 00:38:28.240 I do think it's important to note here,
NOTE Confidence: 0.941639231818182
00:38:28.240 --> 00:38:29.712 though, that, you know,
NOTE Confidence: 0.941639231818182

00:38:29.712 --> 00:38:31.920 one could have a few moments
NOTE Confidence: 0.941639231818182

00:38:31.994 --> 00:38:33.974 of rather intense fear followed
NOTE Confidence: 0.941639231818182

00:38:33.974 --> 00:38:35.954 by maybe hours of bliss.
NOTE Confidence: 0.941639231818182

00:38:35.960 --> 00:38:37.508 And so when we asked them at the end
NOTE Confidence: 0.941639231818182

00:38:37.508 --> 00:38:41.240 of their experience, were you afraid?
NOTE Confidence: 0.941639231818182

00:38:41.240 --> 00:38:41.766 If they're.
NOTE Confidence: 0.941639231818182

00:38:41.766 --> 00:38:43.344 Even though we tell them to
NOTE Confidence: 0.941639231818182

00:38:43.344 --> 00:38:45.010 answer based on how they may have
NOTE Confidence: 0.941639231818182

00:38:45.010 --> 00:38:46.559 felt at any one period of time,
NOTE Confidence: 0.941639231818182

00:38:46.560 --> 00:38:48.036 they've had a rather blissful experience.
NOTE Confidence: 0.941639231818182

00:38:48.040 --> 00:38:50.007 It might be common for them to
NOTE Confidence: 0.941639231818182

00:38:50.007 --> 00:38:51.751 downplay the degree to which they
NOTE Confidence: 0.941639231818182

00:38:51.751 --> 00:38:53.718 might have been afraid at one point.
NOTE Confidence: 0.941639231818182

00:38:53.720 --> 00:38:55.440 And I, as an analogy,
NOTE Confidence: 0.941639231818182

00:38:55.440 --> 00:38:58.090 I often use this story of when I took my
NOTE Confidence: 0.941639231818182

00:38:58.163 --> 00:39:00.718 my daughter, now 12, she has no idea.

NOTE Confidence: 0.941639231818182
00:39:00.720 --> 00:39:01.424 I use this analogy.
NOTE Confidence: 0.941639231818182
00:39:01.424 --> 00:39:02.480 I don't know how she'd feel.
NOTE Confidence: 0.941639231818182
00:39:02.480 --> 00:39:03.476 I'll have to ask her tonight.
NOTE Confidence: 0.941639231818182
00:39:03.480 --> 00:39:04.880 But when she was 10,
NOTE Confidence: 0.941639231818182
00:39:04.880 --> 00:39:06.576 I I took her to her first roller
NOTE Confidence: 0.941639231818182
00:39:06.576 --> 00:39:08.159 coaster and she was really excited.
NOTE Confidence: 0.941639231818182
00:39:08.160 --> 00:39:09.396 We're waiting in line and we,
NOTE Confidence: 0.941639231818182
00:39:09.400 --> 00:39:09.952 we got the,
NOTE Confidence: 0.941639231818182
00:39:09.952 --> 00:39:10.136 the,
NOTE Confidence: 0.941639231818182
00:39:10.136 --> 00:39:11.674 the car and we were strapped in and
NOTE Confidence: 0.941639231818182
00:39:11.674 --> 00:39:13.046 she was talking about how excited she
NOTE Confidence: 0.941639231818182
00:39:13.046 --> 00:39:14.759 was to be doing this for the first time.
NOTE Confidence: 0.941639231818182
00:39:14.760 --> 00:39:16.600 And then when we started climbing the hill,
NOTE Confidence: 0.941639231818182
00:39:16.600 --> 00:39:17.852 she said, Oh no.
NOTE Confidence: 0.941639231818182
00:39:17.852 --> 00:39:19.838 All right, Daddy, tell him to stop the ride,
NOTE Confidence: 0.941639231818182

00:39:19.840 --> 00:39:20.518 take it back.
NOTE Confidence: 0.941639231818182

00:39:20.518 --> 00:39:21.196 I'm getting off,
NOTE Confidence: 0.941639231818182

00:39:21.200 --> 00:39:22.584 I'm not doing this.
NOTE Confidence: 0.941639231818182

00:39:22.584 --> 00:39:24.314 And I said obviously there's
NOTE Confidence: 0.941639231818182

00:39:24.314 --> 00:39:26.186 there's no way off this unless
NOTE Confidence: 0.941639231818182

00:39:26.186 --> 00:39:28.200 we see this ride through the end.
NOTE Confidence: 0.941639231818182

00:39:28.200 --> 00:39:29.760 And she was a little upset.
NOTE Confidence: 0.941639231818182

00:39:29.760 --> 00:39:31.080 But once the ride began,
NOTE Confidence: 0.941639231818182

00:39:31.080 --> 00:39:32.340 she had a great time and by the end
NOTE Confidence: 0.941639231818182

00:39:32.340 --> 00:39:33.556 she was saying let's do it again.
NOTE Confidence: 0.941639231818182

00:39:33.560 --> 00:39:34.600 And I was like, well,
NOTE Confidence: 0.941639231818182

00:39:34.600 --> 00:39:35.944 you were a little scared there at the
NOTE Confidence: 0.941639231818182

00:39:35.944 --> 00:39:37.360 at the beginning and she was like,
NOTE Confidence: 0.941639231818182

00:39:37.360 --> 00:39:38.638 no, I wasn't. I was fine.
NOTE Confidence: 0.941639231818182

00:39:38.640 --> 00:39:40.278 I don't know what you're talking about.
NOTE Confidence: 0.941639231818182

00:39:40.280 --> 00:39:41.960 Issues kind of downplaying it.

NOTE Confidence: 0.941639231818182
00:39:41.960 --> 00:39:43.064 I think that's a pretty good
NOTE Confidence: 0.941639231818182
00:39:43.064 --> 00:39:44.054 analogy for how this experience
NOTE Confidence: 0.941639231818182
00:39:44.054 --> 00:39:45.119 can be for many people.
NOTE Confidence: 0.941639231818182
00:39:45.120 --> 00:39:46.758 There's some fear at the beginning,
NOTE Confidence: 0.941639231818182
00:39:46.760 --> 00:39:48.780 sometimes an expression to to
NOTE Confidence: 0.941639231818182
00:39:48.780 --> 00:39:50.396 stop the experience altogether.
NOTE Confidence: 0.941639231818182
00:39:50.400 --> 00:39:52.836 But after that initial period of fear
NOTE Confidence: 0.9577998
00:39:52.840 --> 00:39:56.032 passes, there's awe and wonder
NOTE Confidence: 0.9577998
00:39:56.032 --> 00:39:57.595 and bliss, and at the end they
NOTE Confidence: 0.9577998
00:39:57.595 --> 00:39:58.880 might say it wasn't so bad.
NOTE Confidence: 0.9577998
00:39:58.880 --> 00:40:00.952 But I think these these scores probably
NOTE Confidence: 0.9577998
00:40:00.952 --> 00:40:02.525 underestimate at least how they may
NOTE Confidence: 0.9577998
00:40:02.525 --> 00:40:04.120 have felt for a period of time. Did
NOTE Confidence: 0.759196303333333
00:40:05.520 --> 00:40:08.080 they have previous experience
NOTE Confidence: 0.759196303333333
00:40:08.080 --> 00:40:10.880 with psychedelics? I'm
NOTE Confidence: 0.85071585

00:40:09.480 --> 00:40:10.720 sorry, could you repeat the question? Did

NOTE Confidence: 0.842831042352941

00:40:10.880 --> 00:40:12.889 they have, did they, did they have

NOTE Confidence: 0.842831042352941

00:40:12.889 --> 00:40:14.086 previous experience with psychedelics

NOTE Confidence: 0.842831042352941

00:40:14.086 --> 00:40:15.754 or was it their first time?

NOTE Confidence: 0.872333931666667

00:40:16.960 --> 00:40:19.480 So we required that our participants

NOTE Confidence: 0.872333931666667

00:40:19.480 --> 00:40:20.980 would have not used a psychedelic

NOTE Confidence: 0.872333931666667

00:40:20.980 --> 00:40:22.918 before or that would have been three

NOTE Confidence: 0.872333931666667

00:40:22.918 --> 00:40:24.393 years since their prior experience.

NOTE Confidence: 0.872333931666667

00:40:24.400 --> 00:40:26.326 And the idea here is if they had recently

NOTE Confidence: 0.872333931666667

00:40:26.326 --> 00:40:28.294 had a large dose of a psychedelic that

NOTE Confidence: 0.872333931666667

00:40:28.294 --> 00:40:30.081 they'd be easily able to tell whether

NOTE Confidence: 0.872333931666667

00:40:30.081 --> 00:40:31.895 they received the active drug or not.

NOTE Confidence: 0.872333931666667

00:40:31.895 --> 00:40:34.335 But also, if if someone had said, yeah,

NOTE Confidence: 0.872333931666667

00:40:34.335 --> 00:40:37.191 you know, just last month I took 500

NOTE Confidence: 0.872333931666667

00:40:37.191 --> 00:40:38.808 micrograms of LSD and I'm still using

NOTE Confidence: 0.872333931666667

00:40:38.808 --> 00:40:40.035 cocaine every day, we might think,

NOTE Confidence: 0.872333931666667
00:40:40.035 --> 00:40:40.960 well just from the beginning.
NOTE Confidence: 0.872333931666667
00:40:40.960 --> 00:40:42.185 There's reason to think this
NOTE Confidence: 0.872333931666667
00:40:42.185 --> 00:40:43.960 person might not be a responder,
NOTE Confidence: 0.872333931666667
00:40:43.960 --> 00:40:47.360 even though I do think that pairing in
NOTE Confidence: 0.872333931666667
00:40:47.360 --> 00:40:49.691 the psychotherapeutic context is much
NOTE Confidence: 0.872333931666667
00:40:49.691 --> 00:40:52.036 different than than naturalistic use.
NOTE Confidence: 0.872333931666667
00:40:52.040 --> 00:40:53.354 I'd have to take a look at the data,
NOTE Confidence: 0.872333931666667
00:40:53.360 --> 00:40:55.704 but like almost all of our participants had
NOTE Confidence: 0.872333931666667
00:40:55.704 --> 00:40:58.157 no prior experience with the psychedelic.
NOTE Confidence: 0.872333931666667
00:40:58.160 --> 00:40:59.438 And those who did may have,
NOTE Confidence: 0.872333931666667
00:40:59.440 --> 00:41:01.337 you know, at age 50 had said, yeah,
NOTE Confidence: 0.872333931666667
00:41:01.337 --> 00:41:03.393 when I was when I was a teenager,
NOTE Confidence: 0.872333931666667
00:41:03.400 --> 00:41:04.436 somebody passed around microdots.
NOTE Confidence: 0.872333931666667
00:41:04.436 --> 00:41:06.719 And what do I remember from that experience?
NOTE Confidence: 0.872333931666667
00:41:06.720 --> 00:41:08.850 We all kind of laughed and you know,
NOTE Confidence: 0.872333931666667

00:41:08.850 --> 00:41:10.200 the colors were bright and vibrant.
NOTE Confidence: 0.872333931666667

00:41:10.200 --> 00:41:11.560 But that's all I remember.
NOTE Confidence: 0.872333931666667

00:41:11.560 --> 00:41:13.695 So they were for the most part
NOTE Confidence: 0.872333931666667

00:41:13.695 --> 00:41:15.604 naive and most I will say, you know,
NOTE Confidence: 0.872333931666667

00:41:15.604 --> 00:41:15.866 anecdotally,
NOTE Confidence: 0.872333931666667

00:41:15.866 --> 00:41:17.438 most of the folks thought the
NOTE Confidence: 0.872333931666667

00:41:17.438 --> 00:41:18.670 idea sounded crazy, right?
NOTE Confidence: 0.872333931666667

00:41:18.670 --> 00:41:20.560 They'd say you're going to help me
NOTE Confidence: 0.872333931666667

00:41:20.560 --> 00:41:22.357 stop getting high by getting me high.
NOTE Confidence: 0.872333931666667

00:41:22.360 --> 00:41:23.680 I'm not so sure about this,
NOTE Confidence: 0.872333931666667

00:41:23.680 --> 00:41:25.240 but hey I've tried everything at this point,
NOTE Confidence: 0.872333931666667

00:41:25.240 --> 00:41:27.280 so I'll move forward.
NOTE Confidence: 0.872333931666667

00:41:27.280 --> 00:41:28.936 So here we have the Mystical
NOTE Confidence: 0.872333931666667

00:41:28.936 --> 00:41:30.040 Experience Questionnaire and we
NOTE Confidence: 0.872333931666667

00:41:30.089 --> 00:41:31.691 generally think these these are the
NOTE Confidence: 0.872333931666667

00:41:31.691 --> 00:41:33.241 sort of experiences we want people

NOTE Confidence: 0.872333931666667

00:41:33.241 --> 00:41:34.596 to have and the the adjectival

NOTE Confidence: 0.872333931666667

00:41:34.596 --> 00:41:36.825 anchors are the same as with the the

NOTE Confidence: 0.872333931666667

00:41:36.825 --> 00:41:38.037 challenging experience questionnaire.

NOTE Confidence: 0.872333931666667

00:41:38.040 --> 00:41:39.752 SO4 is very strong,

NOTE Confidence: 0.872333931666667

00:41:39.752 --> 00:41:43.668 five is extreme and you'll see here we we

NOTE Confidence: 0.872333931666667

00:41:43.668 --> 00:41:46.360 didn't conduct any inferential statistics,

NOTE Confidence: 0.872333931666667

00:41:46.360 --> 00:41:47.720 but I think your your eyes will probably

NOTE Confidence: 0.872333931666667

00:41:47.720 --> 00:41:49.079 give you a sense of what's happening.

NOTE Confidence: 0.1580707

00:41:51.240 --> 00:41:54.685 Their psilocybin appears to do as

NOTE Confidence: 0.1580707

00:41:54.685 --> 00:41:56.000 advertised. I I would say here.

NOTE Confidence: 0.915556701333333

00:41:58.520 --> 00:42:00.600 So we always we ask folks the same

NOTE Confidence: 0.915556701333333

00:42:00.600 --> 00:42:03.037 sort of questions they did at Hopkins.

NOTE Confidence: 0.915556701333333

00:42:03.040 --> 00:42:05.020 You know how spiritually significant

NOTE Confidence: 0.915556701333333

00:42:05.020 --> 00:42:07.000 was this experience for you?

