

WEBVTT

NOTE duration:"00:57:26.7200000"

NOTE language:en-us

NOTE Confidence: 0.8440331

00:00:02.130 --> 00:00:03.348 Weeks grand rounds.

NOTE Confidence: 0.8440331

00:00:03.350 --> 00:00:06.180 Before I introduce today's speaker who I'm

NOTE Confidence: 0.8440331

00:00:06.180 --> 00:00:08.610 absolutely delighted to be welcoming today,

NOTE Confidence: 0.8440331

00:00:08.610 --> 00:00:11.378 let me say a word about next week's

NOTE Confidence: 0.8440331

00:00:11.378 --> 00:00:13.878 grand rounds when Christina Cipriano,

NOTE Confidence: 0.8440331

00:00:13.880 --> 00:00:16.491 from the ruler program and from the

NOTE Confidence: 0.8440331

00:00:16.491 --> 00:00:18.490 Yale Center for Emotional Intelligence

NOTE Confidence: 0.8440331

00:00:18.490 --> 00:00:22.209 will be here to talk to us about the

NOTE Confidence: 0.8440331

00:00:22.209 --> 00:00:24.329 hundreds of millions of thousands

NOTE Confidence: 0.8440331

00:00:24.329 --> 00:00:26.802 of teachers of their training and

NOTE Confidence: 0.8440331

00:00:26.802 --> 00:00:29.118 how they're going global and all

NOTE Confidence: 0.8440331

00:00:29.118 --> 00:00:31.818 sorts of exciting things happening.

NOTE Confidence: 0.8440331

00:00:31.820 --> 00:00:33.140 Across the street.

NOTE Confidence: 0.8440331

00:00:33.140 --> 00:00:36.379 But today we are also very global and

NOTE Confidence: 0.8440331

00:00:36.379 --> 00:00:39.338 I am absolutely delighted that we have

NOTE Confidence: 0.8440331

00:00:39.338 --> 00:00:41.603 a dear friend close collaborator,

NOTE Confidence: 0.8440331

00:00:41.610 --> 00:00:45.200 someone who I admire deeply.

NOTE Confidence: 0.8440331

00:00:45.200 --> 00:00:48.525 Coming today to share in grand rounds.

NOTE Confidence: 0.8440331

00:00:48.530 --> 00:00:49.652 Um Achmed Hank.

NOTE Confidence: 0.8440331

00:00:49.652 --> 00:00:52.270 Here you will learn a lot about

NOTE Confidence: 0.8440331

00:00:52.350 --> 00:00:54.258 who he is from his talk.

NOTE Confidence: 0.8440331

00:00:54.260 --> 00:00:56.636 But what I can tell you is that I

NOTE Confidence: 0.8440331

00:00:56.636 --> 00:00:59.196 met Achmed because of our shared

NOTE Confidence: 0.8440331

00:00:59.196 --> 00:01:01.411 interest in mental health stigma,

NOTE Confidence: 0.8440331

00:01:01.420 --> 00:01:04.479 an area that he knows and has

NOTE Confidence: 0.8440331

00:01:04.479 --> 00:01:05.790 published widely about.

NOTE Confidence: 0.8440331

00:01:05.790 --> 00:01:08.730 And we learn about each other's work.

NOTE Confidence: 0.8440331

00:01:08.730 --> 00:01:11.929 We made one of these zoom calls

NOTE Confidence: 0.8440331

00:01:11.929 --> 00:01:14.430 that usually lead to nothing.

NOTE Confidence: 0.8440331

00:01:14.430 --> 00:01:17.566 Ann Boy has had led to a lot.
NOTE Confidence: 0.8440331

00:01:17.570 --> 00:01:19.778 We found that were really kindred
NOTE Confidence: 0.8440331

00:01:19.778 --> 00:01:22.503 spirits in many ways and we have
NOTE Confidence: 0.8440331

00:01:22.503 --> 00:01:24.873 brought a very exciting group of
NOTE Confidence: 0.8440331

00:01:24.873 --> 00:01:26.545 collaborators with Ashley Clayton
NOTE Confidence: 0.8440331

00:01:26.545 --> 00:01:28.957 and Julie Chilton in Amanda Calhoun
NOTE Confidence: 0.8440331

00:01:28.957 --> 00:01:33.170 and others who are here today.
NOTE Confidence: 0.8440331

00:01:33.170 --> 00:01:36.066 As you will learn, Achmed is a psychiatrist.
NOTE Confidence: 0.8440331

00:01:36.070 --> 00:01:37.390 He is almost perfect,
NOTE Confidence: 0.8440331

00:01:37.390 --> 00:01:39.370 but not quite because he's not
NOTE Confidence: 0.8440331

00:01:39.436 --> 00:01:40.768 a child psychiatrist.
NOTE Confidence: 0.8440331

00:01:40.770 --> 00:01:42.936 Although at the rate I'm going,
NOTE Confidence: 0.8440331

00:01:42.940 --> 00:01:45.420 hopefully I'll change his mind.
NOTE Confidence: 0.8440331

00:01:45.420 --> 00:01:48.150 But he's a psychiatrist working at Kings,
NOTE Confidence: 0.8440331

00:01:48.150 --> 00:01:49.830 Kings College, London,
NOTE Confidence: 0.8440331

00:01:49.830 --> 00:01:53.750 where he is a very busy clinician.

NOTE Confidence: 0.8440331

00:01:53.750 --> 00:01:56.186 And here's an extraordinarily gifted teacher.

NOTE Confidence: 0.8440331

00:01:56.190 --> 00:01:57.357 Among other things,

NOTE Confidence: 0.8440331

00:01:57.357 --> 00:01:59.691 he has been awarded the UK's

NOTE Confidence: 0.8440331

00:01:59.691 --> 00:02:01.478 highest awards in teaching,

NOTE Confidence: 0.8440331

00:02:01.480 --> 00:02:03.862 and I'm not talking about Southwestern

NOTE Confidence: 0.8440331

00:02:03.862 --> 00:02:05.960 Central Northeastern quarter of England.

NOTE Confidence: 0.8440331

00:02:05.960 --> 00:02:09.020 I'm talking about the whole thing.

NOTE Confidence: 0.8440331

00:02:09.020 --> 00:02:09.319 Uh,

NOTE Confidence: 0.8440331

00:02:09.319 --> 00:02:12.010 and he'll tell us about it and I'm going

NOTE Confidence: 0.8440331

00:02:12.080 --> 00:02:14.800 to be quiet now and let me take it away.

NOTE Confidence: 0.8440331

00:02:14.800 --> 00:02:15.556 By the way,

NOTE Confidence: 0.8440331

00:02:15.556 --> 00:02:17.320 I had emailed you all letting you

NOTE Confidence: 0.8440331

00:02:17.381 --> 00:02:19.295 know that today we were starting

NOTE Confidence: 0.8440331

00:02:19.295 --> 00:02:20.571 the CME credit business,

NOTE Confidence: 0.8440331

00:02:20.580 --> 00:02:22.884 but we're going to do that next week.

NOTE Confidence: 0.8440331

00:02:22.890 --> 00:02:24.564 So today we're in business as
NOTE Confidence: 0.8440331

00:02:24.564 --> 00:02:26.331 usual and stay tuned and thank
NOTE Confidence: 0.8440331

00:02:26.331 --> 00:02:27.806 you Ro for organizing that.
NOTE Confidence: 0.8440331

00:02:27.810 --> 00:02:30.127 It will be very easy for those
NOTE Confidence: 0.8440331

00:02:30.127 --> 00:02:32.989 of you who can and want to claim.
NOTE Confidence: 0.8440331

00:02:32.990 --> 00:02:36.710 CME credits to do that starting next week,
NOTE Confidence: 0.8440331

00:02:36.710 --> 00:02:38.900 but today we go International
NOTE Confidence: 0.8440331

00:02:38.900 --> 00:02:41.830 an I give you from Beirut,
NOTE Confidence: 0.8440331

00:02:41.830 --> 00:02:44.726 Lebanon to London, UK.
NOTE Confidence: 0.8440331

00:02:44.726 --> 00:02:46.898 My dear friend.
NOTE Confidence: 0.8440331

00:02:46.900 --> 00:02:50.716 Achmed here take it away buddy.
NOTE Confidence: 0.8440331

00:02:50.720 --> 00:02:51.170 Thank
NOTE Confidence: 0.75034434

00:02:51.170 --> 00:02:54.051 you, thank you so much, Andreas.
NOTE Confidence: 0.75034434

00:02:54.051 --> 00:02:57.897 Happy be an Arabic we say
NOTE Confidence: 0.75034434

00:02:57.897 --> 00:03:01.059 difficult to translate that word.
NOTE Confidence: 0.75034434

00:03:01.060 --> 00:03:03.945 It's a huge pleasure and

NOTE Confidence: 0.75034434

00:03:03.945 --> 00:03:06.830 privilege to deliver this ground

NOTE Confidence: 0.75034434

00:03:06.940 --> 00:03:09.880 round from Merry Old England.