NOTE Confidence: 0.915556701333333

00:42:07.000 --> 00:42:09.512 And let's see, of the six people in

NOTE Confidence: 0.915556701333333

00:42:09.512 --> 00:42:12.199 the 1st 10 who received psilocybin,
NOTE Confidence: 0.915556701333333

00:42:12.200 --> 00:42:14.653 3 said it was the single most spiritually
NOTE Confidence: 0.915556701333333

00:42:14.653 --> 00:42:17.118 significant experience of their lives.
NOTE Confidence: 0.915556701333333

00:42:17.120 --> 00:42:18.255 The the next response option
NOTE Confidence: 0.915556701333333

00:42:18.255 --> 00:42:19.680 is it's in the top five.
NOTE Confidence: 0.915556701333333

00:42:19.680 --> 00:42:21.840 One person indicated that that is
NOTE Confidence: 0.915556701333333

00:42:21.840 --> 00:42:23.640 where psilocybin landed for them.
NOTE Confidence: 0.915556701333333

00:42:23.640 --> 00:42:24.960 Among those who received the placebo.
NOTE Confidence: 0.915556701333333

00:42:24.960 --> 00:42:28.558 No one endorsed either of those responses.
NOTE Confidence: 0.915556701333333

00:42:28.560 --> 00:42:29.708 And follow me here,
NOTE Confidence: 0.915556701333333

00:42:29.708 --> 00:42:32.213 there's a lot going on and I realize
NOTE Confidence: 0.915556701333333

00:42:32.213 --> 00:42:34.337 it's it's probably not labeled ideally,
NOTE Confidence: 0.915556701333333

00:42:34.337 --> 00:42:36.359 but I'll I'll walk you through.
NOTE Confidence: 0.915556701333333

00:42:36.360 --> 00:42:38.236 So when we first see our participants,
NOTE Confidence: 0.915556701333333

00:42:38.240 --> 00:42:43.280 they're using about half the time on average.
NOTE Confidence: 0.915556701333333

00:42:43.280 --> 00:42:46.800 There's a lot of variability.

NOTE Confidence: 0.915556701333333
00:42:46.800 --> 00:42:47.432 You know,
NOTE Confidence: 0.915556701333333
00:42:47.432 --> 00:42:49.012 the limiting factor really appears
NOTE Confidence: 0.915556701333333
00:42:49.012 --> 00:42:50.269 to be finances, right?
NOTE Confidence: 0.915556701333333
00:42:50.269 --> 00:42:52.432 They might use more if they had
NOTE Confidence: 0.915556701333333
00:42:52.432 --> 00:42:55.664 money to use and this would be
NOTE Confidence: 0.915556701333333
00:42:55.664 --> 00:42:58.700 during the before we've started any
NOTE Confidence: 0.915556701333333
00:42:58.700 --> 00:43:00.560 kind of behavioral intervention.
NOTE Confidence: 0.915556701333333
00:43:00.560 --> 00:43:02.120 But while they're a participant in the study,
NOTE Confidence: 0.915556701333333
00:43:02.120 --> 00:43:04.794 we see that they already begin to
NOTE Confidence: 0.915556701333333
00:43:04.794 --> 00:43:06.480 reduce their percentage of use.
NOTE Confidence: 0.915556701333333
00:43:06.480 --> 00:43:07.600 They already begin to use,
NOTE Confidence: 0.915556701333333
00:43:07.600 --> 00:43:09.420 reduce cocaine use and that's a fairly
NOTE Confidence: 0.915556701333333
00:43:09.420 --> 00:43:10.999 common finding in clinical trials.
NOTE Confidence: 0.915556701333333
00:43:11.000 --> 00:43:12.330 People begin to change before
NOTE Confidence: 0.915556701333333
00:43:12.330 --> 00:43:13.394 you ask them to.
NOTE Confidence: 0.915556701333333

00:43:13.400 --> 00:43:16.118 Now during the preparation process we
NOTE Confidence: 0.915556701333333

00:43:16.118 --> 00:43:18.879 see further reduction in cocaine use.
NOTE Confidence: 0.915556701333333

00:43:18.880 --> 00:43:20.200 But this is what I want you to look at here.
NOTE Confidence: 0.915556701333333

00:43:20.200 --> 00:43:22.512 This is the period of time from Drug
NOTE Confidence: 0.915556701333333

00:43:22.512 --> 00:43:24.118 Administration DA through end of
NOTE Confidence: 0.915556701333333

00:43:24.118 --> 00:43:26.396 treatment and in this first again 10,
NOTE Confidence: 0.915556701333333

00:43:26.400 --> 00:43:28.624 these first 10 participants,
NOTE Confidence: 0.915556701333333

00:43:28.624 --> 00:43:32.344 we see that everybody who was administered
NOTE Confidence: 0.915556701333333

00:43:32.344 --> 00:43:33.880 psilocybin reported 100% abstinence
NOTE Confidence: 0.915556701333333

00:43:33.880 --> 00:43:36.000 and that's why there's there's no,
NOTE Confidence: 0.915556701333333

00:43:36.000 --> 00:43:38.358 there are no error bars there.
NOTE Confidence: 0.915556701333333

00:43:38.360 --> 00:43:40.120 The the folks who received
NOTE Confidence: 0.915556701333333

00:43:40.120 --> 00:43:42.200 placebo are doing pretty well too.
NOTE Confidence: 0.915556701333333

00:43:42.200 --> 00:43:44.360 There's a little bit of a dip from end
NOTE Confidence: 0.915556701333333

00:43:44.360 --> 00:43:46.717 of treatment through 90 day follow up,
NOTE Confidence: 0.915556701333333

00:43:46.720 --> 00:43:50.628 although between 90 day to 108 day follow up.

NOTE Confidence: 0.915556701333333

00:43:50.628 --> 00:43:52.763 Those who received psilocybin again

NOTE Confidence: 0.915556701333333

00:43:52.763 --> 00:43:55.154 report complete abstinence whereas

NOTE Confidence: 0.915556701333333

00:43:55.154 --> 00:43:58.478 those who received the placebo reported

NOTE Confidence: 0.915556701333333

00:43:58.480 --> 00:44:00.916 abstinence about 85% of the time.

NOTE Confidence: 0.915556701333333

00:44:00.920 --> 00:44:03.026 I I would just interpret these

NOTE Confidence: 0.915556701333333

00:44:03.026 --> 00:44:04.741 very cautiously again because we'll

NOTE Confidence: 0.915556701333333

00:44:04.741 --> 00:44:06.717 have the full data set on the 40

NOTE Confidence: 0.915556701333333

00:44:06.720 --> 00:44:08.400 shortly and these are the 1st 10.

NOTE Confidence: 0.915556701333333

00:44:08.400 --> 00:44:10.948 And and you know I conducted some

NOTE Confidence: 0.915556701333333

00:44:10.948 --> 00:44:12.040 inferential statistics here,

NOTE Confidence: 0.915556701333333

00:44:12.040 --> 00:44:14.211 though I should not have because

NOTE Confidence: 0.915556701333333

00:44:14.211 --> 00:44:15.477 this is just the 1st 10.

NOTE Confidence: 0.915556701333333

00:44:15.480 --> 00:44:17.320 But if you are interested,

NOTE Confidence: 0.915556701333333

00:44:17.320 --> 00:44:18.560 the effect sizes look large.

NOTE Confidence: 0.915556701333333

00:44:18.560 --> 00:44:20.170 I can't imagine they'll be that large

NOTE Confidence: 0.915556701333333

00:44:20.170 --> 00:44:22.002 at the end but there there seems to
NOTE Confidence: 0.915556701333333

00:44:22.002 --> 00:44:23.840 be a signal here that looks promising.
NOTE Confidence: 0.902521616666667

00:44:26.360 --> 00:44:28.592 So OK, I came up with the video here.
NOTE Confidence: 0.902521616666667

00:44:28.600 --> 00:44:29.500 It's a little silly,
NOTE Confidence: 0.902521616666667

00:44:29.500 --> 00:44:31.357 but I I want to discuss briefly what
NOTE Confidence: 0.902521616666667

00:44:31.357 --> 00:44:33.157 I think might be going on and I
NOTE Confidence: 0.902521616666667

00:44:33.215 --> 00:44:35.027 need to credit my doctoral student
NOTE Confidence: 0.902521616666667

00:44:35.027 --> 00:44:36.728 Haley Durant for helping me come
NOTE Confidence: 0.902521616666667

00:44:36.728 --> 00:44:38.436 up with this and the general idea.
NOTE Confidence: 0.902521616666667

00:44:38.440 --> 00:44:42.251 So our our thought here and we we
NOTE Confidence: 0.902521616666667

00:44:42.251 --> 00:44:44.727 outline this in a very long paper in
NOTE Confidence: 0.902521616666667

00:44:44.727 --> 00:44:46.071 pharmacologic reviews would suggest
NOTE Confidence: 0.902521616666667

00:44:46.071 --> 00:44:48.177 that for most mental health conditions
NOTE Confidence: 0.902521616666667

00:44:48.177 --> 00:44:50.640 there is a rather pathological degree
NOTE Confidence: 0.902521616666667

00:44:50.640 --> 00:44:55.604 of self focus that your your your sort
NOTE Confidence: 0.902521616666667

00:44:55.604 --> 00:44:59.400 of field of of attention is narrow and

NOTE Confidence: 0.902521616666667
00:44:59.400 --> 00:45:01.920 in the case of someone using cocaine
NOTE Confidence: 0.902521616666667
00:45:01.992 --> 00:45:04.368 there might very frequently be this
NOTE Confidence: 0.902521616666667
00:45:04.368 --> 00:45:06.558 focus on where can I obtain the drug.
NOTE Confidence: 0.902521616666667
00:45:06.560 --> 00:45:08.432 How can I obtain money to obtain the drug.
NOTE Confidence: 0.902521616666667
00:45:08.440 --> 00:45:09.444 I have an urge.
NOTE Confidence: 0.902521616666667
00:45:09.444 --> 00:45:10.699 I have these withdrawal symptoms
NOTE Confidence: 0.902521616666667
00:45:10.699 --> 00:45:12.159 how can I make them go away.
NOTE Confidence: 0.902521616666667
00:45:12.160 --> 00:45:14.534 I want to use what am I going to use how
NOTE Confidence: 0.902521616666667
00:45:14.534 --> 00:45:17.875 am I going to use and so your your your
NOTE Confidence: 0.902521616666667
00:45:17.875 --> 00:45:20.920 attentional scope can be very narrow.
NOTE Confidence: 0.902521616666667
00:45:20.920 --> 00:45:23.936 We believe that for for reasons we
NOTE Confidence: 0.902521616666667
00:45:23.936 --> 00:45:25.120 don't yet completely understand,
NOTE Confidence: 0.902521616666667
00:45:25.120 --> 00:45:27.948 when one in just ingest A psychedelic
NOTE Confidence: 0.902521616666667
00:45:27.948 --> 00:45:29.908 that attentional scope is broadened
NOTE Confidence: 0.902521616666667
00:45:29.908 --> 00:45:33.020 and there is a a an experience of
NOTE Confidence: 0.902521616666667

00:45:33.020 --> 00:45:35.120 reduced self focus paired with
NOTE Confidence: 0.902521616666667

00:45:35.212 --> 00:45:37.438 hyper associative thinking.
NOTE Confidence: 0.902521616666667

00:45:37.440 --> 00:45:39.348 So in other words,
NOTE Confidence: 0.902521616666667

00:45:39.348 --> 00:45:42.705 one's very narrow laser focus is broadened
NOTE Confidence: 0.902521616666667

00:45:42.705 --> 00:45:45.372 to a a much wider attentional scope.
NOTE Confidence: 0.902521616666667

00:45:45.372 --> 00:45:47.920 And it's in in these experiences that
NOTE Confidence: 0.902521616666667

00:45:47.920 --> 00:45:49.972 people can have insights that that
NOTE Confidence: 0.902521616666667

00:45:49.972 --> 00:45:52.719 may prove to be beneficial to them.
NOTE Confidence: 0.903463131176471

00:45:54.880 --> 00:45:56.824 And where this sort of pathological
NOTE Confidence: 0.903463131176471

00:45:56.824 --> 00:45:58.881 self focus there's there's almost this
NOTE Confidence: 0.903463131176471

00:45:58.881 --> 00:46:00.636 experience of liberation from this,
NOTE Confidence: 0.903463131176471

00:46:00.640 --> 00:46:02.566 from this self focus and and
NOTE Confidence: 0.903463131176471

00:46:02.566 --> 00:46:04.624 insights that might lead in fact
NOTE Confidence: 0.903463131176471

00:46:04.624 --> 00:46:06.399 to more adaptive behavior change.
NOTE Confidence: 0.903463131176471

00:46:06.400 --> 00:46:08.470 So here we've come up with a a humorous
NOTE Confidence: 0.903463131176471

00:46:08.470 --> 00:46:10.239 video that hopefully you'll follow.

NOTE Confidence: 0.903463131176471
00:46:10.240 --> 00:46:13.000 We'll see how it goes.
NOTE Confidence: 0.903463131176471
00:46:13.000 --> 00:46:14.458 So this, this young boy here
NOTE Confidence: 0.903463131176471
00:46:14.458 --> 00:46:15.880 is fixated on a family,
NOTE Confidence: 0.956309
00:46:33.480 --> 00:46:36.440 right? So I'll have to work on this a bit.
NOTE Confidence: 0.956309
00:46:36.440 --> 00:46:38.120 But you'll see here in the bottom corner,
NOTE Confidence: 0.956309
00:46:38.120 --> 00:46:39.325 there's still this young child
NOTE Confidence: 0.956309
00:46:39.325 --> 00:46:41.200 and the fly that was there before.
NOTE Confidence: 0.956309
00:46:41.200 --> 00:46:44.455 And this is Salvador Dali's
NOTE Confidence: 0.956309
00:46:44.455 --> 00:46:45.757 hallucinogenic torador.
NOTE Confidence: 0.956309
00:46:45.760 --> 00:46:46.950 I went to Graduate School at the
NOTE Confidence: 0.956309
00:46:46.950 --> 00:46:47.760 University of South Florida.
NOTE Confidence: 0.956309
00:46:47.760 --> 00:46:48.748 Not many people know,
NOTE Confidence: 0.956309
00:46:48.748 --> 00:46:51.200 but the USF owns many of his masterpieces.
NOTE Confidence: 0.956309
00:46:51.200 --> 00:46:53.188 So I could as a graduate student
NOTE Confidence: 0.956309
00:46:53.188 --> 00:46:54.680 and enjoy his is masterpieces
NOTE Confidence: 0.956309

00:46:54.680 --> 00:46:56.600 for nothing with my student ID.
NOTE Confidence: 0.956309

00:46:56.600 --> 00:46:58.264 But I often think of of this as
NOTE Confidence: 0.956309

00:46:58.264 --> 00:47:00.166 as maybe one way of capturing
NOTE Confidence: 0.956309

00:47:00.166 --> 00:47:01.237 the psychedelic experience.
NOTE Confidence: 0.956309

00:47:01.240 --> 00:47:03.354 Your your intentional focus is very narrow.
NOTE Confidence: 0.956309

00:47:03.360 --> 00:47:05.040 It's first just this child
NOTE Confidence: 0.956309

00:47:05.040 --> 00:47:06.720 child focused on this fly.
NOTE Confidence: 0.956309

00:47:06.720 --> 00:47:07.976 But in the in the wake of a
NOTE Confidence: 0.956309

00:47:07.976 --> 00:47:09.480 of a psychedelic experience,
NOTE Confidence: 0.956309

00:47:09.480 --> 00:47:12.485 suddenly the intentional focus is
NOTE Confidence: 0.956309

00:47:12.485 --> 00:47:15.490 is broadened tremendously and one
NOTE Confidence: 0.956309

00:47:15.580 --> 00:47:19.138 forgets about themselves altogether in
NOTE Confidence: 0.956309

00:47:19.138 --> 00:47:22.064 the in the midst of this information
NOTE Confidence: 0.956309

00:47:22.064 --> 00:47:24.839 rich environment that can lead to insight.
NOTE Confidence: 0.956309

00:47:24.840 --> 00:47:26.706 So people sometimes use the term
NOTE Confidence: 0.956309

00:47:26.706 --> 00:47:28.609 ego dissolution and I think there's

NOTE Confidence: 0.956309

00:47:28.609 --> 00:47:30.702 something to that to a degree and

NOTE Confidence: 0.956309

00:47:30.702 --> 00:47:33.278 that your yourself focus has reduced

NOTE Confidence: 0.956309

00:47:33.278 --> 00:47:33.720 substantially.

NOTE Confidence: 0.956309

00:47:33.720 --> 00:47:35.477 But there's more to it than that.

NOTE Confidence: 0.956309

00:47:35.480 --> 00:47:36.544 There's also self presence,

NOTE Confidence: 0.956309

00:47:36.544 --> 00:47:38.904 which means that this is a term from

NOTE Confidence: 0.956309

00:47:38.904 --> 00:47:40.320 the the schizophrenia literature.

NOTE Confidence: 0.956309

00:47:40.320 --> 00:47:42.240 Some of you might be familiar with this,

NOTE Confidence: 0.956309

00:47:42.240 --> 00:47:43.948 but that one is very present and

NOTE Confidence: 0.956309

00:47:43.948 --> 00:47:45.622 aware of an experience that has

NOTE Confidence: 0.956309

00:47:45.622 --> 00:47:47.392 very little to do with them.

NOTE Confidence: 0.956309

00:47:47.400 --> 00:47:49.318 And if it were just ego dissolution,

NOTE Confidence: 0.956309

00:47:49.320 --> 00:47:51.219 I could say let's all drink a a pint

NOTE Confidence: 0.956309

00:47:51.219 --> 00:47:53.717 or or gallon of vodka tonight and we'll all,

NOTE Confidence: 0.956309

00:47:53.720 --> 00:47:55.995 you know be unaware of our existence.

NOTE Confidence: 0.956309

00:47:56.000 --> 00:47:57.638 That alone is not going to be the trick.

NOTE Confidence: 0.956309

00:47:57.640 --> 00:48:00.440 There needs to be also some self

NOTE Confidence: 0.956309

00:48:00.440 --> 00:48:02.155 presence and I think meaning

NOTE Confidence: 0.956309

00:48:02.155 --> 00:48:03.680 and salience to the experience.

NOTE Confidence: 0.956309

00:48:03.680 --> 00:48:05.120 So that's our thinking for now,

NOTE Confidence: 0.956309

00:48:05.120 --> 00:48:07.276 that in essence those who are struggling

NOTE Confidence: 0.956309

00:48:07.276 --> 00:48:08.877 with substance use disorders have

NOTE Confidence: 0.956309

00:48:08.877 --> 00:48:10.725 these experiences that sort of take

NOTE Confidence: 0.956309

00:48:10.725 --> 00:48:12.914 them out of that rut of self focus on,

NOTE Confidence: 0.956309

00:48:12.920 --> 00:48:13.794 you know,

NOTE Confidence: 0.956309

00:48:13.794 --> 00:48:16.853 craving an urge and often lead to

NOTE Confidence: 0.956309

00:48:16.853 --> 00:48:19.452 insights around the the the impact

NOTE Confidence: 0.956309

00:48:19.452 --> 00:48:22.246 of their substance use on those they

NOTE Confidence: 0.956309

00:48:22.246 --> 00:48:25.692 love or maybe some novel problem

NOTE Confidence: 0.956309

00:48:25.692 --> 00:48:28.552 solving solutions that they might

NOTE Confidence: 0.956309

00:48:28.552 --> 00:48:30.840 generate from their experience

NOTE Confidence: 0.956309
00:48:30.840 --> 00:48:32.480 or or maybe something else.
NOTE Confidence: 0.956309
00:48:32.480 --> 00:48:33.320 I don't know.
NOTE Confidence: 0.956309
00:48:33.320 --> 00:48:35.684 We we need to figure that out as
NOTE Confidence: 0.956309
00:48:35.684 --> 00:48:37.036 the field goes forward.
NOTE Confidence: 0.956309
00:48:37.040 --> 00:48:38.360 Oh, you don't need to see that again.
NOTE Confidence: 0.956309
00:48:38.360 --> 00:48:38.717 OK,
NOTE Confidence: 0.956309
00:48:38.717 --> 00:48:40.859 so here's here's a little explanation
NOTE Confidence: 0.956309
00:48:40.859 --> 00:48:43.214 of that that theory and I think
NOTE Confidence: 0.956309
00:48:43.214 --> 00:48:44.844 I've generally gone over this.
NOTE Confidence: 0.956309
00:48:44.844 --> 00:48:47.742 Now one thing we would say is it's
NOTE Confidence: 0.956309
00:48:47.742 --> 00:48:50.420 likely that psychosis represents a hyper
NOTE Confidence: 0.956309
00:48:50.420 --> 00:48:53.360 associative style of thinking as well.
NOTE Confidence: 0.956309
00:48:53.360 --> 00:48:55.178 But the difference here is that
NOTE Confidence: 0.956309
00:48:55.178 --> 00:48:57.000 that self focus remains very high.
NOTE Confidence: 0.956309
00:48:57.000 --> 00:48:59.240 So someone might have some very novel ideas,
NOTE Confidence: 0.956309

00:48:59.240 --> 00:49:01.053 but they tend to be self referential
NOTE Confidence: 0.956309

00:49:01.053 --> 00:49:02.797 and that seems to not be helpful.
NOTE Confidence: 0.956309

00:49:02.800 --> 00:49:04.977 So we we do think that hyper
NOTE Confidence: 0.956309

00:49:04.977 --> 00:49:06.005 associative thinking is really
NOTE Confidence: 0.956309

00:49:06.005 --> 00:49:07.880 important in the case of psychedelics,
NOTE Confidence: 0.956309

00:49:07.880 --> 00:49:09.539 but it's crucial that that be paired
NOTE Confidence: 0.956309

00:49:09.539 --> 00:49:11.345 with low self focus and that's what
NOTE Confidence: 0.956309

00:49:11.345 --> 00:49:12.911 leads to many of these beneficial
NOTE Confidence: 0.956309

00:49:12.959 --> 00:49:14.999 outcomes that we've seen with psychedelics,
NOTE Confidence: 0.924742038

00:49:15.000 --> 00:49:16.296 whereas high self focus can lead
NOTE Confidence: 0.924742038

00:49:16.296 --> 00:49:18.278 to a number of the outcomes that we
NOTE Confidence: 0.924742038

00:49:18.278 --> 00:49:19.880 tend to see with psychotic disorders.
NOTE Confidence: 0.946942195789474

00:49:23.000 --> 00:49:24.862 Let's see many of you have probably
NOTE Confidence: 0.946942195789474

00:49:24.862 --> 00:49:26.581 seen this and thought about this
NOTE Confidence: 0.946942195789474

00:49:26.581 --> 00:49:28.315 and I often think about this.
NOTE Confidence: 0.946942195789474

00:49:28.320 --> 00:49:29.424 I just want to, before we

NOTE Confidence: 0.946942195789474
00:49:29.424 --> 00:49:30.640 open the field to questions,
NOTE Confidence: 0.946942195789474
00:49:30.640 --> 00:49:32.917 I wanted to mention a few things about this.
NOTE Confidence: 0.946942195789474
00:49:32.920 --> 00:49:34.656 You know, I do. I do think we're
NOTE Confidence: 0.946942195789474
00:49:34.656 --> 00:49:35.920 at somewhere in this process,
NOTE Confidence: 0.946942195789474
00:49:35.920 --> 00:49:37.280 depending on where you are.
NOTE Confidence: 0.946942195789474
00:49:37.280 --> 00:49:38.972 There's been a lot of hype
NOTE Confidence: 0.946942195789474
00:49:38.972 --> 00:49:40.100 around psychedelics and I'm
NOTE Confidence: 0.946942195789474
00:49:40.159 --> 00:49:41.519 really excited about them.
NOTE Confidence: 0.946942195789474
00:49:41.520 --> 00:49:42.933 But you know,
NOTE Confidence: 0.946942195789474
00:49:42.933 --> 00:49:45.288 I'm under no illusions that
NOTE Confidence: 0.946942195789474
00:49:45.288 --> 00:49:47.620 they're without risk and that
NOTE Confidence: 0.946942195789474
00:49:47.620 --> 00:49:50.200 we might not see some very
NOTE Confidence: 0.946942195789474
00:49:50.200 --> 00:49:52.000 negative headlines in the future.
NOTE Confidence: 0.946942195789474
00:49:52.000 --> 00:49:53.476 We've already seen a few probably.
NOTE Confidence: 0.946942195789474
00:49:53.480 --> 00:49:56.168 You saw this this story about a
NOTE Confidence: 0.946942195789474

00:49:56.168 --> 00:49:58.888 an aviator who tried to down a
NOTE Confidence: 0.946942195789474

00:49:58.888 --> 00:50:00.452 commercial airplane and said that
NOTE Confidence: 0.946942195789474

00:50:00.452 --> 00:50:01.917 he was experiencing some difficulty
NOTE Confidence: 0.946942195789474

00:50:01.917 --> 00:50:03.358 after a psilocybin experience.
NOTE Confidence: 0.946942195789474

00:50:03.360 --> 00:50:04.480 That might be true.
NOTE Confidence: 0.946942195789474

00:50:04.480 --> 00:50:07.036 And I think it's very clear that these
NOTE Confidence: 0.946942195789474

00:50:07.036 --> 00:50:09.076 experiences can be really unsettling,
NOTE Confidence: 0.946942195789474

00:50:09.080 --> 00:50:12.080 especially I think without very
NOTE Confidence: 0.946942195789474

00:50:12.080 --> 00:50:13.680 careful mental health care that's
NOTE Confidence: 0.946942195789474

00:50:13.680 --> 00:50:14.680 paired with the experience.
NOTE Confidence: 0.946942195789474

00:50:14.680 --> 00:50:17.104 So I'm a little worried about
NOTE Confidence: 0.946942195789474

00:50:17.104 --> 00:50:18.720 these state level initiatives.
NOTE Confidence: 0.946942195789474

00:50:18.720 --> 00:50:19.928 I mean I I think people should be
NOTE Confidence: 0.946942195789474

00:50:19.928 --> 00:50:21.155 free to do what they want to do.
NOTE Confidence: 0.946942195789474

00:50:21.160 --> 00:50:22.780 But I I also am not in the place where
NOTE Confidence: 0.946942195789474

00:50:22.830 --> 00:50:24.240 I would promote psychedelic use and

NOTE Confidence: 0.946942195789474
00:50:24.240 --> 00:50:25.997 I think we're going to see some harms.
NOTE Confidence: 0.946942195789474
00:50:26.000 --> 00:50:26.840 And I'm I'm,
NOTE Confidence: 0.946942195789474
00:50:26.840 --> 00:50:28.800 I'm worried about what that might portend,
NOTE Confidence: 0.946942195789474
00:50:28.800 --> 00:50:30.575 especially around maybe political support
NOTE Confidence: 0.946942195789474
00:50:30.575 --> 00:50:32.680 for the commercialization of these drugs.
NOTE Confidence: 0.946942195789474
00:50:32.680 --> 00:50:35.607 But I I clearly think that the
NOTE Confidence: 0.946942195789474
00:50:35.607 --> 00:50:36.842 sort of guardrails that we've
NOTE Confidence: 0.946942195789474
00:50:36.842 --> 00:50:38.391 built up in these clinical trials
NOTE Confidence: 0.946942195789474
00:50:38.391 --> 00:50:39.927 are crucial and I wouldn't want
NOTE Confidence: 0.946942195789474
00:50:39.927 --> 00:50:41.825 to do this work without a team
NOTE Confidence: 0.946942195789474
00:50:41.825 --> 00:50:43.155 of licensed mental health care
NOTE Confidence: 0.946942195789474
00:50:43.160 --> 00:50:44.880 professionals working with me.
NOTE Confidence: 0.910395183
00:50:46.960 --> 00:50:49.144 So like why is media hype
NOTE Confidence: 0.910395183
00:50:49.144 --> 00:50:50.600 I think so dangerous?
NOTE Confidence: 0.910395183
00:50:50.600 --> 00:50:52.595 Well, you know, we see this and
NOTE Confidence: 0.910395183

00:50:52.595 --> 00:50:54.479 any psychiatrist or people in drug
NOTE Confidence: 0.910395183

00:50:54.479 --> 00:50:56.099 development here would know that
NOTE Confidence: 0.910395183

00:50:56.099 --> 00:50:58.200 there have been a number of drugs
NOTE Confidence: 0.910395183

00:50:58.200 --> 00:50:59.911 that have been labeled game changers.
NOTE Confidence: 0.910395183

00:50:59.911 --> 00:51:02.399 The media has sort of hyped up these,
NOTE Confidence: 0.910395183

00:51:02.400 --> 00:51:05.950 these medications from new novel
NOTE Confidence: 0.910395183

00:51:05.950 --> 00:51:08.080 antipsychotics to anxiolytics.
NOTE Confidence: 0.910395183

00:51:08.080 --> 00:51:09.739 And you know typically the sort of
NOTE Confidence: 0.910395183

00:51:09.739 --> 00:51:11.418 effect sizes we see in clinical trials
NOTE Confidence: 0.910395183

00:51:11.418 --> 00:51:13.359 just don't pan out in the real world.
NOTE Confidence: 0.910395183

00:51:13.360 --> 00:51:15.520 And the media has a way of hyping things
NOTE Confidence: 0.910395183

00:51:15.520 --> 00:51:17.742 up and sort of knocking you down and
NOTE Confidence: 0.910395183

00:51:17.742 --> 00:51:20.234 things don't go quite as planned and you
NOTE Confidence: 0.910395183

00:51:20.234 --> 00:51:21.800 know adverse outcomes when they occur.
NOTE Confidence: 0.910395183

00:51:21.800 --> 00:51:23.780 It's not a matter of if, but when,
NOTE Confidence: 0.910395183

00:51:23.780 --> 00:51:25.730 even in carefully controlled clinical

NOTE Confidence: 0.910395183

00:51:25.730 --> 00:51:27.680 settings will likely be hammered to death.