NOTE Confidence: 0.9264591

00:03:17.580 --> 00:03:18.750 So here goes.

NOTE Confidence: 0.8549449

00:03:20.940 --> 00:03:29.580 Here goes some of you may be disengaged.

NOTE Confidence: 0.8549449

00:03:29.580 --> 00:03:34.080 And. If you were thinking this.

NOTE Confidence: 0.8549449

00:03:34.080 --> 00:03:36.688 You better think again.

NOTE Confidence: 0.8083056

00:03:39.800 --> 00:03:42.704 The path of the righteous man is beset

NOTE Confidence: 0.8083056

00:03:42.704 --> 00:03:46.133 on all sides by the inequities of the

NOTE Confidence: 0.8083056

00:03:46.133 --> 00:03:48.929 selfish and the tyranny of evil men.

NOTE Confidence: 0.8083056

00:03:48.930 --> 00:03:51.873 Now blessed is he who in the name of

NOTE Confidence: 0.8083056

00:03:51.873 --> 00:03:54.401 charity and Goodwill Shepherds the weak

NOTE Confidence: 0.8083056

00:03:54.401 --> 00:03:57.270 through the Valley of the darkness,

NOTE Confidence: 0.8083056

00:03:57.270 --> 00:03:59.937 for he is truly his brother's keeper

NOTE Confidence: 0.8083056

00:03:59.937 --> 00:04:02.428 and the Finder of lost children.

NOTE Confidence: 0.8083056

00:04:02.430 --> 00:04:05.446 And I was struck down upon thee with

NOTE Confidence: 0.8083056

00:04:05.446 --> 00:04:07.590 great vengeance and furious anger,
NOTE Confidence: 0.8083056

00:04:07.590 --> 00:04:09.760 poison and destroy my brother.
NOTE Confidence: 0.8083056

00:04:09.760 --> 00:04:13.424 But you will know. Try on the low.
NOTE Confidence: 0.8083056

00:04:13.430 --> 00:04:16.460 When they made Dungeon Suppon V.
NOTE Confidence: 0.8083056

00:04:16.460 --> 00:04:17.840 I've got one thing to say.
NOTE Confidence: 0.81588566

00:04:20.570 --> 00:04:25.020 King Kong ain't got **** on me.
NOTE Confidence: 0.81588566

00:04:25.020 --> 00:04:27.160 Are you still disengaged?
NOTE Confidence: 0.81588566

00:04:27.160 --> 00:04:29.835 I like to think there's
NOTE Confidence: 0.81588566

00:04:29.835 --> 00:04:32.549 some method in my madness.
NOTE Confidence: 0.8183904

00:04:35.250 --> 00:04:39.485 Greetings, it's evening here in in London,
NOTE Confidence: 0.8183904

00:04:39.490 --> 00:04:45.462 so. Good evening, if you're in the UK and
NOTE Confidence: 0.8183904

00:04:45.462 --> 00:04:49.107 good afternoon if you are across the pond.
NOTE Confidence: 0.8183904

00:04:49.110 --> 00:04:52.610 So the aims of this presentation I
NOTE Confidence: 0.8183904

00:04:52.610 --> 00:04:55.331 want to demonstrate the colossal
NOTE Confidence: 0.8183904

00:04:55.331 --> 00:04:58.715 power of the performing arts and
NOTE Confidence: 0.8183904

00:04:58.715 --> 00:05:02.258 storytelling in healthcare and education.

NOTE Confidence: 0.8183904

00:05:02.260 --> 00:05:04.744 I want to highlight the epidemic

NOTE Confidence: 0.8183904

00:05:04.744 --> 00:05:07.000 of psychological problems in health

NOTE Confidence: 0.8183904

00:05:07.000 --> 00:05:09.116 care professionals and students.

NOTE Confidence: 0.8183904

00:05:09.120 --> 00:05:12.305 Discuss and describe the role that experts,

NOTE Confidence: 0.8183904

00:05:12.310 --> 00:05:14.600 by personal and professional experience,

NOTE Confidence: 0.8183904

00:05:14.600 --> 00:05:16.885 play in reducing mental health

NOTE Confidence: 0.8183904

00:05:16.885 --> 00:05:17.799 related stigma.

NOTE Confidence: 0.8183904

00:05:17.800 --> 00:05:20.722 And I'll provide you with some

NOTE Confidence: 0.8183904

00:05:20.722 --> 00:05:23.740 information about what I mean by EP.

NOTE Confidence: 0.8183904

00:05:23.740 --> 00:05:26.939 P is a mnemonic that we coined.

NOTE Confidence: 0.8798204

00:05:28.950 --> 00:05:32.190 And I'm going to present some data from

NOTE Confidence: 0.8798204

00:05:32.190 --> 00:05:35.044 pilot studies on increasing interest in

NOTE Confidence: 0.8798204

00:05:35.044 --> 00:05:37.984 psychiatry as a career and challenging

NOTE Confidence: 0.8798204

00:05:38.061 --> 00:05:41.427 stigma in healthcare providers and students.

NOTE Confidence: 0.8798204

00:05:41.430 --> 00:05:45.780 Now there is a disclaimer alert.

NOTE Confidence: 0.8798204

00:05:45.780 --> 00:05:47.148 In this presentation performance
NOTE Confidence: 0.8798204

00:05:47.148 --> 00:05:48.858 I will be identifying them,
NOTE Confidence: 0.8798204

00:05:48.860 --> 00:05:50.164 edits of auto, biographical,
NOTE Confidence: 0.8798204

00:05:50.164 --> 00:05:52.120 narrative and so by definition I
NOTE Confidence: 0.8798204

00:05:52.182 --> 00:05:54.464 will be making reference to myself in
NOTE Confidence: 0.8798204

00:05:54.464 --> 00:05:56.040 my own autobiographical narrative.
NOTE Confidence: 0.8798204

00:05:56.040 --> 00:05:57.750 I hope you don't mind.
NOTE Confidence: 0.8798204

00:05:57.750 --> 00:06:00.172 I'm very proud of the goals that
NOTE Confidence: 0.8798204

00:06:00.172 --> 00:06:01.850 I've achieved in my life.
NOTE Confidence: 0.8798204

00:06:01.850 --> 00:06:04.349 I want to thank you all for
NOTE Confidence: 0.8798204

00:06:04.349 --> 00:06:06.619 providing me with this platform.
NOTE Confidence: 0.8798204

00:06:06.620 --> 00:06:09.116 To share my experiences with you.
NOTE Confidence: 0.8798204

00:06:09.120 --> 00:06:11.640 Now I will state no claim in being master
NOTE Confidence: 0.8798204

00:06:11.640 --> 00:06:14.348 of the phenomenon that has afflicted me.
NOTE Confidence: 0.8798204

00:06:14.350 --> 00:06:16.793 If, in the event you experience psychological
NOTE Confidence: 0.8798204

00:06:16.793 --> 00:06:18.928 distress in any of its many forms,

NOTE Confidence: 0.8798204

00:06:18.930 --> 00:06:20.565 the best recourse is to

NOTE Confidence: 0.8798204

00:06:20.565 --> 00:06:22.200 see your family Doctor Ann,

NOTE Confidence: 0.8798204

00:06:22.200 --> 00:06:25.064 Sir William Osler said that the physician who

NOTE Confidence: 0.8798204

00:06:25.064 --> 00:06:27.427 doctors himself has a fool for the patient,

NOTE Confidence: 0.8798204

00:06:27.430 --> 00:06:29.392 not the best person to assess

NOTE Confidence: 0.8798204

00:06:29.392 --> 00:06:30.700 your own mental health.

NOTE Confidence: 0.8798204

00:06:30.700 --> 00:06:33.316 So I really want to emphasize that point.

NOTE Confidence: 0.8798204

00:06:33.320 --> 00:06:35.900 Please do see your family doctor.