NOTE Confidence: 0.910395183

00:51:27.680 --> 00:51:29.822 And a very tragic example from the

NOTE Confidence: 0.910395183

00:51:29.822 --> 00:51:32.334 older days would be Art Linkletter who

NOTE Confidence: 0.910395183

00:51:32.334 --> 00:51:34.239 is a famous television personality.

NOTE Confidence: 0.910395183

00:51:34.240 --> 00:51:35.860 His daughter committed suicide and

NOTE Confidence: 0.910395183

00:51:35.860 --> 00:51:38.074 you know there there seems to be

NOTE Confidence: 0.910395183

00:51:38.074 --> 00:51:39.936 some evidence that she had an LSD

NOTE Confidence: 0.910395183

00:51:39.936 --> 00:51:41.386 experience that really unsettled her

NOTE Confidence: 0.910395183

00:51:41.386 --> 00:51:43.320 and it could very well have been

NOTE Confidence: 0.910395183

00:51:43.320 --> 00:51:44.760 that it contributed to her death.

NOTE Confidence: 0.910395183

00:51:44.760 --> 00:51:46.461 And I can only imagine how painful

NOTE Confidence: 0.910395183

00:51:46.461 --> 00:51:48.078 that was for him as a father.

NOTE Confidence: 0.910395183

00:51:48.080 --> 00:51:49.802 And he really dedicated the rest

NOTE Confidence: 0.910395183

00:51:49.802 --> 00:51:52.118 of his life to to being like a a,

NOTE Confidence: 0.910395183

00:51:52.120 --> 00:51:54.982 a sort of drug warrior, anti drug crusader.

NOTE Confidence: 0.910395183

00:51:54.982 --> 00:51:57.309 And some of the ideas that we have
NOTE Confidence: 0.910395183

00:51:57.309 --> 00:51:59.079 around psychedelics and self harm
NOTE Confidence: 0.910395183

00:51:59.080 --> 00:52:00.606 are formed in part by what happened
NOTE Confidence: 0.910395183

00:52:00.606 --> 00:52:01.800 here with Art Linkletter.
NOTE Confidence: 0.910395183

00:52:01.800 --> 00:52:03.688 But if you saw the outcomes of the
NOTE Confidence: 0.910395183

00:52:03.688 --> 00:52:05.441 Compass study you'll see that there are
NOTE Confidence: 0.910395183

00:52:05.441 --> 00:52:07.573 some people who might be at risk of
NOTE Confidence: 0.910395183

00:52:07.573 --> 00:52:09.277 self harm after a psychedelic experience.
NOTE Confidence: 0.910395183

00:52:09.280 --> 00:52:11.086 And we know that there are interventions
NOTE Confidence: 0.910395183

00:52:11.086 --> 00:52:12.980 that we provide today that can certainly
NOTE Confidence: 0.910395183

00:52:12.980 --> 00:52:14.960 make things worse before they get better.
NOTE Confidence: 0.910395183

00:52:14.960 --> 00:52:16.640 So I I would say for one,
NOTE Confidence: 0.910395183

00:52:16.640 --> 00:52:18.648 we need to be really clear with the
NOTE Confidence: 0.910395183

00:52:18.648 --> 00:52:20.394 general public and media that these
NOTE Confidence: 0.910395183

00:52:20.394 --> 00:52:21.874 are not substances without risk,
NOTE Confidence: 0.910395183

00:52:21.880 --> 00:52:24.358 they can be really intense and that

NOTE Confidence: 0.910395183

00:52:24.360 --> 00:52:26.880 they're not for everybody and some

NOTE Confidence: 0.910395183

00:52:26.880 --> 00:52:29.120 people could certainly be harmed.

NOTE Confidence: 0.910395183

00:52:29.120 --> 00:52:31.480 And so I would say like there's important,

NOTE Confidence: 0.910395183

00:52:31.480 --> 00:52:33.796 important to be really transparent from

NOTE Confidence: 0.910395183

00:52:33.800 --> 00:52:35.330 transparent from the beginning and

NOTE Confidence: 0.910395183

00:52:35.330 --> 00:52:37.520 provide a realistic picture of the benefits.

NOTE Confidence: 0.910395183

00:52:37.520 --> 00:52:39.676 So we're about to start data collection,

NOTE Confidence: 0.910395183

00:52:39.680 --> 00:52:42.011 thank goodness on a Nida funded trial

NOTE Confidence: 0.910395183

00:52:42.011 --> 00:52:44.160 of psilocybin for smoking cessation.

NOTE Confidence: 0.910395183

00:52:44.160 --> 00:52:46.230 And to put things in perspective

NOTE Confidence: 0.910395183

00:52:46.230 --> 00:52:47.997 then our current smoking cessation

NOTE Confidence: 0.910395183

00:52:47.997 --> 00:52:50.760 success rates are 20 to 30% or so,

NOTE Confidence: 0.910395183

00:52:50.760 --> 00:52:53.280 maybe lower outside of clinical trials.

NOTE Confidence: 0.910395183

00:52:53.280 --> 00:52:54.480 If we double this rate,

NOTE Confidence: 0.910395183

00:52:54.480 --> 00:52:55.920 it would be a boon for public health.

NOTE Confidence: 0.910395183

00:52:55.920 --> 00:52:57.096 I'd be really excited,
NOTE Confidence: 0.910395183

00:52:57.096 --> 00:52:59.220 but that would mean that the treatment
NOTE Confidence: 0.910395183

00:52:59.220 --> 00:53:01.020 would not be effective for maybe
NOTE Confidence: 0.910395183

00:53:01.020 --> 00:53:02.667 40 to 60% of the smokers.
NOTE Confidence: 0.910395183

00:53:02.667 --> 00:53:04.822 So if I started a smoking cessation clinic
NOTE Confidence: 0.910395183

00:53:04.822 --> 00:53:06.994 providing providing psilocybin in the future,
NOTE Confidence: 0.910395183

00:53:07.000 --> 00:53:08.659 it might very well be that the
NOTE Confidence: 0.910395183

00:53:08.659 --> 00:53:10.780 majority of my patients would not quit
NOTE Confidence: 0.910395183

00:53:10.780 --> 00:53:12.475 smoking and they'd leave thinking,
NOTE Confidence: 0.910395183

00:53:12.480 --> 00:53:13.364 well wait a second,
NOTE Confidence: 0.910395183

00:53:13.364 --> 00:53:14.469 I thought Michael Pollan said
NOTE Confidence: 0.910395183

00:53:14.469 --> 00:53:15.717 that's how you change your mind.
NOTE Confidence: 0.910395183

00:53:15.720 --> 00:53:17.835 So what in the world were they talking about?
NOTE Confidence: 0.952346435416667

00:53:17.840 --> 00:53:19.552 I think we would have to be clear
NOTE Confidence: 0.952346435416667

00:53:19.552 --> 00:53:21.336 from the beginning that maybe we're
NOTE Confidence: 0.952346435416667

00:53:21.336 --> 00:53:23.292 taking our treatments from from being

NOTE Confidence: 0.952346435416667
00:53:23.345 --> 00:53:24.992 not very good to and not so bad.
NOTE Confidence: 0.952346435416667
00:53:24.992 --> 00:53:26.920 I I don't know how to award this,
NOTE Confidence: 0.952346435416667
00:53:26.920 --> 00:53:29.320 but I want to be really clear And I
NOTE Confidence: 0.952346435416667
00:53:29.320 --> 00:53:31.280 think it's also important that we be
NOTE Confidence: 0.952346435416667
00:53:31.280 --> 00:53:33.720 very clear about the risks now so as
NOTE Confidence: 0.952346435416667
00:53:33.720 --> 00:53:35.680 that to prevent the public from feeling
NOTE Confidence: 0.952346435416667
00:53:35.741 --> 00:53:37.595 like they were you know bamboozled
NOTE Confidence: 0.952346435416667
00:53:37.595 --> 00:53:39.640 and that we're only talking about
NOTE Confidence: 0.952346435416667
00:53:39.640 --> 00:53:41.520 how great psychedelics might be.
NOTE Confidence: 0.952346435416667
00:53:41.520 --> 00:53:43.120 And I'll just say is this last point,
NOTE Confidence: 0.952346435416667
00:53:43.120 --> 00:53:46.063 I think you know when we when and if
NOTE Confidence: 0.952346435416667
00:53:46.063 --> 00:53:48.476 psilocybin is approved for clinical use,
NOTE Confidence: 0.952346435416667
00:53:48.480 --> 00:53:50.905 I think training and maintaining
NOTE Confidence: 0.952346435416667
00:53:50.905 --> 00:53:52.360 fidelity are crucial.
NOTE Confidence: 0.952346435416667
00:53:52.360 --> 00:53:53.320 And this is a, you know,
NOTE Confidence: 0.952346435416667

00:53:53.320 --> 00:53:58.439 drill Sergeant from Full Metal Jacket.
NOTE Confidence: 0.952346435416667

00:53:58.440 --> 00:53:59.799 You know, I think we've got to be really,
NOTE Confidence: 0.952346435416667

00:53:59.800 --> 00:54:01.039 really careful here.
NOTE Confidence: 0.952346435416667

00:54:01.039 --> 00:54:03.104 And I'm concerned about what's
NOTE Confidence: 0.952346435416667

00:54:03.104 --> 00:54:05.344 happening in some of these states
NOTE Confidence: 0.952346435416667

00:54:05.344 --> 00:54:07.396 where it's hard to see exactly what,
NOTE Confidence: 0.952346435416667

00:54:07.400 --> 00:54:10.340 what if any protocols might be there
NOTE Confidence: 0.952346435416667

00:54:10.340 --> 00:54:12.509 to ensure safety and and fidelity
NOTE Confidence: 0.952346435416667

00:54:12.509 --> 00:54:13.854 that whatever the true protocol
NOTE Confidence: 0.952346435416667

00:54:13.854 --> 00:54:15.559 might be and to ensure that,
NOTE Confidence: 0.952346435416667

00:54:15.560 --> 00:54:16.416 you know,
NOTE Confidence: 0.952346435416667

00:54:16.416 --> 00:54:18.128 competent licensed mental health
NOTE Confidence: 0.952346435416667

00:54:18.128 --> 00:54:20.255 care professionals are involved in
NOTE Confidence: 0.952346435416667

00:54:20.255 --> 00:54:22.035 the administration of these drugs.
NOTE Confidence: 0.952346435416667

00:54:22.040 --> 00:54:24.210 And I think already like my friend
NOTE Confidence: 0.952346435416667

00:54:24.210 --> 00:54:26.450 Matt Johnson has drawn attention to

NOTE Confidence: 0.952346435416667
00:54:26.450 --> 00:54:28.700 concerns around the the the ways in
NOTE Confidence: 0.952346435416667
00:54:28.700 --> 00:54:30.120 which boundaries are are crossed.
NOTE Confidence: 0.952346435416667
00:54:30.120 --> 00:54:31.476 And those of us who are,
NOTE Confidence: 0.952346435416667
00:54:31.480 --> 00:54:33.692 are a clinicians, psychologists,
NOTE Confidence: 0.952346435416667
00:54:33.692 --> 00:54:34.798 social workers,
NOTE Confidence: 0.952346435416667
00:54:34.800 --> 00:54:36.340 psychiatrists know that there are a number
NOTE Confidence: 0.952346435416667
00:54:36.340 --> 00:54:37.839 of boundary issues already in what we do.
NOTE Confidence: 0.952346435416667
00:54:37.840 --> 00:54:39.598 And it seems that with psychedelics,
NOTE Confidence: 0.952346435416667
00:54:39.600 --> 00:54:41.959 those issues are just amplified even further.
NOTE Confidence: 0.952346435416667
00:54:41.960 --> 00:54:44.372 And so we we've got to be really careful
NOTE Confidence: 0.952346435416667
00:54:44.372 --> 00:54:46.570 in how we do what we do and ensure
NOTE Confidence: 0.952346435416667
00:54:46.570 --> 00:54:48.400 that we we maintain those boundaries.
NOTE Confidence: 0.952346435416667
00:54:48.400 --> 00:54:49.060 And I think in,
NOTE Confidence: 0.952346435416667
00:54:49.060 --> 00:54:49.555 in Matt's case,
NOTE Confidence: 0.952346435416667
00:54:49.560 --> 00:54:51.288 he's even concerned about the development
NOTE Confidence: 0.952346435416667

00:54:51.288 --> 00:54:53.208 of cults that might might appear
NOTE Confidence: 0.952346435416667

00:54:53.208 --> 00:54:54.960 and and yeah, that might happen.
NOTE Confidence: 0.952346435416667

00:54:54.960 --> 00:54:55.360 You know,
NOTE Confidence: 0.952346435416667

00:54:55.360 --> 00:54:56.480 psychedelics are really interesting
NOTE Confidence: 0.952346435416667

00:54:56.480 --> 00:54:57.600 drugs and they can,
NOTE Confidence: 0.952346435416667

00:54:57.600 --> 00:54:59.520 they can really change the way we think
NOTE Confidence: 0.952346435416667

00:54:59.520 --> 00:55:01.538 and lead sometimes to some rather
NOTE Confidence: 0.952346435416667

00:55:01.538 --> 00:55:03.398 grandiose and delusional thought patterns.
NOTE Confidence: 0.952346435416667

00:55:03.400 --> 00:55:03.906 So I,
NOTE Confidence: 0.952346435416667

00:55:03.906 --> 00:55:05.930 I would conclude then by saying I'm really
NOTE Confidence: 0.952346435416667

00:55:05.985 --> 00:55:08.197 excited about what the future brings here,
NOTE Confidence: 0.952346435416667

00:55:08.200 --> 00:55:10.041 but I really think it's crucial we
NOTE Confidence: 0.952346435416667

00:55:10.041 --> 00:55:12.119 do this in a really careful way.
NOTE Confidence: 0.952346435416667

00:55:12.120 --> 00:55:13.236 I think that's my last slide.
NOTE Confidence: 0.952346435416667

00:55:13.240 --> 00:55:13.680 No.
NOTE Confidence: 0.952346435416667

00:55:13.680 --> 00:55:14.120 OK.