NOTE Confidence: 0.8798204

00:06:35.900 --> 00:06:37.112 In the first instance,

NOTE Confidence: 0.8798204

00:06:37.112 --> 00:06:39.390 now my talk will be making reference

NOTE Confidence: 0.8798204

00:06:39.390 --> 00:06:41.724 to intense experiences in my life,

NOTE Confidence: 0.8798204

00:06:41.730 --> 00:06:43.788 which may or may not evoke

NOTE Confidence: 0.8798204

00:06:43.788 --> 00:06:45.160 uncomfortable feelings and emotions,

NOTE Confidence: 0.8798204

00:06:45.160 --> 00:06:47.554 and that's not necessarily a bad thing,

NOTE Confidence: 0.8798204

00:06:47.560 --> 00:06:48.240 Carlyon said.

NOTE Confidence: 0.8798204

00:06:48.240 --> 00:06:50.280 Everything that I'm going to say
NOTE Confidence: 0.8798204

00:06:50.280 --> 00:06:53.059 about other people can lead us to a
NOTE Confidence: 0.8798204

00:06:53.059 --> 00:06:54.419 better understanding of ourselves.
NOTE Confidence: 0.8798204

00:06:54.420 --> 00:06:58.356 Just in case you find my performance irksome.
NOTE Confidence: 0.8798204

00:06:58.360 --> 00:06:59.152 And Lastly,
NOTE Confidence: 0.8798204

00:06:59.152 --> 00:06:59.944 on apologetically,
NOTE Confidence: 0.8798204

00:06:59.944 --> 00:07:01.924 it's going to be dramatic,
NOTE Confidence: 0.8798204

00:07:01.930 --> 00:07:04.954 which is so much fun for me and
NOTE Confidence: 0.8798204

00:07:04.954 --> 00:07:07.889 I really hope you enjoy it too.
NOTE Confidence: 0.8235252

00:07:12.260 --> 00:07:15.392 So it is our contention that we can harness
NOTE Confidence: 0.8235252

00:07:15.392 --> 00:07:18.308 the colossal power of the performing
NOTE Confidence: 0.8235252

00:07:18.308 --> 00:07:20.793 arts and storytelling to entertain
NOTE Confidence: 0.8235252

00:07:20.872 --> 00:07:23.470 and engage people and once engaged,
NOTE Confidence: 0.8235252

00:07:23.470 --> 00:07:25.820 inspire them to deconstruct and
NOTE Confidence: 0.8235252

00:07:25.820 --> 00:07:28.170 reformulate perceptions of mental illness
NOTE Confidence: 0.8235252

00:07:28.235 --> 00:07:30.359 and psychiatry not based on myth,

NOTE Confidence: 0.8235252

00:07:30.360 --> 00:07:32.096 not based on sensationalism,

NOTE Confidence: 0.8235252

00:07:32.096 --> 00:07:35.599 but based on the facts and on evidence

NOTE Confidence: 0.8235252

00:07:35.599 --> 00:07:38.180 the rifle man, pedicle research and

NOTE Confidence: 0.8235252

00:07:38.180 --> 00:07:41.770 the argument we make is how can you.

NOTE Confidence: 0.8235252

00:07:41.770 --> 00:07:43.165 Educate an audience.

NOTE Confidence: 0.8235252

00:07:43.165 --> 00:07:45.490 If you can't engage them.

NOTE Confidence: 0.8235252

00:07:45.490 --> 00:07:48.910 So what is mental health? Simply pots,

NOTE Confidence: 0.8235252

00:07:48.910 --> 00:07:51.990 there is no health without mental health.

NOTE Confidence: 0.8235252

00:07:51.990 --> 00:07:54.630 Mental health influences how we feel,

NOTE Confidence: 0.8235252

00:07:54.630 --> 00:07:56.390 think, talk and behave.

NOTE Confidence: 0.8235252

00:07:56.390 --> 00:07:58.150 It influences our mood,

NOTE Confidence: 0.8235252

00:07:58.150 --> 00:07:59.910 our memory, our motivation.

NOTE Confidence: 0.8235252

00:07:59.910 --> 00:08:01.230 Our modus operandi.

NOTE Confidence: 0.8235252

00:08:01.230 --> 00:08:03.816 We are utterly beholden to the

NOTE Confidence: 0.8235252

00:08:03.816 --> 00:08:06.510 power and mercy of our minds.

NOTE Confidence: 0.8235252

00:08:06.510 --> 00:08:08.558 Now people who experience.
NOTE Confidence: 0.8235252

00:08:08.558 --> 00:08:10.606 Mental health difficulties often
NOTE Confidence: 0.8235252

00:08:10.606 --> 00:08:13.019 suffer and struggle terribly.
NOTE Confidence: 0.8235252

00:08:13.020 --> 00:08:16.877 So much so that our suffering and
NOTE Confidence: 0.8235252

00:08:16.877 --> 00:08:20.716 struggling can drive us to ending that
NOTE Confidence: 0.8235252

00:08:20.716 --> 00:08:24.660 which is most precious human life itself.
NOTE Confidence: 0.8235252

00:08:24.660 --> 00:08:27.216 We know that every 40 seconds,
NOTE Confidence: 0.8235252

00:08:27.220 --> 00:08:29.336 someone somewhere out there,
NOTE Confidence: 0.8235252

00:08:29.336 --> 00:08:33.463 dies by suicide and suicide is the biggest
NOTE Confidence: 0.8235252

00:08:33.463 --> 00:08:36.903 killer of people under 35 in the UK.
NOTE Confidence: 0.8235252

00:08:36.910 --> 00:08:37.840 To emphasize,
NOTE Confidence: 0.8235252

00:08:37.840 --> 00:08:40.630 mental illness is a factor that
NOTE Confidence: 0.8235252

00:08:40.630 --> 00:08:43.109 contributes to suicidal behaviors.
NOTE Confidence: 0.8235252

00:08:43.110 --> 00:08:46.218 Yet many mental illnesses are preventable.
NOTE Confidence: 0.8235252

00:08:46.220 --> 00:08:47.558 People are dying.
NOTE Confidence: 0.8235252

00:08:47.558 --> 00:08:49.788 And this simply can't continue.

NOTE Confidence: 0.8235252

00:08:49.790 --> 00:08:50.986 That's why I'm outraged.

NOTE Confidence: 0.8235252

00:08:50.986 --> 00:08:52.481 That's why I'm indignant that's

NOTE Confidence: 0.8235252

00:08:52.481 --> 00:08:54.294 why there's a fire burning in my

NOTE Confidence: 0.8235252

00:08:54.294 --> 00:08:55.770 belly and Thunder in my heart.

NOTE Confidence: 0.8235252

00:08:55.770 --> 00:08:59.194 Now was at the time to be quiet.

NOTE Confidence: 0.8235252

00:08:59.200 --> 00:09:02.026 Granted, my approach is not conventional,

NOTE Confidence: 0.8235252

00:09:02.030 --> 00:09:05.565 but I make no apologies for not

NOTE Confidence: 0.8235252

00:09:05.565 --> 00:09:08.270 conforming with the status quo.

NOTE Confidence: 0.8235252

00:09:08.270 --> 00:09:10.916 We must disrupt rock the boat,

NOTE Confidence: 0.8235252

00:09:10.920 --> 00:09:12.684 be audacious, be tenacious,

NOTE Confidence: 0.8235252

00:09:12.684 --> 00:09:15.330 be an agent of social change.

NOTE Confidence: 0.8235252

00:09:15.330 --> 00:09:18.130 We invite you to join our Cultural

NOTE Confidence: 0.8235252

00:09:18.130 --> 00:09:20.383 revolution to erase the stigma

NOTE Confidence: 0.8235252

00:09:20.383 --> 00:09:22.818 attached to mental health problems,

NOTE Confidence: 0.8235252

00:09:22.820 --> 00:09:25.900 a cultural revolution that is

NOTE Confidence: 0.8235252

00:09:25.900 --> 00:09:28.980 gaining global momentum and traction.

NOTE Confidence: 0.8235252

00:09:28.980 --> 00:09:31.250 Now this is my tribute.

NOTE Confidence: 0.8235252

00:09:31.250 --> 00:09:32.260 Tonight's move,

NOTE Confidence: 0.8235252

00:09:32.260 --> 00:09:35.290 thinking the gauntlet has been thrown.

NOTE Confidence: 0.8235252

00:09:35.290 --> 00:09:38.916 Try and trace the threat in my

NOTE Confidence: 0.8235252

00:09:38.916 --> 00:09:42.499 train of thought it be well ours

NOTE Confidence: 0.8235252

00:09:42.499 --> 00:09:45.461 is a world of metaphor, intrigue.