NOTE Confidence: 0.952346435416667
00:55:14.120 --> 00:55:16.411 Well I guess my my last slide
NOTE Confidence: 0.952346435416667
00:55:16.411 --> 00:55:17.473 then has to do with my,
NOTE Confidence: 0.952346435416667
00:55:17.480 --> 00:55:19.460 my concerns around availability and I
NOTE Confidence: 0.952346435416667
00:55:19.460 --> 00:55:21.375 work with very low income people and
NOTE Confidence: 0.952346435416667
00:55:21.375 --> 00:55:23.399 people in the the criminal justice system.
NOTE Confidence: 0.952346435416667
00:55:23.400 --> 00:55:25.688 And you know we we have an Ischetamine
NOTE Confidence: 0.952346435416667
00:55:25.688 --> 00:55:27.480 clinic at UAB and and I think
NOTE Confidence: 0.952346435416667
00:55:27.480 --> 00:55:29.360 it could be doing a lot better,
NOTE Confidence: 0.952346435416667
00:55:29.360 --> 00:55:30.780 but it seems like Ischetamine
NOTE Confidence: 0.952346435416667
00:55:30.780 --> 00:55:32.568 could have done better had there
NOTE Confidence: 0.952346435416667
00:55:32.568 --> 00:55:33.808 been conversations with managed
NOTE Confidence: 0.952346435416667
00:55:33.808 --> 00:55:35.884 care well before it was you know
NOTE Confidence: 0.952346435416667
00:55:35.884 --> 00:55:37.718 it was it was available on market.
NOTE Confidence: 0.952346435416667
00:55:37.720 --> 00:55:39.576 So I think we need to really think
NOTE Confidence: 0.952346435416667
00:55:39.576 --> 00:55:40.739 about partnering with practices and
NOTE Confidence: 0.952346435416667

00:55:40.739 --> 00:55:42.865 come up with a come up with a business

NOTE Confidence: 0.952346435416667

00:55:42.865 --> 00:55:44.438 model that makes sense because if we

NOTE Confidence: 0.952346435416667

00:55:44.438 --> 00:55:45.554 don't have a viable business model,

NOTE Confidence: 0.952346435416667

00:55:45.560 --> 00:55:47.835 these psychedelics just won't be taken up.

NOTE Confidence: 0.896232648235294

00:55:47.840 --> 00:55:49.175 And you know there's going

NOTE Confidence: 0.896232648235294

00:55:49.175 --> 00:55:50.510 to be some resistance here

NOTE Confidence: 0.896232648235294

00:55:50.569 --> 00:55:51.781 because psychedelic paradigms

NOTE Confidence: 0.896232648235294

00:55:51.781 --> 00:55:53.397 are likely very expensive.

NOTE Confidence: 0.896232648235294

00:55:53.400 --> 00:55:54.636 I think that's my last slide.

NOTE Confidence: 0.896232648235294

00:55:54.640 --> 00:55:55.348 Yes, I was right.

NOTE Confidence: 0.896232648235294

00:55:55.348 --> 00:55:56.233 So with that I'll stop,

NOTE Confidence: 0.896232648235294

00:55:56.240 --> 00:55:57.872 stop sharing and and happy to

NOTE Confidence: 0.896232648235294

00:55:57.872 --> 00:55:59.200 answer any questions anybody has.

NOTE Confidence: 0.952941688

00:56:02.920 --> 00:56:04.910 Thank you so much, Peter, for that,

NOTE Confidence: 0.952941688

00:56:04.910 --> 00:56:07.115 both the overview and then peek at

NOTE Confidence: 0.952941688

00:56:07.115 --> 00:56:08.731 your own data, exciting early results.

NOTE Confidence: 0.952941688

00:56:08.731 --> 00:56:10.560 We look forward to seeing the full status.

NOTE Confidence: 0.952941688

00:56:10.560 --> 00:56:13.320 You have some time for questions

NOTE Confidence: 0.952941688

00:56:13.320 --> 00:56:15.280 and I see your hand. Matthias,

NOTE Confidence: 0.826616397142857

00:56:16.920 --> 00:56:20.399 Hello, thanks a lot for interesting talk.

NOTE Confidence: 0.826616397142857

00:56:20.400 --> 00:56:23.074 I have a question about the rationales

NOTE Confidence: 0.826616397142857

00:56:23.074 --> 00:56:25.040 on the neuroscientific level behind

NOTE Confidence: 0.826616397142857

00:56:25.040 --> 00:56:28.936 using psilocybin in cocaine dependence.

NOTE Confidence: 0.826616397142857

00:56:28.936 --> 00:56:31.540 We know that, you know,

NOTE Confidence: 0.826616397142857

00:56:31.540 --> 00:56:34.600 a lot of addictions including cocaine

NOTE Confidence: 0.826616397142857

00:56:34.600 --> 00:56:37.594 dependence are related mostly to the

NOTE Confidence: 0.826616397142857

00:56:37.594 --> 00:56:39.590 alternations in their dopaminergic

NOTE Confidence: 0.826616397142857

00:56:39.667 --> 00:56:41.915 circuit and psilocybin selectively

NOTE Confidence: 0.826616397142857

00:56:41.915 --> 00:56:44.840 interacting with the serotonin circuit.

NOTE Confidence: 0.826616397142857

00:56:44.840 --> 00:56:46.622 So how would it work on

NOTE Confidence: 0.826616397142857

00:56:46.622 --> 00:56:47.920 the on the brain level,

NOTE Confidence: 0.974055216

00:56:50.000 --> 00:56:51.000 I don't think we know.
NOTE Confidence: 0.974055216

00:56:51.000 --> 00:56:52.848 I mean I think you could say
NOTE Confidence: 0.974055216

00:56:52.848 --> 00:56:54.092 that it's probably disrupting
NOTE Confidence: 0.974055216

00:56:54.092 --> 00:56:56.080 the reward system in some way.
NOTE Confidence: 0.974055216

00:56:56.080 --> 00:56:57.880 It's probably disrupting the reward pathway.
NOTE Confidence: 0.974055216

00:56:57.880 --> 00:56:59.872 I mean I should say that I'm a
NOTE Confidence: 0.974055216

00:56:59.872 --> 00:57:01.015 clinical psychologist so I don't
NOTE Confidence: 0.974055216

00:57:01.015 --> 00:57:02.866 I don't really want to get into to
NOTE Confidence: 0.974055216

00:57:02.866 --> 00:57:05.197 that because I I'm probably you know
NOTE Confidence: 0.974055216

00:57:05.197 --> 00:57:07.358 speaking outside of my my wheelhouse.
NOTE Confidence: 0.974055216

00:57:07.360 --> 00:57:08.930 But I I mean I just think it's fair to
NOTE Confidence: 0.974055216

00:57:08.975 --> 00:57:10.649 know that we fair to say that we don't
NOTE Confidence: 0.974055216

00:57:10.649 --> 00:57:12.040 really know what's happening there.
NOTE Confidence: 0.974055216

00:57:12.040 --> 00:57:14.680 But for those of you who are interested
NOTE Confidence: 0.974055216

00:57:14.680 --> 00:57:16.768 maybe you we could get at a a better
NOTE Confidence: 0.974055216

00:57:16.768 --> 00:57:18.558 sense of what might be happening.

NOTE Confidence: 0.974055216

00:57:18.560 --> 00:57:21.176 But I think in general I would guess

NOTE Confidence: 0.974055216

00:57:21.176 --> 00:57:23.380 that that the the dopamine pathway,

NOTE Confidence: 0.974055216

00:57:23.380 --> 00:57:25.760 the reward system is somehow being disrupted.

NOTE Confidence: 0.17712058

00:57:29.760 --> 00:57:31.184 Maybe it is an interesting

NOTE Confidence: 0.17712058

00:57:31.184 --> 00:57:32.714 general question of whether the

NOTE Confidence: 0.951487288888889

00:57:32.720 --> 00:57:36.388 the treatment is going to reverse the

NOTE Confidence: 0.951487288888889

00:57:36.388 --> 00:57:38.862 original pathology or whether there's

NOTE Confidence: 0.951487288888889

00:57:38.862 --> 00:57:40.758 an interaction somewhere downstream,

NOTE Confidence: 0.951487288888889

00:57:40.760 --> 00:57:42.503 or whether the pathology sets up a

NOTE Confidence: 0.951487288888889

00:57:42.503 --> 00:57:44.168 feedback loop within the brain that

NOTE Confidence: 0.951487288888889

00:57:44.168 --> 00:57:45.908 evolves over time and the treatments

NOTE Confidence: 0.951487288888889

00:57:45.908 --> 00:57:47.239 interrupting that feedback like it.

NOTE Confidence: 0.951487288888889

00:57:47.240 --> 00:57:48.872 It's a it's a good hypothesis that the

NOTE Confidence: 0.951487288888889

00:57:48.872 --> 00:57:50.544 treatment is going to act on the dopamine

NOTE Confidence: 0.951487288888889

00:57:50.544 --> 00:57:52.200 system and reverse the original hypothesis,

NOTE Confidence: 0.951487288888889

00:57:52.200 --> 00:57:53.160 the original pathology.
NOTE Confidence: 0.951487288888889

00:57:53.160 --> 00:57:54.760 But it's not necessarily true.
NOTE Confidence: 0.951487288888889

00:57:54.760 --> 00:57:56.532 And it's sort of an interesting way
NOTE Confidence: 0.951487288888889

00:57:56.532 --> 00:57:58.296 to think about how treatments work in
NOTE Confidence: 0.951487288888889

00:57:58.296 --> 00:57:59.861 general is are they reversing pathology
NOTE Confidence: 0.951487288888889

00:57:59.861 --> 00:58:01.752 or are they or are they interacting
NOTE Confidence: 0.951487288888889

00:58:01.752 --> 00:58:03.702 at some downstream point to reverse
NOTE Confidence: 0.951487288888889

00:58:03.702 --> 00:58:05.528 consequences of the original pathology?
NOTE Confidence: 0.951487288888889

00:58:05.528 --> 00:58:08.176 Or are they allowing for some kind
NOTE Confidence: 0.951487288888889

00:58:08.176 --> 00:58:09.896 of new homeostasis that doesn't
NOTE Confidence: 0.951487288888889

00:58:09.896 --> 00:58:11.999 re achieve normality but rather
NOTE Confidence: 0.951487288888889

00:58:12.000 --> 00:58:14.044 compensates in some way to to achieve
NOTE Confidence: 0.951487288888889

00:58:14.044 --> 00:58:15.904 a a a new functional state?
NOTE Confidence: 0.951487288888889

00:58:15.904 --> 00:58:17.510 I don't, I don't know that there's
NOTE Confidence: 0.951487288888889

00:58:17.510 --> 00:58:18.460 any psychiatric condition where we
NOTE Confidence: 0.951487288888889

00:58:18.497 --> 00:58:19.637 know the answers to those questions,

NOTE Confidence: 0.951487288888889
00:58:19.640 --> 00:58:21.212 but it's an interesting way to
NOTE Confidence: 0.951487288888889
00:58:21.212 --> 00:58:22.240 frame the questions.
NOTE Confidence: 0.926146215555556
00:58:23.040 --> 00:58:24.759 I think so. And I think that question too,
NOTE Confidence: 0.926146215555556
00:58:24.760 --> 00:58:26.893 as to whether this opens up some sort of
NOTE Confidence: 0.926146215555556
00:58:26.893 --> 00:58:28.640 window of neuroplasticity in like the
NOTE Confidence: 0.926146215555556
00:58:28.640 --> 00:58:30.760 weeks that follow is really fascinating.
NOTE Confidence: 0.926146215555556
00:58:30.760 --> 00:58:32.803 1. So I mean it could very well be
NOTE Confidence: 0.926146215555556
00:58:32.803 --> 00:58:34.461 that as Larry suggested back in
NOTE Confidence: 0.926146215555556
00:58:34.461 --> 00:58:36.495 the day that set and setting are
NOTE Confidence: 0.926146215555556
00:58:36.495 --> 00:58:38.616 crucial and it's not enough just to
NOTE Confidence: 0.926146215555556
00:58:38.616 --> 00:58:39.800 have an experience with the drug.
NOTE Confidence: 0.926146215555556
00:58:39.800 --> 00:58:41.452 It needs to be paired with the
NOTE Confidence: 0.926146215555556
00:58:41.452 --> 00:58:42.840 right sort of behavioral platform
NOTE Confidence: 0.926146215555556
00:58:42.840 --> 00:58:44.880 to really enact long term change.
NOTE Confidence: 0.926146215555556
00:58:44.880 --> 00:58:46.617 And I think there are a lot of questions
NOTE Confidence: 0.926146215555556

00:58:46.617 --> 00:58:48.232 that we can answer like that that we
NOTE Confidence: 0.926146215555556

00:58:48.232 --> 00:58:49.640 will answer in the years to come,
NOTE Confidence: 0.926146215555556

00:58:49.640 --> 00:58:51.408 but we just don't we know so little
NOTE Confidence: 0.926146215555556

00:58:51.408 --> 00:58:53.162 right now and it's it's so interesting
NOTE Confidence: 0.926146215555556

00:58:53.162 --> 00:58:54.751 because as many of you probably
NOTE Confidence: 0.926146215555556

00:58:54.751 --> 00:58:56.999 know we most drugs we we have some
NOTE Confidence: 0.926146215555556

00:58:56.999 --> 00:58:58.128 understanding of the mechanism first
NOTE Confidence: 0.926146215555556

00:58:58.128 --> 00:58:59.400 and then we evaluate the outcome.
NOTE Confidence: 0.926146215555556

00:58:59.400 --> 00:59:01.035 But here we're we're evaluating
NOTE Confidence: 0.926146215555556

00:59:01.035 --> 00:59:03.244 outcomes and and trying to figure out
NOTE Confidence: 0.926146215555556

00:59:03.244 --> 00:59:05.276 what the mechanism is as as we go.
NOTE Confidence: 0.926146215555556

00:59:05.280 --> 00:59:06.660 And that's likely because these drugs
NOTE Confidence: 0.926146215555556