NOTE Confidence: 0.8235252

00:09:45.461 --> 00:09:47.174 Fantasy and deceit.

NOTE Confidence: 0.8235252

00:09:47.174 --> 00:09:50.029 What is next move thinking?

NOTE Confidence: 0.8235252

00:09:50.030 --> 00:09:51.535 What does Knights making it

NOTE Confidence: 0.8235252

00:09:51.535 --> 00:09:53.040 will come back to that.

NOTE Confidence: 0.8235252

00:09:53.040 --> 00:09:55.455 Now my presentation isn't going

NOTE Confidence: 0.8235252

00:09:55.455 --> 00:09:57.870 to delve into the neurobiology

NOTE Confidence: 0.8235252

00:09:57.950 --> 00:10:00.210 and neuroscience of profound.

NOTE Confidence: 0.8235252

00:10:00.210 --> 00:10:01.710 Oscillations and mood because

NOTE Confidence: 0.8235252

00:10:01.710 --> 00:10:03.585 to be honest with you,

NOTE Confidence: 0.8235252

00:10:03.590 --> 00:10:06.243 I think that's really boring and I

NOTE Confidence: 0.8235252

00:10:06.243 --> 00:10:08.857 don't want you all to be snoring.

NOTE Confidence: 0.8235252

00:10:08.860 --> 00:10:11.247 What I want to do is demonstrate

NOTE Confidence: 0.8235252

00:10:11.247 --> 00:10:13.929 what night smooth thinking is in the

NOTE Confidence: 0.8235252

00:10:13.929 --> 00:10:15.909 context of an artistic temperament

NOTE Confidence: 0.8235252

00:10:15.909 --> 00:10:17.877 that is a seductive notion.

NOTE Confidence: 0.8235252

00:10:17.880 --> 00:10:18.879 Controversial and contentious,

NOTE Confidence: 0.8235252

00:10:18.879 --> 00:10:21.710 though it may be that there is an

NOTE Confidence: 0.8235252

00:10:21.710 --> 00:10:23.895 Association between craziness and creativity.

NOTE Confidence: 0.8235252

00:10:23.900 --> 00:10:26.764 I also want to provide you with an

NOTE Confidence: 0.8235252

00:10:26.764 --> 00:10:29.538 insight into what I call drama therapy.

NOTE Confidence: 0.8235252

00:10:29.540 --> 00:10:30.713 The performing arts.

NOTE Confidence: 0.8235252

00:10:30.713 --> 00:10:32.277 Who needs psychotropic medication

NOTE Confidence: 0.8235252

00:10:32.277 --> 00:10:34.646 when I can deliver this performance

NOTE Confidence: 0.8235252

00:10:34.646 --> 00:10:36.158 every now and then?

NOTE Confidence: 0.73490214117647

00:10:38.530 --> 00:10:40.590 Tonight's new thinking You're playing
NOTE Confidence: 0.73490214117647

00:10:40.590 --> 00:10:42.650 chess and your adversary claims
NOTE Confidence: 0.73490214117647

00:10:42.710 --> 00:10:44.677 your Queen with his or her night.
NOTE Confidence: 0.73490214117647

00:10:44.680 --> 00:10:45.811 You're thinking ***?
NOTE Confidence: 0.73490214117647

00:10:45.811 --> 00:10:48.073 I never saw that movement coming.
NOTE Confidence: 0.73490214117647

00:10:48.080 --> 00:10:50.481 My thinking in psychiatry is a thought
NOTE Confidence: 0.73490214117647

00:10:50.481 --> 00:10:52.100 disorder characterized by discourse,
NOTE Confidence: 0.73490214117647

00:10:52.100 --> 00:10:54.445 consisting of a sequence of
NOTE Confidence: 0.73490214117647

00:10:54.445 --> 00:10:56.790 unrelated or remotely related ideas.
NOTE Confidence: 0.73490214117647

00:10:56.790 --> 00:10:59.122 Nancy andreasen argues that,
NOTE Confidence: 0.73490214117647

00:10:59.122 --> 00:11:02.037 in the context of creativity,
NOTE Confidence: 0.73490214117647

00:11:02.040 --> 00:11:04.030 likely thinking is not a
NOTE Confidence: 0.73490214117647

00:11:04.030 --> 00:11:05.622 hallmark of mental illness,
NOTE Confidence: 0.73490214117647

00:11:05.630 --> 00:11:08.030 but rather can be used synonymously
NOTE Confidence: 0.73490214117647

00:11:08.030 --> 00:11:09.230 with lateral thinking.
NOTE Confidence: 0.73490214117647

00:11:09.230 --> 00:11:12.812 And it reminded me of this quote by Dryden.

NOTE Confidence: 0.73490214117647

00:11:12.820 --> 00:11:15.160 He said that great widths are

NOTE Confidence: 0.73490214117647

00:11:15.160 --> 00:11:17.594 shorter madness near allied and thin

NOTE Confidence: 0.73490214117647

00:11:17.594 --> 00:11:19.599 partition to their bones divide.

NOTE Confidence: 0.73490214117647

00:11:19.600 --> 00:11:23.224 There's a very fancy way of saying there

NOTE Confidence: 0.73490214117647

00:11:23.224 --> 00:11:27.356 is a fine line between what is same.

NOTE Confidence: 0.73490214117647

00:11:27.360 --> 00:11:29.094 When was insane,

NOTE Confidence: 0.73490214117647

00:11:29.094 --> 00:11:31.406 when is someone creative?

NOTE Confidence: 0.73490214117647

00:11:31.410 --> 00:11:35.246 When as someone crazy when is someone

NOTE Confidence: 0.73490214117647

00:11:35.246 --> 00:11:38.920 determined and when is someone obsessed?

NOTE Confidence: 0.73490214117647

00:11:38.920 --> 00:11:44.424 Moreover, who has the authority to draw that?

NOTE Confidence: 0.73490214117647

00:11:44.430 --> 00:11:45.900 SoC. Politicians.

NOTE Confidence: 0.73490214117647

00:11:45.900 --> 00:11:49.575 Potos, Boris Johnson or Bojo

NOTE Confidence: 0.73490214117647

00:11:49.575 --> 00:11:53.779 as we called him these days.

NOTE Confidence: 0.73490214117647

00:11:53.780 --> 00:11:58.428 If you're in Damascus, you don't have to.

NOTE Confidence: 0.73490214117647

00:11:58.430 --> 00:12:01.878 Satisfy the criteria outlined by ICD or DSM.

NOTE Confidence: 0.73490214117647

00:12:01.880 --> 00:12:04.980 If you oppose the regime.
NOTE Confidence: 0.73490214117647

00:12:04.980 --> 00:12:06.110 They will detain your ***.
NOTE Confidence: 0.73490214117647

00:12:06.110 --> 00:12:09.518 That's something just for you to reflect on.
NOTE Confidence: 0.73490214117647

00:12:09.520 --> 00:12:11.744 So I'm going to out stretch my hand
NOTE Confidence: 0.73490214117647

00:12:11.744 --> 00:12:14.355 and I dare you want to reach out and
NOTE Confidence: 0.73490214117647

00:12:14.355 --> 00:12:16.987 grasp it if you so will allow me to
NOTE Confidence: 0.73490214117647

00:12:16.987 --> 00:12:19.530 transport you to a different time and place.
NOTE Confidence: 0.73490214117647

00:12:19.530 --> 00:12:22.809 Of course there is a caveat before we embark
NOTE Confidence: 0.73490214117647

00:12:22.809 --> 00:12:25.399 on this Odyssey to Oblivion and beyond.
NOTE Confidence: 0.73490214117647

00:12:25.400 --> 00:12:27.470 You might want to fasten your
NOTE Confidence: 0.73490214117647

00:12:27.470 --> 00:12:28.850 seatbelts ladies and gents,
NOTE Confidence: 0.73490214117647

00:12:28.850 --> 00:12:31.610 because night new thinking is a bumpy ride.
NOTE Confidence: 0.73490214117647

00:12:31.610 --> 00:12:33.986 Its 7th century AD and we're in the
NOTE Confidence: 0.73490214117647

00:12:33.986 --> 00:12:36.099 Bazaar in the Arabian Peninsula.
NOTE Confidence: 0.73490214117647

00:12:36.100 --> 00:12:37.476 Merchants have traveled from
NOTE Confidence: 0.73490214117647

00:12:37.476 --> 00:12:39.196 far and wide to barter,

NOTE Confidence: 0.73490214117647

00:12:39.200 --> 00:12:40.580 frankincense and felt the

NOTE Confidence: 0.73490214117647

00:12:40.580 --> 00:12:42.305 marketplace is heaving with people.