00:59:06.660 --> 00:59:08.429 have been around for so long and humans
NOTE Confidence: 0.926146215555556

00:59:08.429 --> 00:59:09.883 have interacted with them for so long
NOTE Confidence: 0.926146215555556

00:59:09.883 --> 00:59:12.560 that we're kind of working in reverse.
NOTE Confidence: 0.926146215555556

00:59:12.560 --> 00:59:13.880 It's really fascinating to me,

NOTE Confidence: 0.926146215555556
00:59:13.880 --> 00:59:15.160 and I I would really like to know
NOTE Confidence: 0.926146215555556
00:59:15.160 --> 00:59:16.120 better what what's happening.
NOTE Confidence: 0.867855047272727
00:59:17.560 --> 00:59:18.736 To be fair, that's been true
NOTE Confidence: 0.867855047272727
00:59:18.736 --> 00:59:19.960 throughout the history of psychiatry,
NOTE Confidence: 0.867855047272727
00:59:19.960 --> 00:59:22.204 where we've discovered the drugs that
NOTE Confidence: 0.867855047272727
00:59:22.204 --> 00:59:24.022 have effects serendipitously and then
NOTE Confidence: 0.867855047272727
00:59:24.022 --> 00:59:26.158 work backwards to try to figure out why.
NOTE Confidence: 0.867855047272727
00:59:26.160 --> 00:59:27.294 Dream of a day where that won't
NOTE Confidence: 0.867855047272727
00:59:27.294 --> 00:59:28.319 be true for a new system.
NOTE Confidence: 0.867855047272727
00:59:28.320 --> 00:59:29.478 But that was true for lithium.
NOTE Confidence: 0.867855047272727
00:59:29.480 --> 00:59:30.560 It was true for tricyclics.
NOTE Confidence: 0.867855047272727
00:59:30.560 --> 00:59:33.840 It was true for antipsychotics.
NOTE Confidence: 0.867855047272727
00:59:33.840 --> 00:59:34.239 Yeah. And you
NOTE Confidence: 0.967936872857143
00:59:34.240 --> 00:59:36.736 know, I think in the case of like
NOTE Confidence: 0.967936872857143
00:59:36.736 --> 00:59:38.720 bupropion and smoking cessation,
NOTE Confidence: 0.967936872857143

00:59:38.720 --> 00:59:40.320 we still don't really know how it works.

NOTE Confidence: 0.967936872857143

00:59:40.320 --> 00:59:41.100 And it's been around for

NOTE Confidence: 0.967936872857143

00:59:41.100 --> 00:59:41.880 a pretty long time now.

NOTE Confidence: 0.899704814

00:59:46.680 --> 00:59:49.920 So one more question here.

NOTE Confidence: 0.899704814

00:59:49.920 --> 00:59:52.872 Yeah, actually there is plenty of

NOTE Confidence: 0.899704814

00:59:52.872 --> 00:59:56.054 evidence showing that this window of

NOTE Confidence: 0.899704814

00:59:56.054 --> 00:59:59.438 neuroplasticity is created by the psilocybin,

NOTE Confidence: 0.899704814

00:59:59.440 --> 01:00:02.120 mostly from the animal studies.

NOTE Confidence: 0.899704814

01:00:02.120 --> 01:00:05.080 But does it mean that if we have,

NOTE Confidence: 0.899704814

01:00:05.080 --> 01:00:07.600 let's say, in the treatment we

NOTE Confidence: 0.899704814

01:00:07.600 --> 01:00:09.720 have someone who's continue using

NOTE Confidence: 0.899704814

01:00:09.720 --> 01:00:13.278 cocaine or other drugs of abuse?

NOTE Confidence: 0.899704814

01:00:13.280 --> 01:00:17.012 We should stop using psilocybin for

NOTE Confidence: 0.899704814

01:00:17.012 --> 01:00:19.704 treating them because, you know,

NOTE Confidence: 0.899704814

01:00:19.704 --> 01:00:23.000 it may work against them if we create,

NOTE Confidence: 0.899704814

01:00:23.000 --> 01:00:25.720 if we enhance neuroplasticity, right.

NOTE Confidence: 0.902495512222222

01:00:25.720 --> 01:00:28.100 Could that actually somehow

NOTE Confidence: 0.902495512222222

01:00:28.100 --> 01:00:31.075 reinforce that behavior even further?

NOTE Confidence: 0.902495512222222

01:00:31.080 --> 01:00:32.000 That's a great, I mean,

NOTE Confidence: 0.902495512222222

01:00:32.000 --> 01:00:34.160 I I've thought about that many times over.

NOTE Confidence: 0.902495512222222

01:00:34.160 --> 01:00:36.096 Yeah. If if we see that people fall

NOTE Confidence: 0.902495512222222

01:00:36.096 --> 01:00:37.870 right back into their prior patterns

NOTE Confidence: 0.902495512222222

01:00:37.870 --> 01:00:40.291 that we somehow entrench that behavior.

NOTE Confidence: 0.902495512222222

01:00:40.291 --> 01:00:42.279 I I don't know,

NOTE Confidence: 0.7682354075

01:00:45.040 --> 01:00:47.080 I don't I I I really don't know.

NOTE Confidence: 0.7682354075

01:00:47.080 --> 01:00:48.560 I wish I had a good answer for you there.

NOTE Confidence: 0.7682354075

01:00:48.560 --> 01:00:51.240 I think the like in in general I would say

NOTE Confidence: 0.7682354075

01:00:51.312 --> 01:00:53.776 if if we're going to see an FDA indication

NOTE Confidence: 0.7682354075

01:00:53.776 --> 01:00:56.358 for say treatment resistant depression,

NOTE Confidence: 0.7682354075

01:00:56.360 --> 01:00:58.992 the big question I would have for my

NOTE Confidence: 0.7682354075

01:00:58.992 --> 01:01:00.696 physician colleagues here is well like how

NOTE Confidence: 0.7682354075

01:01:00.696 --> 01:01:01.880 are you going to use this in practice.
NOTE Confidence: 0.7682354075

01:01:01.880 --> 01:01:03.077 So if someone comes to see you,
NOTE Confidence: 0.7682354075

01:01:03.080 --> 01:01:05.159 they're depressed, you give them one dose,
NOTE Confidence: 0.7682354075

01:01:05.160 --> 01:01:06.424 you don't really respond.
NOTE Confidence: 0.7682354075

01:01:06.424 --> 01:01:08.320 And do you do this again?
NOTE Confidence: 0.7682354075

01:01:08.320 --> 01:01:09.640 When do you increase the dose?
NOTE Confidence: 0.7682354075

01:01:09.640 --> 01:01:11.920 Or maybe someone does respond nicely,
NOTE Confidence: 0.7682354075

01:01:11.920 --> 01:01:13.060 but then maybe six months
NOTE Confidence: 0.7682354075

01:01:13.060 --> 01:01:14.200 later they're saying they begin
NOTE Confidence: 0.7682354075

01:01:14.240 --> 01:01:15.360 to feel depressed once more.
NOTE Confidence: 0.7682354075

01:01:15.360 --> 01:01:17.437 What do you do in that case or in the case
NOTE Confidence: 0.7682354075

01:01:17.437 --> 01:01:19.236 of let's say a substance use disorder,
NOTE Confidence: 0.7682354075

01:01:19.240 --> 01:01:21.032 what do you do if someone doesn't seem
NOTE Confidence: 0.7682354075

01:01:21.032 --> 01:01:22.679 to respond the first time around is
NOTE Confidence: 0.7682354075

01:01:22.679 --> 01:01:24.240 right back to their prior pattern,
NOTE Confidence: 0.7682354075

01:01:24.240 --> 01:01:25.680 you administer the drug again And if so,

NOTE Confidence: 0.7682354075

01:01:25.680 --> 01:01:26.680 when and what dose?

NOTE Confidence: 0.7682354075

01:01:26.680 --> 01:01:28.180 I think these are the most

NOTE Confidence: 0.7682354075

01:01:28.241 --> 01:01:29.439 fascinating questions.

NOTE Confidence: 0.7682354075

01:01:29.440 --> 01:01:31.141 And all I can really say for now is

NOTE Confidence: 0.7682354075

01:01:31.141 --> 01:01:33.006 the studies that we're conducting are

NOTE Confidence: 0.7682354075

01:01:33.006 --> 01:01:34.936 just very simple efficacy studies that

NOTE Confidence: 0.7682354075

01:01:34.936 --> 01:01:36.714 are designed to really only show that

NOTE Confidence: 0.7682354075

01:01:36.720 --> 01:01:38.376 the novel intervention in this case

NOTE Confidence: 0.7682354075

01:01:38.376 --> 01:01:40.086 might have some impact on the outcome.

NOTE Confidence: 0.7682354075

01:01:40.086 --> 01:01:41.500 But we also know there's a lot

NOTE Confidence: 0.7682354075

01:01:41.551 --> 01:01:42.891 of variability and some people

NOTE Confidence: 0.7682354075

01:01:42.891 --> 01:01:44.231 respond and some people don't.

NOTE Confidence: 0.7682354075

01:01:44.240 --> 01:01:46.176 And, you know,

NOTE Confidence: 0.7682354075

01:01:46.176 --> 01:01:47.784 I think we're only just beginning

NOTE Confidence: 0.7682354075

01:01:47.784 --> 01:01:49.308 to understand how how these drugs

NOTE Confidence: 0.7682354075

01:01:49.308 --> 01:01:50.543 work and under what circumstances
NOTE Confidence: 0.7682354075

01:01:50.543 --> 01:01:51.960 they're beneficial and under what
NOTE Confidence: 0.7682354075

01:01:51.960 --> 01:01:53.360 circumstances they might be harmful.
NOTE Confidence: 0.921864762631579

01:01:56.000 --> 01:01:58.009 Yeah, you know, I was thinking right
NOTE Confidence: 0.921864762631579

01:01:58.009 --> 01:02:00.655 now we have very small samples in all
NOTE Confidence: 0.921864762631579

01:02:00.655 --> 01:02:02.632 the trials and addictions, you know,
NOTE Confidence: 0.921864762631579

01:02:02.632 --> 01:02:04.371 like the study of Bogan Schultz
NOTE Confidence: 0.921864762631579

01:02:04.371 --> 01:02:06.597 in alcoholism disorder and so on.
NOTE Confidence: 0.921864762631579

01:02:06.600 --> 01:02:08.980 But if we know already that it
NOTE Confidence: 0.921864762631579

01:02:08.980 --> 01:02:10.998 works pretty well in depression
NOTE Confidence: 0.921864762631579

01:02:10.998 --> 01:02:13.493 treatment and all those disorders
NOTE Confidence: 0.921864762631579

01:02:13.493 --> 01:02:16.440 related to the serotonin system,
NOTE Confidence: 0.921864762631579

01:02:16.440 --> 01:02:20.344 maybe it just helps with comorbidity.
NOTE Confidence: 0.921864762631579

01:02:20.344 --> 01:02:23.840 And then, you know, if someone,
NOTE Confidence: 0.921864762631579

01:02:23.840 --> 01:02:26.714 there is a high comorbidity among those who
NOTE Confidence: 0.921864762631579

01:02:26.714 --> 01:02:29.284 are addicted mostly with the depression,

NOTE Confidence: 0.921864762631579
01:02:29.284 --> 01:02:30.637 anxiety disorders here.
NOTE Confidence: 0.921864762631579
01:02:30.640 --> 01:02:33.060 So if we help them with depression,
NOTE Confidence: 0.921864762631579
01:02:33.060 --> 01:02:35.410 then they can cope better
NOTE Confidence: 0.921864762631579
01:02:35.410 --> 01:02:37.360 with addiction and so on.
NOTE Confidence: 0.921864762631579
01:02:37.360 --> 01:02:39.551 So yeah, but it's hard to really
NOTE Confidence: 0.921864762631579
01:02:39.551 --> 01:02:42.133 test it without the big, big,
NOTE Confidence: 0.921864762631579
01:02:42.133 --> 01:02:44.239 big trials.
NOTE Confidence: 0.921864762631579
01:02:44.240 --> 01:02:46.080 And regarding the previous question,
NOTE Confidence: 0.921864762631579
01:02:46.080 --> 01:02:47.100 I think you know,
NOTE Confidence: 0.921864762631579
01:02:47.100 --> 01:02:48.120 without understanding the mechanism,
NOTE Confidence: 0.921864762631579
01:02:48.120 --> 01:02:52.160 we can't really formulate any,
NOTE Confidence: 0.921864762631579
01:02:52.160 --> 01:02:53.720 any guidelines for the treatment.
NOTE Confidence: 0.572346985
01:02:55.640 --> 01:02:58.880 Yeah, right. I I will say that you know the,
NOTE Confidence: 0.572346985
01:02:58.880 --> 01:03:00.220 the theory of addiction that
NOTE Confidence: 0.572346985
01:03:00.220 --> 01:03:03.680 I operate from is Tim Baker's
NOTE Confidence: 0.572346985

01:03:03.680 --> 01:03:07.350 theory of affective modulation.
NOTE Confidence: 0.572346985

01:03:07.350 --> 01:03:10.725 In other words, that the use of addictive
NOTE Confidence: 0.572346985

01:03:10.725 --> 01:03:12.772 drugs is motivated by the desire
NOTE Confidence: 0.572346985

01:03:12.772 --> 01:03:15.034 to escape or avoid negative affect.
NOTE Confidence: 0.572346985

01:03:15.040 --> 01:03:17.848 So in other words, it's a sort of
NOTE Confidence: 0.572346985

01:03:17.848 --> 01:03:19.827 maladaptive coping response to anger,
NOTE Confidence: 0.572346985

01:03:19.827 --> 01:03:21.228 irritability, sadness, anxiety.
NOTE Confidence: 0.572346985

01:03:21.228 --> 01:03:24.959 One would smoke or drink or use cocaine,
NOTE Confidence: 0.572346985

01:03:24.960 --> 01:03:26.220 whatever it might be,
NOTE Confidence: 0.572346985

01:03:26.220 --> 01:03:27.795 to deal with these emotions.
NOTE Confidence: 0.572346985

01:03:27.800 --> 01:03:29.440 And the key, of course,
NOTE Confidence: 0.572346985

01:03:29.440 --> 01:03:31.617 in sobriety is to find more adaptive
NOTE Confidence: 0.572346985

01:03:31.617 --> 01:03:33.839 ways of coping with those emotions.
NOTE Confidence: 0.572346985

01:03:33.840 --> 01:03:37.116 So if at the core of this is just,
NOTE Confidence: 0.572346985

01:03:37.120 --> 01:03:40.852 you know, more effective affect regulation,
NOTE Confidence: 0.572346985

01:03:40.852 --> 01:03:41.638 it would,

NOTE Confidence: 0.572346985

01:03:41.640 --> 01:03:43.608 it would make sense that there's

NOTE Confidence: 0.572346985

01:03:43.608 --> 01:03:44.920 a transdiagnostic mechanism here.