NOTE Confidence: 0.73490214117647

00:12:42.310 --> 00:12:44.656 But wait just one moment there's

NOTE Confidence: 0.73490214117647

00:12:44.656 --> 00:12:47.064 some commotion in the corner the

NOTE Confidence: 0.73490214117647

00:12:47.064 --> 00:12:49.350 public had taken to the pulpit.

NOTE Confidence: 0.73490214117647

00:12:49.350 --> 00:12:52.275 But I had and what are the powers happened.

NOTE Confidence: 0.73490214117647

00:12:52.280 --> 00:12:53.576 Hawkins house where verse

NOTE Confidence: 0.73490214117647

00:12:53.576 --> 00:12:55.196 and prose are likely put,

NOTE Confidence: 0.73490214117647

00:12:55.200 --> 00:12:56.825 the slaughter and the bread

NOTE Confidence: 0.73490214117647

00:12:56.825 --> 00:12:58.125 are swear over there.

NOTE Confidence: 0.73490214117647

00:12:58.130 --> 00:13:00.398 It's in the water, open his face,

NOTE Confidence: 0.73490214117647

00:13:00.400 --> 00:13:03.438 open his face to lovers of poetry.

NOTE Confidence: 0.73490214117647

00:13:03.440 --> 00:13:06.628 Andreas Martin Willing and

NOTE Confidence: 0.73490214117647

00:13:06.628 --> 00:13:10.613 rich patron of the arts.

NOTE Confidence: 0.73490214117647

00:13:10.620 --> 00:13:11.788 When Andreas Martin invite

NOTE Confidence: 0.73490214117647

00:13:11.788 --> 00:13:12.956 the power tender Doors,
NOTE Confidence: 0.73490214117647

00:13:12.960 --> 00:13:14.878 catalog is kinda where wines and cakes
NOTE Confidence: 0.73490214117647

00:13:14.878 --> 00:13:17.069 around the skills approach upon or represent.
NOTE Confidence: 0.73490214117647

00:13:17.070 --> 00:13:19.465 Those songs begin whenever they're
NOTE Confidence: 0.73490214117647

00:13:19.465 --> 00:13:22.180 smart and invites the poet in.
NOTE Confidence: 0.73490214117647

00:13:22.180 --> 00:13:27.159 True that. Man, free thinker.
NOTE Confidence: 0.73490214117647

00:13:27.160 --> 00:13:30.958 Do you imagine you alone think in this world
NOTE Confidence: 0.73490214117647

00:13:30.958 --> 00:13:34.588 where life is blazing forth and all things?
NOTE Confidence: 0.73490214117647

00:13:34.590 --> 00:13:35.772 You are free to avail yourself
NOTE Confidence: 0.73490214117647

00:13:35.772 --> 00:13:36.930 of the forces you command,
NOTE Confidence: 0.73490214117647

00:13:36.930 --> 00:13:38.690 but the universe has gone
NOTE Confidence: 0.73490214117647

00:13:38.690 --> 00:13:40.098 missing from your prescriptions.
NOTE Confidence: 0.73490214117647

00:13:40.100 --> 00:13:41.690 Once Upon a midnight dreary,
NOTE Confidence: 0.73490214117647

00:13:41.690 --> 00:13:43.270 while I pondered weak and
NOTE Confidence: 0.73490214117647

00:13:43.270 --> 00:13:44.534 really over many acquaint,
NOTE Confidence: 0.73490214117647

00:13:44.540 --> 00:13:46.120 incurious volume of forgotten lore.

NOTE Confidence: 0.73490214117647

00:13:46.120 --> 00:13:47.710 While I'm not going up,

NOTE Confidence: 0.73490214117647

00:13:47.710 --> 00:13:50.100 and suddenly there came a

NOTE Confidence: 0.73490214117647

00:13:50.100 --> 00:13:52.490 tapping on my chamber door.

NOTE Confidence: 0.73490214117647

00:13:52.490 --> 00:13:55.440 Only there's nothing more, oh.

NOTE Confidence: 0.73490214117647

00:13:55.440 --> 00:13:58.648 So you think the darkness is your ally?

NOTE Confidence: 0.73490214117647

00:13:58.650 --> 00:13:59.820 You merely adopted the dark.

NOTE Confidence: 0.73490214117647

00:13:59.820 --> 00:14:00.980 I was born in it,

NOTE Confidence: 0.73490214117647

00:14:00.980 --> 00:14:01.661 molded by it.

NOTE Confidence: 0.73490214117647

00:14:01.661 --> 00:14:03.250 I didn't see the light until I

NOTE Confidence: 0.80502486

00:14:03.309 --> 00:14:05.048 was already a man, but then it was

NOTE Confidence: 0.80502486

00:14:05.048 --> 00:14:06.581 nothing but lying to me who started

NOTE Confidence: 0.80502486

00:14:06.581 --> 00:14:08.436 betray you because they belong to me.

NOTE Confidence: 0.8275586

00:14:11.560 --> 00:14:13.138 Let me tell you something Merriam.

NOTE Confidence: 0.8446045

00:14:15.260 --> 00:14:16.568 About a man's home.

NOTE Confidence: 0.668329389090909

00:14:18.590 --> 00:14:20.480 There is a ratchet. Ratcheting it

NOTE Confidence: 0.668329389090909

00:14:20.480 --> 00:14:22.060 doesn't like your mother's womb.
NOTE Confidence: 0.668329389090909

00:14:22.060 --> 00:14:23.260 It won't bleed and not
NOTE Confidence: 0.668329389090909

00:14:23.260 --> 00:14:24.710 stretched to make room for you.
NOTE Confidence: 0.668329389090909

00:14:24.710 --> 00:14:29.255 Remember that medium? I have seen
NOTE Confidence: 0.668329389090909

00:14:29.255 --> 00:14:32.380 things you people wouldn't believe.
NOTE Confidence: 0.668329389090909

00:14:32.380 --> 00:14:33.668 Attack ships on fire.
NOTE Confidence: 0.668329389090909

00:14:33.668 --> 00:14:36.424 Off the shoulder of Orion I was feeding
NOTE Confidence: 0.668329389090909

00:14:36.424 --> 00:14:39.424 glitter in the dark near the Tannhauser gate.
NOTE Confidence: 0.668329389090909

00:14:39.430 --> 00:14:42.286 All those moments will disappear like these.
NOTE Confidence: 0.668329389090909

00:14:42.290 --> 00:14:46.578 Tears. In the rain.
NOTE Confidence: 0.668329389090909

00:14:46.580 --> 00:14:48.668 Time to die.
NOTE Confidence: 0.668329389090909

00:14:48.670 --> 00:14:50.290 Nice move thinking ladies and
NOTE Confidence: 0.668329389090909

00:14:50.290 --> 00:14:52.650 gents in the context of an artistic
NOTE Confidence: 0.668329389090909

00:14:52.650 --> 00:14:54.330 temperament and an insight into
NOTE Confidence: 0.668329389090909

00:14:54.330 --> 00:14:56.455 what I call drama therapy and
NOTE Confidence: 0.668329389090909

00:14:56.455 --> 00:14:58.549 I'm hoping now you understand why

NOTE Confidence: 0.668329389090909
00:14:58.549 --> 00:15:00.330 there is no need for psychotropic
NOTE Confidence: 0.668329389090909
00:15:00.330 --> 00:15:01.760 medication because that is so
NOTE Confidence: 0.668329389090909
00:15:01.820 --> 00:15:03.329 deeply empowering therapeutic.
NOTE Confidence: 0.668329389090909
00:15:03.330 --> 00:15:04.398 Anything cathartic.
NOTE Confidence: 0.668329389090909
00:15:04.398 --> 00:15:06.000 Moving swiftly on.
NOTE Confidence: 0.91272396
00:15:08.110 --> 00:15:12.668 As many of us know, it ain't easy being.
NOTE Confidence: 0.91272396
00:15:12.668 --> 00:15:15.816 A medical student, so a systematic
NOTE Confidence: 0.91272396
00:15:15.816 --> 00:15:18.648 review and meta analysis on the
NOTE Confidence: 0.91272396
00:15:18.648 --> 00:15:21.580 mental health of medical students.
NOTE Confidence: 0.91272396
00:15:21.580 --> 00:15:24.140 Published in JAMA 2016 revealed
NOTE Confidence: 0.91272396
00:15:24.140 --> 00:15:27.222 that 27% of the 150,000 respondents
NOTE Confidence: 0.91272396
00:15:27.222 --> 00:15:29.787 reported depressive symptoms and 11%
NOTE Confidence: 0.91272396
00:15:29.790 --> 00:15:33.260 experienced suicidal ideations It's true.
NOTE Confidence: 0.85780686
00:15:35.320 --> 00:15:39.200 Doctors are human too.
NOTE Confidence: 0.85780686
00:15:39.200 --> 00:15:41.732 So Kate Center felt and colleagues
NOTE Confidence: 0.85780686

00:15:41.732 --> 00:15:44.483 published a paper in The Lancet
NOTE Confidence: 0.85780686

00:15:44.483 --> 00:15:46.948 in 2016 documenting that position,
NOTE Confidence: 0.85780686

00:15:46.950 --> 00:15:49.230 burnout, and emotional exhaustion have
NOTE Confidence: 0.85780686

00:15:49.230 --> 00:15:51.510 reached epidemic levels and globally.
NOTE Confidence: 0.85780686

00:15:51.510 --> 00:15:53.790 The pooled prevalence of depressive
NOTE Confidence: 0.85780686

00:15:53.790 --> 00:15:56.070 symptoms in positions is 29%,
NOTE Confidence: 0.85780686

00:15:56.070 --> 00:15:59.255 which is greater than the general population.
NOTE Confidence: 0.857829

00:16:01.840 --> 00:16:03.888 Now, this systematic review
NOTE Confidence: 0.857829

00:16:03.888 --> 00:16:06.448 revealed that the physician suicide
NOTE Confidence: 0.857829

00:16:06.448 --> 00:16:08.847 rate is 28 to 40 per 100,000,
NOTE Confidence: 0.857829

00:16:08.850 --> 00:16:11.478 which is more than double that
NOTE Confidence: 0.857829

00:16:11.478 --> 00:16:13.230 in the general population,
NOTE Confidence: 0.857829

00:16:13.230 --> 00:16:15.930 and we know that 400 positions
NOTE Confidence: 0.857829

00:16:15.930 --> 00:16:19.056 die by suicide in the US. Along.
NOTE Confidence: 0.857829

00:16:19.056 --> 00:16:21.936 This is a crisis situation.
NOTE Confidence: 0.857829

00:16:21.940 --> 00:16:24.238 And this was even before COVID-19.

NOTE Confidence: 0.854145

00:16:26.450 --> 00:16:28.916 This is my colleague, Doctor Davey,

NOTE Confidence: 0.854145

00:16:28.920 --> 00:16:31.377 and she's the lead for Workforce well

NOTE Confidence: 0.854145

00:16:31.377 --> 00:16:34.258 being at the College of Psychiatrists.

NOTE Confidence: 0.854145

00:16:34.260 --> 00:16:36.594 She said not only are medical

NOTE Confidence: 0.854145

00:16:36.594 --> 00:16:38.657 professionals at higher risk of

NOTE Confidence: 0.854145

00:16:38.657 --> 00:16:40.837 suicide than the general population,

NOTE Confidence: 0.854145

00:16:40.840 --> 00:16:42.915 but they are disproportionately suffering

NOTE Confidence: 0.854145

00:16:42.915 --> 00:16:45.360 from the stigma of seeking help.

NOTE Confidence: 0.85014396

00:16:47.820 --> 00:16:51.268 Now a survey. Of over 2100 female positions

NOTE Confidence: 0.85014396

00:16:51.268 --> 00:16:55.084 who met the diagnostic criteria for mental

NOTE Confidence: 0.85014396

00:16:55.084 --> 00:16:58.212 disorder revealed that 50% was reluctant

NOTE Confidence: 0.85014396

00:16:58.212 --> 00:17:00.708 to seek professional help because of

NOTE Confidence: 0.85014396

00:17:00.708 --> 00:17:03.558 fear of exposure to stigmatization.

NOTE Confidence: 0.85014396

00:17:03.560 --> 00:17:07.529 I have to repeat that to emphasize.

NOTE Confidence: 0.85014396

00:17:07.530 --> 00:17:10.855 50% of female positions who met the

NOTE Confidence: 0.85014396

00:17:10.855 --> 00:17:13.439 diagnostic criteria for mental disorder
NOTE Confidence: 0.85014396

00:17:13.439 --> 00:17:16.673 were reluctant to seek professional help
NOTE Confidence: 0.85014396

00:17:16.673 --> 00:17:20.088 because of fear of stigmatization Zacks
NOTE Confidence: 0.85014396

00:17:20.090 --> 00:17:21.806 is an abomination in my experience,
NOTE Confidence: 0.85014396

00:17:21.810 --> 00:17:25.415 in my opinion, in my humble opinion.
NOTE Confidence: 0.85014396

00:17:25.420 --> 00:17:27.252 Now we have 3.
NOTE Confidence: 0.85014396

00:17:27.252 --> 00:17:29.542 Broad approaches to mental health.
NOTE Confidence: 0.85014396

00:17:29.550 --> 00:17:32.558 We have what you call a proactive approach.
NOTE Confidence: 0.85014396

00:17:32.560 --> 00:17:34.435 Prevention is better than intervention
NOTE Confidence: 0.85014396

00:17:34.435 --> 00:17:35.935 and developing mental health,
NOTE Confidence: 0.85014396

00:17:35.940 --> 00:17:38.196 resilience help healthy mind, for example.
NOTE Confidence: 0.85014396

00:17:38.200 --> 00:17:40.080 So that's a proactive approach.
NOTE Confidence: 0.85014396

00:17:40.080 --> 00:17:42.330 A reactive approach is once you've
NOTE Confidence: 0.85014396

00:17:42.330 --> 00:17:43.455 developed psychological problems,
NOTE Confidence: 0.85014396

00:17:43.460 --> 00:17:46.085 then you seek support from a counselor.
NOTE Confidence: 0.85014396

00:17:46.090 --> 00:17:46.846 For example,

NOTE Confidence: 0.85014396

00:17:46.846 --> 00:17:49.870 if your medical student on campus so that

NOTE Confidence: 0.85014396

00:17:49.940 --> 00:17:52.736 so reactive approach the third approach.

NOTE Confidence: 0.85014396

00:17:52.740 --> 00:17:55.954 Is instigating systemic change challenging

NOTE Confidence: 0.85014396

00:17:55.954 --> 00:18:00.736 that culture of shame and the stigma

NOTE Confidence: 0.85014396

00:18:00.736 --> 00:18:04.326 that permeates the medical profession?

NOTE Confidence: 0.85014396

00:18:04.330 --> 00:18:06.822 Now, stigma has been defined by Goffman

NOTE Confidence: 0.85014396

00:18:06.822 --> 00:18:09.388 as a deeply discrediting attribute that

NOTE Confidence: 0.85014396

00:18:09.388 --> 00:18:12.713 reduces their better from a Holden usual

NOTE Confidence: 0.85014396

00:18:12.785 --> 00:18:15.509 person to attainted and discounted one,

NOTE Confidence: 0.85014396

00:18:15.510 --> 00:18:17.230 the individualist bus disqualified

NOTE Confidence: 0.85014396

00:18:17.230 --> 00:18:18.950 from full social acceptance,

NOTE Confidence: 0.85014396

00:18:18.950 --> 00:18:21.960 so it is a deeply discrediting attribute.

NOTE Confidence: 0.85014396

00:18:21.960 --> 00:18:23.680 What is that attribute?

NOTE Confidence: 0.85014396

00:18:23.680 --> 00:18:25.400 Well, there's a phenom.

NOTE Confidence: 0.85014396

00:18:25.400 --> 00:18:27.120 There's a phenomenon known

NOTE Confidence: 0.85014396

00:18:27.120 --> 00:18:27.980 as intersectionality,
NOTE Confidence: 0.85014396

00:18:27.980 --> 00:18:30.130 and you have multiple deeply
NOTE Confidence: 0.85014396

00:18:30.130 --> 00:18:30.990 discrediting actually.
NOTE Confidence: 0.85014396

00:18:30.990 --> 00:18:34.518 But it's like layer upon layer upon layer.
NOTE Confidence: 0.85014396

00:18:34.520 --> 00:18:35.254 Of disadvantage,
NOTE Confidence: 0.85014396

00:18:35.254 --> 00:18:35.988 for example,
NOTE Confidence: 0.85014396

00:18:35.988 --> 00:18:38.607 you could be from an ethnic minority
NOTE Confidence: 0.85014396

00:18:38.607 --> 00:18:41.739 backgrounds and we use the acronym in the UK,
NOTE Confidence: 0.85014396

00:18:41.740 --> 00:18:42.462 BAME, Black,
NOTE Confidence: 0.85014396

00:18:42.462 --> 00:18:44.267 Asian and minority ethnic background.
NOTE Confidence: 0.85014396

00:18:44.270 --> 00:18:46.010 So that's the deeply discrediting
NOTE Confidence: 0.85014396

00:18:46.010 --> 00:18:48.240 attribute you could be a Muslim,
NOTE Confidence: 0.85014396

00:18:48.240 --> 00:18:50.501 and we know that Islamophobia is a
NOTE Confidence: 0.85014396

00:18:50.501 --> 00:18:53.238 growing problem in all of this kind of
NOTE Confidence: 0.85014396

00:18:53.238 --> 00:18:54.943 toxic rhetoric that's being espoused
NOTE Confidence: 0.85014396

00:18:55.009 --> 00:18:56.897 by populists and isolationists.