NOTE Confidence: 0.572346985

01:03:44.920 --> 01:03:46.720 Some people have suggested that there's

NOTE Confidence: 0.572346985

01:03:46.720 --> 01:03:47.920 something around experiential avoidance.

NOTE Confidence: 0.572346985

01:03:47.920 --> 01:03:48.514 So, you know,

NOTE Confidence: 0.572346985

01:03:48.514 --> 01:03:49.900 could be that people are just more

NOTE Confidence: 0.572346985

01:03:49.942 --> 01:03:51.496 willing to deal with these negative

NOTE Confidence: 0.572346985

01:03:51.496 --> 01:03:53.158 emotions rather than escape or avoid them.

NOTE Confidence: 0.572346985

01:03:53.160 --> 01:03:55.162 But again, I think I'd really like

NOTE Confidence: 0.572346985

01:03:55.162 --> 01:03:56.798 to understand better what they are.

NOTE Confidence: 0.572346985

01:03:56.800 --> 01:03:59.752 And sometimes I I I wonder if you know,

NOTE Confidence: 0.572346985

01:03:59.760 --> 01:04:00.985 we'll we'll answer those questions

NOTE Confidence: 0.572346985

01:04:00.985 --> 01:04:02.429 in my lifetime because these these

NOTE Confidence: 0.572346985

01:04:02.429 --> 01:04:03.654 things seem to take a very long

NOTE Confidence: 0.572346985

01:04:03.654 --> 01:04:04.280 time to get at

NOTE Confidence: 0.1987607

01:04:10.710 --> 01:04:13.160 Jenna. Yeah. I thank
NOTE Confidence: 0.9302231415

01:04:13.160 --> 01:04:14.712 you so much for the talk by the
NOTE Confidence: 0.9302231415

01:04:14.712 --> 01:04:16.692 way and apologies for my bad zoom
NOTE Confidence: 0.9302231415

01:04:16.692 --> 01:04:18.232 etiquette upon entering the meeting.
NOTE Confidence: 0.9302231415

01:04:18.240 --> 01:04:20.913 I hope it wasn't too much of A distraction.
NOTE Confidence: 0.9302231415

01:04:20.920 --> 01:04:22.607 I was really curious about this idea
NOTE Confidence: 0.9302231415

01:04:22.607 --> 01:04:24.581 that you were talking about about self
NOTE Confidence: 0.9302231415

01:04:24.581 --> 01:04:26.720 reference and the kind of attentional scope.
NOTE Confidence: 0.9302231415

01:04:26.720 --> 01:04:28.880 And I saw that you were doing MRI scans and
NOTE Confidence: 0.9302231415

01:04:28.935 --> 01:04:31.194 I would assume that there's some sort of DMN,
NOTE Confidence: 0.9302231415

01:04:31.200 --> 01:04:32.620 self reference kind of network
NOTE Confidence: 0.9302231415

01:04:32.620 --> 01:04:33.756 stuff you're looking at.
NOTE Confidence: 0.9302231415

01:04:33.760 --> 01:04:37.240 I was curious like if you're thinking
NOTE Confidence: 0.9302231415

01:04:37.240 --> 01:04:38.840 or if you did anything or what you
NOTE Confidence: 0.9302231415

01:04:38.840 --> 01:04:40.280 think about kind of like qualitative
NOTE Confidence: 0.9302231415

01:04:40.280 --> 01:04:42.506 analysis of self reference and what's

NOTE Confidence: 0.9302231415
01:04:42.506 --> 01:04:45.000 going on there during the experience,
NOTE Confidence: 0.9302231415
01:04:45.000 --> 01:04:46.252 after the experience thinking
NOTE Confidence: 0.9302231415
01:04:46.252 --> 01:04:48.130 about like the role of integration
NOTE Confidence: 0.9302231415
01:04:48.184 --> 01:04:49.799 and psychedelic studies thus far.
NOTE Confidence: 0.9302231415
01:04:49.800 --> 01:04:53.078 And obviously this kind of like you know,
NOTE Confidence: 0.9302231415
01:04:53.080 --> 01:04:54.305 self reference rumination kind of
NOTE Confidence: 0.9302231415
01:04:54.305 --> 01:04:56.384 stuff is is big and in terms of
NOTE Confidence: 0.9302231415
01:04:56.384 --> 01:04:57.714 the transdiagnostic stuff as well.
NOTE Confidence: 0.9302231415
01:04:57.720 --> 01:04:59.676 So not a super directed question,
NOTE Confidence: 0.9302231415
01:04:59.680 --> 01:05:00.912 but I'm curious to hear you say
NOTE Confidence: 0.9302231415
01:05:00.912 --> 01:05:02.119 a little bit more about that.
NOTE Confidence: 0.79787734
01:05:05.080 --> 01:05:09.966 Yeah. So getting that is not easy.
NOTE Confidence: 0.79787734
01:05:09.966 --> 01:05:12.864 We we did include the dispositional
NOTE Confidence: 0.79787734
01:05:12.864 --> 01:05:14.876 positive emotion scale which
NOTE Confidence: 0.79787734
01:05:14.876 --> 01:05:16.800 includes an awe subscale.
NOTE Confidence: 0.79787734

01:05:16.800 --> 01:05:18.696 So I really do think that awe might
NOTE Confidence: 0.79787734

01:05:18.696 --> 01:05:21.690 be at least playing a role in the
NOTE Confidence: 0.79787734

01:05:21.690 --> 01:05:24.124 acute effects with with the emotion
NOTE Confidence: 0.79787734

01:05:24.124 --> 01:05:26.470 awe being described as that that
NOTE Confidence: 0.79787734

01:05:26.546 --> 01:05:28.844 you experience in the presence of
NOTE Confidence: 0.79787734

01:05:28.844 --> 01:05:31.220 a a stimulus that's so large and
NOTE Confidence: 0.79787734

01:05:31.220 --> 01:05:33.130 outside of your understanding that
NOTE Confidence: 0.79787734

01:05:33.130 --> 01:05:35.652 that you you feel very small and
NOTE Confidence: 0.79787734

01:05:35.652 --> 01:05:37.496 you you you change the way you
NOTE Confidence: 0.79787734

01:05:37.496 --> 01:05:39.052 view reality in some way, right.
NOTE Confidence: 0.79787734

01:05:39.052 --> 01:05:41.068 So it's it's like seeing the night sky
NOTE Confidence: 0.79787734

01:05:41.068 --> 01:05:43.023 for the first time every star in the
NOTE Confidence: 0.79787734

01:05:43.023 --> 01:05:45.277 sky or seeing the ocean for the first time.
NOTE Confidence: 0.79787734

01:05:45.280 --> 01:05:49.629 It's just wow you were so absorbed by what's
NOTE Confidence: 0.79787734

01:05:49.629 --> 01:05:52.000 in front of you that you forget yourself.
NOTE Confidence: 0.79787734

01:05:52.000 --> 01:05:54.268 But you are again very present to

NOTE Confidence: 0.79787734

01:05:54.268 --> 01:05:56.473 the experience and that perhaps that

NOTE Confidence: 0.79787734

01:05:56.473 --> 01:05:58.408 experience can carry forward after

NOTE Confidence: 0.79787734

01:05:58.408 --> 01:06:00.559 the acute experience has ended.

NOTE Confidence: 0.79787734

01:06:00.560 --> 01:06:03.324 Meaning you were you were I might

NOTE Confidence: 0.79787734

01:06:03.324 --> 01:06:05.420 guess less likely to have a a more

NOTE Confidence: 0.79787734

01:06:05.489 --> 01:06:07.269 self oriented experience and and

NOTE Confidence: 0.79787734

01:06:07.269 --> 01:06:09.828 maybe there's a way that awe can

NOTE Confidence: 0.79787734

01:06:09.828 --> 01:06:11.964 build upon itself and people seek

NOTE Confidence: 0.79787734

01:06:11.964 --> 01:06:14.360 out experiences in which they again

NOTE Confidence: 0.79787734

01:06:14.360 --> 01:06:16.972 feel small and have moments of

NOTE Confidence: 0.79787734

01:06:16.972 --> 01:06:20.160 of wonder and and they feel some

NOTE Confidence: 0.79787734

01:06:20.160 --> 01:06:21.920 little sense of transcendence.

NOTE Confidence: 0.79787734

01:06:21.920 --> 01:06:24.510 And I think people can achieve these

NOTE Confidence: 0.79787734

01:06:24.510 --> 01:06:26.641 experiences in nature and religious

NOTE Confidence: 0.79787734

01:06:26.641 --> 01:06:27.873 observations and meditation.

NOTE Confidence: 0.79787734

01:06:27.873 --> 01:06:30.330 And so I mean to get at your question
NOTE Confidence: 0.79787734

01:06:30.389 --> 01:06:32.437 I think we might be able to capture
NOTE Confidence: 0.79787734

01:06:32.437 --> 01:06:34.542 if there's maybe a long term effect
NOTE Confidence: 0.79787734

01:06:34.542 --> 01:06:37.048 by determining if if generally awe as
NOTE Confidence: 0.79787734

01:06:37.048 --> 01:06:39.468 a dispositional emotion is something
NOTE Confidence: 0.79787734

01:06:39.468 --> 01:06:42.296 that is increased over time to to
NOTE Confidence: 0.79787734

01:06:42.296 --> 01:06:43.448 get though like qualitatively
NOTE Confidence: 0.79787734

01:06:43.448 --> 01:06:44.600 what people might say
NOTE Confidence: 0.802754393636364

01:06:48.560 --> 01:06:50.310 there. I I I think what's so
NOTE Confidence: 0.802754393636364

01:06:50.310 --> 01:06:51.828 interesting about the emotion, Oz,
NOTE Confidence: 0.802754393636364

01:06:51.828 --> 01:06:54.292 it appears to be a a uniquely social
NOTE Confidence: 0.802754393636364

01:06:54.292 --> 01:06:56.473 emotion that is one that's designed
NOTE Confidence: 0.802754393636364

01:06:56.473 --> 01:06:58.694 to encourage humans to think a
NOTE Confidence: 0.802754393636364

01:06:58.694 --> 01:07:00.812 little less about ourselves and more
NOTE Confidence: 0.802754393636364

01:07:00.812 --> 01:07:03.020 about the people in our collective.
NOTE Confidence: 0.802754393636364

01:07:03.020 --> 01:07:06.360 And I I feel that for many people,

NOTE Confidence: 0.802754393636364
01:07:06.360 --> 01:07:07.998 the experience, not all but for many,
NOTE Confidence: 0.802754393636364
01:07:08.000 --> 01:07:09.888 is characterized by this,
NOTE Confidence: 0.802754393636364
01:07:09.888 --> 01:07:14.484 this really difficult awareness that their
NOTE Confidence: 0.802754393636364
01:07:14.484 --> 01:07:17.920 drug use has harmed people they really love,
NOTE Confidence: 0.802754393636364
01:07:17.920 --> 01:07:21.240 like, and and this can be really upsetting.
NOTE Confidence: 0.802754393636364
01:07:21.240 --> 01:07:23.988 And this might in in fact be
NOTE Confidence: 0.802754393636364
01:07:23.988 --> 01:07:25.836 responsible for part of that challenge.
NOTE Confidence: 0.802754393636364
01:07:25.840 --> 01:07:28.556 People will realize I haven't talked to
NOTE Confidence: 0.802754393636364
01:07:28.556 --> 01:07:31.239 parents or siblings or children for years.
NOTE Confidence: 0.802754393636364
01:07:31.240 --> 01:07:32.800 I've ruined relationships.
NOTE Confidence: 0.802754393636364
01:07:32.800 --> 01:07:34.474 I've alienated, you know,
NOTE Confidence: 0.802754393636364
01:07:34.474 --> 01:07:35.742 family members because I've
NOTE Confidence: 0.802754393636364
01:07:35.742 --> 01:07:37.520 been so fixated on cocaine.
NOTE Confidence: 0.802754393636364
01:07:37.520 --> 01:07:41.372 And I just feel so awful, so awful.
NOTE Confidence: 0.802754393636364
01:07:41.372 --> 01:07:42.836 But you know what?
NOTE Confidence: 0.802754393636364

01:07:42.840 --> 01:07:44.737 I still have a chance to write
NOTE Confidence: 0.802754393636364

01:07:44.737 --> 01:07:46.176 things and I'm going forward
NOTE Confidence: 0.802754393636364

01:07:46.176 --> 01:07:48.440 going to try to be a much better,
NOTE Confidence: 0.802754393636364

01:07:48.440 --> 01:07:49.162 you know,
NOTE Confidence: 0.802754393636364

01:07:49.162 --> 01:07:50.967 spouse and sibling and parent
NOTE Confidence: 0.802754393636364

01:07:50.967 --> 01:07:52.720 and citizen of humanity.
NOTE Confidence: 0.802754393636364

01:07:52.720 --> 01:07:54.988 And so I think there might be some longer
NOTE Confidence: 0.802754393636364

01:07:54.988 --> 01:07:56.999 term impacts on altruistic behavior.
NOTE Confidence: 0.802754393636364

01:07:57.000 --> 01:07:59.052 We're trying to capture that also
NOTE Confidence: 0.802754393636364

01:07:59.052 --> 01:08:01.072 and maybe at the core of it is also
NOTE Confidence: 0.802754393636364

01:08:01.072 --> 01:08:03.038 the degree to which people are are
NOTE Confidence: 0.802754393636364

01:08:03.038 --> 01:08:04.533 more integrated with their community
NOTE Confidence: 0.802754393636364

01:08:04.583 --> 01:08:06.518 because in the extreme addiction can
NOTE Confidence: 0.802754393636364

01:08:06.518 --> 01:08:09.451 be just the state of complete isolation
NOTE Confidence: 0.802754393636364

01:08:09.451 --> 01:08:12.039 from those in in your environment.
NOTE Confidence: 0.802754393636364