NOTE Confidence: 0.85014396

00:18:56.900 --> 00:18:59.066 And you could have mental owners.

NOTE Confidence: 0.85014396

00:18:59.070 --> 00:19:01.742 So if you're a Muslim man from a

NOTE Confidence: 0.85014396

00:19:01.742 --> 00:19:03.759 minority background with mental illness,

NOTE Confidence: 0.85014396

00:19:03.760 --> 00:19:05.690 you experience the triple stigma.

NOTE Confidence: 0.85014396

00:19:05.690 --> 00:19:08.798 The triple whammy and outcomes are,

NOTE Confidence: 0.85014396

00:19:08.800 --> 00:19:12.540 unsurprisingly, poor in backroom.

NOTE Confidence: 0.85014396

00:19:12.540 --> 00:19:13.324 Now, historically,

NOTE Confidence: 0.85014396

00:19:13.324 --> 00:19:17.323 a stigma was a scar from a burn or cut

NOTE Confidence: 0.85014396

00:19:17.323 --> 00:19:20.459 to the skin of Greek criminals or traitors.

NOTE Confidence: 0.85014396

00:19:20.460 --> 00:19:23.225 The mutilation was a sign of disgrace,

NOTE Confidence: 0.85014396

00:19:23.230 --> 00:19:24.814 indicating that these people

NOTE Confidence: 0.85014396

00:19:24.814 --> 00:19:26.794 should be avoided and shunned.

NOTE Confidence: 0.85014396

00:19:26.800 --> 00:19:28.595 Stigma still persist today in

NOTE Confidence: 0.85014396

00:19:28.595 --> 00:19:30.390 the attitudes towards those who

NOTE Confidence: 0.85014396

00:19:30.454 --> 00:19:32.338 have mental health difficulties.

NOTE Confidence: 0.85014396

00:19:32.340 --> 00:19:34.566 We see a fundamental divide between
NOTE Confidence: 0.85014396

00:19:34.566 --> 00:19:37.090 the manic mine and the automatic,
NOTE Confidence: 0.85014396

00:19:37.090 --> 00:19:40.142 long as if those who experience mental
NOTE Confidence: 0.85014396

00:19:40.142 --> 00:19:42.758 health problems do so out of there.
NOTE Confidence: 0.85014396

00:19:42.760 --> 00:19:44.503 Own making and as such the doctors
NOTE Confidence: 0.85014396

00:19:44.503 --> 00:19:46.863 are of the same kind of empathy we
NOTE Confidence: 0.85014396

00:19:46.863 --> 00:19:48.413 would ordinarily show to someone
NOTE Confidence: 0.85014396

00:19:48.476 --> 00:19:50.528 with a chronic condition like cancer,
NOTE Confidence: 0.85014396

00:19:50.530 --> 00:19:53.128 for example, this is. Trisha Goddard.
NOTE Confidence: 0.85014396

00:19:53.130 --> 00:19:55.428 She is the equivalent of Jerry
NOTE Confidence: 0.85014396

00:19:55.428 --> 00:19:58.388 Springer in the US and she was
NOTE Confidence: 0.85014396

00:19:58.388 --> 00:20:00.176 diagnosed with both breasts.
NOTE Confidence: 0.85014396

00:20:00.180 --> 00:20:01.428 Cancer and depression.
NOTE Confidence: 0.85014396

00:20:01.428 --> 00:20:03.924 She described both experiences as horrible,
NOTE Confidence: 0.85014396

00:20:03.930 --> 00:20:05.538 but with breast cancer.
NOTE Confidence: 0.85014396

00:20:05.538 --> 00:20:07.950 People run towards her with open

NOTE Confidence: 0.85014396

00:20:08.024 --> 00:20:10.610 arms and hugged her with depression.

NOTE Confidence: 0.85014396

00:20:10.610 --> 00:20:12.290 People run away.

NOTE Confidence: 0.85014396

00:20:12.290 --> 00:20:15.090 The moment she was diagnosed

NOTE Confidence: 0.85014396

00:20:15.090 --> 00:20:17.000 with breast cancer,

NOTE Confidence: 0.85014396

00:20:17.000 --> 00:20:21.240 she was inundated with get well soon cards.

NOTE Confidence: 0.85014396

00:20:21.240 --> 00:20:23.862 But when news leaked out that

NOTE Confidence: 0.85014396

00:20:23.862 --> 00:20:25.610 she was admitted into

NOTE Confidence: 0.8415641

00:20:25.702 --> 00:20:28.298 a psychiatric hospital following

NOTE Confidence: 0.8415641

00:20:28.298 --> 00:20:32.104 a nervous breakdown, not a peep,

NOTE Confidence: 0.8415641

00:20:32.104 --> 00:20:35.260 and certainly no cards. Stigma.

NOTE Confidence: 0.810825391333333

00:20:37.580 --> 00:20:39.578 Stigma. And a culture of same

NOTE Confidence: 0.810825391333333

00:20:39.578 --> 00:20:41.390 are formidable barriers to mental

NOTE Confidence: 0.810825391333333

00:20:41.390 --> 00:20:43.054 health services and consequently

NOTE Confidence: 0.810825391333333

00:20:43.054 --> 00:20:45.134 many people with mental health

NOTE Confidence: 0.810825391333333

00:20:45.202 --> 00:20:47.282 difficulties continue to suffer in

NOTE Confidence: 0.810825391333333

00:20:47.282 --> 00:20:48.946 silence despite the availability
NOTE Confidence: 0.810825391333333

00:20:48.946 --> 00:20:52.190 of effective treatments by repeat.
NOTE Confidence: 0.810825391333333

00:20:52.190 --> 00:20:54.073 Stigma and a culture of shame or
NOTE Confidence: 0.810825391333333

00:20:54.073 --> 00:20:55.621 formidable barriers to mental health
NOTE Confidence: 0.810825391333333

00:20:55.621 --> 00:20:57.336 services and consequently many people
NOTE Confidence: 0.810825391333333

00:20:57.336 --> 00:20:58.798 with mental health difficulties
NOTE Confidence: 0.810825391333333

00:20:58.798 --> 00:21:01.090 continue to suffer in silence despite
NOTE Confidence: 0.810825391333333

00:21:01.090 --> 00:21:02.575 the availability protective treatment.
NOTE Confidence: 0.810825391333333

00:21:02.575 --> 00:21:04.920 That's what keeps me up at night.
NOTE Confidence: 0.810825391333333

00:21:04.920 --> 00:21:05.925 That is outrageous.
NOTE Confidence: 0.810825391333333

00:21:05.925 --> 00:21:07.600 If that was physical health,
NOTE Confidence: 0.810825391333333

00:21:07.600 --> 00:21:10.318 then there would be a fury.
NOTE Confidence: 0.810825391333333

00:21:10.320 --> 00:21:12.558 That's the disparity of a theme
NOTE Confidence: 0.810825391333333

00:21:12.558 --> 00:21:14.770 that we have to address.
NOTE Confidence: 0.810825391333333

00:21:14.770 --> 00:21:16.490 This is Doctor Myles Christiane.
NOTE Confidence: 0.810825391333333

00:21:16.490 --> 00:21:18.534 He was terrified that he would lose

NOTE Confidence: 0.810825391333333

00:21:18.534 --> 00:21:20.918 his job if he talked openly and

NOTE Confidence: 0.810825391333333

00:21:20.918 --> 00:21:22.723 honestly about his mental health

NOTE Confidence: 0.810825391333333

00:21:22.723 --> 00:21:25.056 and he tragically died by suicide.

NOTE Confidence: 0.810825391333333

00:21:25.060 --> 00:21:26.780 This happened in October 2019.