01:08:12.040 --> 01:08:13.496 So we're trying to capture that that

NOTE Confidence: 0.802754393636364
01:08:13.496 --> 01:08:14.919 you know self report is limited.
NOTE Confidence: 0.802754393636364
01:08:14.920 --> 01:08:17.040 We we do some degree of qualitative research.
NOTE Confidence: 0.802754393636364
01:08:17.040 --> 01:08:19.064 I don't think of myself as a qualitative
NOTE Confidence: 0.802754393636364
01:08:19.064 --> 01:08:20.719 scientist but we we will have some
NOTE Confidence: 0.802754393636364
01:08:20.719 --> 01:08:22.480 qualitative data to try to capture that.
NOTE Confidence: 0.802754393636364
01:08:22.480 --> 01:08:24.624 And I I I think that will really
NOTE Confidence: 0.802754393636364
01:08:24.624 --> 01:08:26.316 reveal something at least to the I
NOTE Confidence: 0.802754393636364
01:08:26.316 --> 01:08:28.153 I do think people seem to be more
NOTE Confidence: 0.802754393636364
01:08:28.153 --> 01:08:29.662 aware of their their the people
NOTE Confidence: 0.802754393636364
01:08:29.662 --> 01:08:31.306 they love and how their behavior
NOTE Confidence: 0.802754393636364
01:08:31.306 --> 01:08:32.398 impacts those they love.
NOTE Confidence: 0.802754393636364
01:08:32.400 --> 01:08:34.434 And and you know it's again it's I may
NOTE Confidence: 0.802754393636364
01:08:34.434 --> 01:08:36.210 mention this but it's it seems very
NOTE Confidence: 0.802754393636364
01:08:36.210 --> 01:08:38.200 similar to the Ebenezer Scrooge experience.
NOTE Confidence: 0.802754393636364
01:08:38.200 --> 01:08:39.260 You're like oh man,
NOTE Confidence: 0.802754393636364

01:08:39.260 --> 01:08:41.238 I've been such a greedy miser that
NOTE Confidence: 0.802754393636364

01:08:41.238 --> 01:08:43.074 I've hurt people I really love.
NOTE Confidence: 0.802754393636364

01:08:43.080 --> 01:08:43.808 And that feels terrible.
NOTE Confidence: 0.802754393636364

01:08:43.808 --> 01:08:45.479 But I want to be better going forward.
NOTE Confidence: 0.738632462

01:08:47.880 --> 01:08:48.800 That was a little jumbled.
NOTE Confidence: 0.738632462

01:08:48.800 --> 01:08:49.958 But I hope that was helpful.
NOTE Confidence: 0.76786602

01:08:52.160 --> 01:08:52.560 All right.
NOTE Confidence: 0.9578522

01:08:54.720 --> 01:08:54.810 You
NOTE Confidence: 0.736955263333333

01:08:59.790 --> 01:09:01.908 know I I would teach undergraduates.
NOTE Confidence: 0.736955263333333

01:09:01.910 --> 01:09:03.744 So I'm I'm used to awkward silences.
NOTE Confidence: 0.736955263333333

01:09:03.750 --> 01:09:05.830 I can I can just sit here forever.
NOTE Confidence: 0.736955263333333

01:09:05.830 --> 01:09:09.230 But feel free. Any more questions,
NOTE Confidence: 0.736955263333333

01:09:09.230 --> 01:09:09.910 I'm happy to take
NOTE Confidence: 0.66808466

01:09:10.510 --> 01:09:12.410 Any final questions for Peter
NOTE Confidence: 0.66808466

01:09:12.410 --> 01:09:14.960 before we shut down for the day.
NOTE Confidence: 0.66808466

01:09:14.960 --> 01:09:18.128 Yeah, so I'm just wondering with you know

NOTE Confidence: 0.66808466

01:09:18.128 --> 01:09:21.262 such a broad portfolio of psychedelic

NOTE Confidence: 0.66808466

01:09:21.262 --> 01:09:23.317 substances why you chose psilocybin?

NOTE Confidence: 0.85274376

01:09:24.480 --> 01:09:25.360 I love that question,

NOTE Confidence: 0.82207125

01:09:27.560 --> 01:09:31.096 Few reasons, broad portfolio,

NOTE Confidence: 0.82207125

01:09:31.096 --> 01:09:33.436 broad portfolio, I don't know,

NOTE Confidence: 0.82207125

01:09:33.440 --> 01:09:35.834 I mean we need substantial enough data

NOTE Confidence: 0.82207125

01:09:35.834 --> 01:09:38.702 that the FDA would feel comfortable in

NOTE Confidence: 0.82207125

01:09:38.702 --> 01:09:41.360 our administering these drugs to people.

NOTE Confidence: 0.82207125

01:09:41.360 --> 01:09:42.480 So we need, you know,

NOTE Confidence: 0.82207125

01:09:42.480 --> 01:09:47.639 substantial animal data and and safety data.

NOTE Confidence: 0.82207125

01:09:47.640 --> 01:09:49.040 Yeah, there are a lot of substances

NOTE Confidence: 0.82207125

01:09:49.040 --> 01:09:50.359 in like T call or P call,

NOTE Confidence: 0.82207125

01:09:50.360 --> 01:09:52.130 but many of them have almost

NOTE Confidence: 0.82207125

01:09:52.130 --> 01:09:53.796 no data whatsoever that would

NOTE Confidence: 0.82207125

01:09:53.796 --> 01:09:55.480 satisfy the FDA's requirements.

NOTE Confidence: 0.82207125

01:09:55.480 --> 01:09:56.760 We do with psilocybin.
NOTE Confidence: 0.82207125

01:09:56.760 --> 01:10:00.040 We do, I think with mescaline and LSD.
NOTE Confidence: 0.82207125

01:10:00.040 --> 01:10:03.590 Mescaline and LSD last 10, maybe 14 hours.
NOTE Confidence: 0.82207125

01:10:03.590 --> 01:10:05.440 Psilocybin lasts 4 to 6.
NOTE Confidence: 0.82207125

01:10:05.440 --> 01:10:07.420 So if we want to fit in a a
NOTE Confidence: 0.82207125

01:10:07.420 --> 01:10:08.857 psilocybin session in a standard
NOTE Confidence: 0.82207125

01:10:08.857 --> 01:10:10.272 work day that can be done.
NOTE Confidence: 0.82207125

01:10:10.272 --> 01:10:12.199 We can't do that with LSD or mescaline.
NOTE Confidence: 0.82207125

01:10:12.200 --> 01:10:13.880 That's one thing I'm thinking.
NOTE Confidence: 0.82207125

01:10:13.880 --> 01:10:15.882 I think also early on there was
NOTE Confidence: 0.82207125

01:10:15.882 --> 01:10:17.813 this concern that if we were doing
NOTE Confidence: 0.82207125

01:10:17.813 --> 01:10:19.526 a study with LSD that, you know,
NOTE Confidence: 0.82207125

01:10:19.526 --> 01:10:20.641 too many people would recognize
NOTE Confidence: 0.82207125

01:10:20.641 --> 01:10:21.600 what we were doing.
NOTE Confidence: 0.82207125

01:10:21.600 --> 01:10:22.704 They'd they'd see we were doing
NOTE Confidence: 0.82207125

01:10:22.704 --> 01:10:23.440 a study with acid.

NOTE Confidence: 0.82207125

01:10:23.440 --> 01:10:24.552 It would sound crazy.

NOTE Confidence: 0.82207125

01:10:24.552 --> 01:10:26.220 We'd attract more attention than we

NOTE Confidence: 0.82207125

01:10:26.274 --> 01:10:28.410 wanted to from especially maybe like

NOTE Confidence: 0.82207125

01:10:28.410 --> 01:10:29.834 more conservative political figures.

NOTE Confidence: 0.82207125

01:10:29.840 --> 01:10:31.800 So if we chose psilocybin,

NOTE Confidence: 0.82207125

01:10:31.800 --> 01:10:32.664 you know, early on,

NOTE Confidence: 0.82207125

01:10:32.664 --> 01:10:33.960 most people never heard of it.

NOTE Confidence: 0.82207125

01:10:33.960 --> 01:10:35.472 Even a number of my physician colleagues

NOTE Confidence: 0.82207125

01:10:35.472 --> 01:10:37.158 here at UAB didn't know what it was.

NOTE Confidence: 0.82207125

01:10:37.160 --> 01:10:38.240 And I thought, well, that's good.

NOTE Confidence: 0.82207125

01:10:38.240 --> 01:10:39.878 I don't want people to know.

NOTE Confidence: 0.82207125

01:10:39.880 --> 01:10:41.758 So I think there's that too.

NOTE Confidence: 0.82207125

01:10:41.760 --> 01:10:43.678 But now we see the field is

NOTE Confidence: 0.82207125

01:10:43.678 --> 01:10:44.830 moving toward other compounds

NOTE Confidence: 0.82207125

01:10:44.830 --> 01:10:46.958 like 5 in the ODMT and the DMT.

NOTE Confidence: 0.82207125

01:10:46.960 --> 01:10:48.550 And the big advantage there is
NOTE Confidence: 0.82207125

01:10:48.550 --> 01:10:49.892 they're shorter acting and and
NOTE Confidence: 0.82207125

01:10:49.892 --> 01:10:51.260 might be more scalable and and
NOTE Confidence: 0.82207125

01:10:51.260 --> 01:10:52.850 I think that's that's a really
NOTE Confidence: 0.82207125

01:10:52.850 --> 01:10:54.275 important thing that we're doing.
NOTE Confidence: 0.82207125

01:10:54.280 --> 01:10:55.027 But early on,
NOTE Confidence: 0.82207125

01:10:55.027 --> 01:10:57.177 it was just that we had substantial data
NOTE Confidence: 0.82207125

01:10:57.177 --> 01:10:58.917 that would satisfy FDA requirements.
NOTE Confidence: 0.82207125

01:10:58.920 --> 01:11:00.861 We could give to the people and we
NOTE Confidence: 0.82207125

01:11:00.861 --> 01:11:02.880 could do it in a standard work day.
NOTE Confidence: 0.82207125

01:11:02.880 --> 01:11:04.116 Pretty much as simple as that.
NOTE Confidence: 0.6070730525

01:11:07.200 --> 01:11:07.920 Well, thank you. Yeah,
NOTE Confidence: 0.628869594

01:11:10.680 --> 01:11:11.400 I should have mentioned too,
NOTE Confidence: 0.628869594

01:11:11.400 --> 01:11:12.240 before I started, You know,
NOTE Confidence: 0.628869594

01:11:12.240 --> 01:11:14.736 my my my grandparents lived in Branford and
NOTE Confidence: 0.628869594

01:11:14.736 --> 01:11:17.676 I grew up sailing in the Long Island Sound,

NOTE Confidence: 0.628869594

01:11:17.680 --> 01:11:19.600 and they never wanted to take me to New Haven

NOTE Confidence: 0.628869594

01:11:19.647 --> 01:11:21.397 because they thought it was so dangerous.

NOTE Confidence: 0.628869594

01:11:21.400 --> 01:11:22.639 So I've I've never actually been to

NOTE Confidence: 0.628869594

01:11:22.639 --> 01:11:24.040 New Haven, but I've been to Branford.

NOTE Confidence: 0.628869594

01:11:24.040 --> 01:11:26.452 And they they they died.

NOTE Confidence: 0.628869594

01:11:26.452 --> 01:11:27.717 They lived into their 90s.

NOTE Confidence: 0.628869594

01:11:27.720 --> 01:11:28.470 But, you know,

NOTE Confidence: 0.628869594

01:11:28.470 --> 01:11:31.119 I'm glad to be talking to a group at Yale.

NOTE Confidence: 0.628869594

01:11:31.120 --> 01:11:32.723 I kind of feel like it's a

NOTE Confidence: 0.628869594

01:11:32.723 --> 01:11:33.720 homecoming of some sort,

NOTE Confidence: 0.628869594

01:11:33.720 --> 01:11:35.075 even though I've never actually

NOTE Confidence: 0.628869594

01:11:35.075 --> 01:11:36.159 been to New Haven.

NOTE Confidence: 0.628869594

01:11:36.160 --> 01:11:36.280 Well,

NOTE Confidence: 0.799925616

01:11:36.280 --> 01:11:37.504 maybe next. Maybe next time we

NOTE Confidence: 0.799925616

01:11:37.504 --> 01:11:39.180 can have you up. Sure. Sure.

NOTE Confidence: 0.799925616

01:11:39.180 --> 01:11:41.000 In person. And it's much,
NOTE Confidence: 0.799925616

01:11:41.000 --> 01:11:43.672 it's much better now than it was when
NOTE Confidence: 0.799925616

01:11:43.672 --> 01:11:45.520 your grandparents were young. They
NOTE Confidence: 0.879288186666667

01:11:45.560 --> 01:11:47.000 were old grandparents from the South,
NOTE Confidence: 0.879288186666667

01:11:47.000 --> 01:11:47.880 and they thought everything
NOTE Confidence: 0.879288186666667

01:11:47.880 --> 01:11:49.079 was dangerous. So that's fine.
NOTE Confidence: 0.79095871375

01:11:50.320 --> 01:11:52.040 Well, thank you so much as you you,
NOTE Confidence: 0.79095871375

01:11:52.040 --> 01:11:53.811 as I said, you took a beautiful
NOTE Confidence: 0.79095871375

01:11:53.811 --> 01:11:55.452 combination of of history, of some
NOTE Confidence: 0.79095871375

01:11:55.452 --> 01:11:57.480 theory and then some exciting new data.
NOTE Confidence: 0.79095871375

01:11:57.480 --> 01:11:59.520 So thank you for sharing this with us.
NOTE Confidence: 0.79095871375

01:11:59.520 --> 01:12:00.986 Thank you and thank you
NOTE Confidence: 0.79095871375

01:12:00.986 --> 01:12:01.714 everyone for being here.
NOTE Confidence: 0.79095871375

01:12:01.720 --> 01:12:02.984 We look forward to seeing you all at
NOTE Confidence: 0.79095871375

01:12:02.984 --> 01:12:04.612 our December meeting, which as I said,
NOTE Confidence: 0.79095871375

01:12:04.612 --> 01:12:06.480 will be about the USUNA depression study,

NOTE Confidence: 0.79095871375

01:12:06.480 --> 01:12:08.694 one of the biggest clinical trials

NOTE Confidence: 0.79095871375

01:12:08.694 --> 01:12:10.999 that's been done in this space,

NOTE Confidence: 0.79095871375

01:12:11.000 --> 01:12:12.040 #11 had a good presentation

NOTE Confidence: 0.79095871375

01:12:12.040 --> 01:12:12.872 and a good conversation,

NOTE Confidence: 0.79095871375

01:12:12.880 --> 01:12:13.920 then we'll see you then.

NOTE Confidence: 0.79095871375

01:12:13.920 --> 01:12:14.680 Happy Thanksgiving.

NOTE Confidence: 0.740624672

01:12:17.520 --> 01:12:18.880 Thank you, Peter. Thank you.