NOTE Confidence: 0.810825391333333

00:21:26.780 --> 00:21:30.308 This isn't like a thing of the past.

NOTE Confidence: 0.810825391333333

00:21:30.310 --> 00:21:32.590 And his brother said there is a stigma

NOTE Confidence: 0.810825391333333

00:21:32.590 --> 00:21:34.099 surrounding doctors and mental health.

NOTE Confidence: 0.810825391333333

00:21:34.100 --> 00:21:35.710 And that's why I speak with urgency.

NOTE Confidence: 0.810825391333333

00:21:35.710 --> 00:21:37.090 That's why I speak with indignation.

NOTE Confidence: 0.810825391333333

00:21:37.090 --> 00:21:39.840 That is why I'm outraged.

NOTE Confidence: 0.810825391333333

00:21:39.840 --> 00:21:41.820 This is Doctor Doctor Hanson.

NOTE Confidence: 0.810825391333333

00:21:41.820 --> 00:21:44.460 C was a brilliant psychiatrist with

NOTE Confidence: 0.810825391333333

00:21:44.460 --> 00:21:46.770 bipolar affective disorder in London.

NOTE Confidence: 0.810825391333333

00:21:46.770 --> 00:21:48.770 ANSI tragically killed herself and

NOTE Confidence: 0.810825391333333

00:21:48.770 --> 00:21:51.450 her three month old baby daughter,

NOTE Confidence: 0.810825391333333

00:21:51.450 --> 00:21:51.975 Freya,
NOTE Confidence: 0.810825391333333
00:21:51.975 --> 00:21:54.600 during a psychotic episode she
NOTE Confidence: 0.810825391333333
00:21:54.600 --> 00:21:57.470 doused with kerosene and settler.
NOTE Confidence: 0.810825391333333
00:21:57.470 --> 00:21:59.060 An independent inquiry into her
NOTE Confidence: 0.810825391333333
00:21:59.060 --> 00:22:01.020 death concluded that she was the
NOTE Confidence: 0.810825391333333
00:22:01.020 --> 00:22:02.868 victim of stigma in the National
NOTE Confidence: 0.810825391333333
00:22:02.868 --> 00:22:04.461 Health Service Mental Health related
NOTE Confidence: 0.810825391333333
00:22:04.461 --> 00:22:06.610 stigma is rampant in the ender chest,
NOTE Confidence: 0.810825391333333
00:22:06.610 --> 00:22:08.500 but there's one take home message.
NOTE Confidence: 0.810825391333333
00:22:08.500 --> 00:22:11.130 Let it be this one.
NOTE Confidence: 0.810825391333333
00:22:11.130 --> 00:22:14.080 That stigma is killing people.
NOTE Confidence: 0.810825391333333
00:22:14.080 --> 00:22:16.440 Stigma is killing people.
NOTE Confidence: 0.7817577
00:22:20.270 --> 00:22:21.152 Sources of stigma.
NOTE Confidence: 0.7817577
00:22:21.152 --> 00:22:23.210 The 2008 Mile Survey of 4000 people
NOTE Confidence: 0.7817577
00:22:23.271 --> 00:22:25.329 using mental health service and tears
NOTE Confidence: 0.7817577
00:22:25.329 --> 00:22:27.106 revealed that health care professionals

NOTE Confidence: 0.7817577

00:22:27.106 --> 00:22:29.507 with a common source of stigma reported

NOTE Confidence: 0.7817577

00:22:29.507 --> 00:22:31.776 by people with mental illness and

NOTE Confidence: 0.7817577

00:22:31.776 --> 00:22:34.140 which medical specialty was one of

NOTE Confidence: 0.7817577

00:22:34.212 --> 00:22:38.030 the most stigmatising psychiatry.

NOTE Confidence: 0.7817577

00:22:38.030 --> 00:22:39.560 Sucking a physician bias has

NOTE Confidence: 0.7817577

00:22:39.560 --> 00:22:41.090 been reported in the literature

NOTE Confidence: 0.7817577

00:22:41.145 --> 00:22:42.828 whereby healthcare professionals,

NOTE Confidence: 0.7817577

00:22:42.830 --> 00:22:43.566 especially psychiatrists,

NOTE Confidence: 0.7817577

00:22:43.566 --> 00:22:46.142 tend to have more negative views about

NOTE Confidence: 0.7817577

00:22:46.142 --> 00:22:48.250 the recovery of people with mental

NOTE Confidence: 0.7817577

00:22:48.250 --> 00:22:50.580 illness compared to the general population.

NOTE Confidence: 0.7817577

00:22:50.580 --> 00:22:54.756 This is something known as the position bias.

NOTE Confidence: 0.7817577

00:22:54.760 --> 00:22:56.944 And I argue that mental health stigma

NOTE Confidence: 0.7817577

00:22:56.944 --> 00:22:59.449 is like mental illness in the sense that

NOTE Confidence: 0.7817577

00:22:59.449 --> 00:23:01.798 those who suffer from it or in denial.

NOTE Confidence: 0.7817577

00:23:01.800 --> 00:23:04.248 So I will share an anecdote with you.
NOTE Confidence: 0.7817577

00:23:04.250 --> 00:23:05.366 I delivered the Woon,
NOTE Confidence: 0.7817577

00:23:05.366 --> 00:23:07.707 did healer as a grand rounds in an
NOTE Confidence: 0.7817577

00:23:07.707 --> 00:23:09.543 Ivy League University and after my
NOTE Confidence: 0.7817577

00:23:09.543 --> 00:23:11.279 performance it was being recorded.
NOTE Confidence: 0.7817577

00:23:11.280 --> 00:23:12.198 The cameraman's assistant.
NOTE Confidence: 0.7817577

00:23:12.198 --> 00:23:14.416 No background in mental health, no training.
NOTE Confidence: 0.7817577

00:23:14.416 --> 00:23:16.817 He ran towards me and he embraced
NOTE Confidence: 0.7817577

00:23:16.817 --> 00:23:19.330 me and he said thank you brother.
NOTE Confidence: 0.7817577

00:23:19.330 --> 00:23:22.442 Then I met the head of the Department
NOTE Confidence: 0.7817577

00:23:22.442 --> 00:23:23.220 of Psychiatry.
NOTE Confidence: 0.7817577

00:23:23.220 --> 00:23:25.332 When I entered his office and
NOTE Confidence: 0.7817577

00:23:25.332 --> 00:23:26.388 opened my mouth,
NOTE Confidence: 0.7817577

00:23:26.390 --> 00:23:29.378 his face contorted as if I was about to
NOTE Confidence: 0.7817577

00:23:29.378 --> 00:23:31.670 contaminate him with some costly disease.
NOTE Confidence: 0.7817577

00:23:31.670 --> 00:23:34.130 He was disgusted by me.

NOTE Confidence: 0.7817577

00:23:34.130 --> 00:23:36.138 And if I'm in a mental health crisis,

NOTE Confidence: 0.7817577

00:23:36.140 --> 00:23:38.124 am I going to go to the self

NOTE Confidence: 0.7817577

00:23:38.124 --> 00:23:39.551 proclaimed expert in mental health

NOTE Confidence: 0.7817577

00:23:39.551 --> 00:23:41.297 who likes to isolate himself and

NOTE Confidence: 0.7817577

00:23:41.297 --> 00:23:43.158 lock the confines of ivory tower?

NOTE Confidence: 0.7817577

00:23:43.160 --> 00:23:44.490 What am I going to go to?

NOTE Confidence: 0.7817577

00:23:44.490 --> 00:23:46.098 the Commons assistant?

NOTE Confidence: 0.7817577

00:23:46.100 --> 00:23:47.680 Because that time with Amanda's

NOTE Confidence: 0.7817577

00:23:47.680 --> 00:23:49.260 assistant made me feel dignified.

NOTE Confidence: 0.7817577

00:23:49.260 --> 00:23:51.196 He didn't make me feel judged and just

NOTE Confidence: 0.7817577

00:23:51.196 --> 00:23:53.299 because I have lived experience living

NOTE Confidence: 0.7817577

00:23:53.299 --> 00:23:55.259 experience of mental health difficulties.

NOTE Confidence: 0.7817577

00:23:55.260 --> 00:23:57.468 It doesn't mean that I'm not a potential

NOTE Confidence: 0.7817577

00:23:57.468 --> 00:23:59.688 source of mental health related stigma.

NOTE Confidence: 0.7817577

00:23:59.690 --> 00:24:02.218 We have to be brutally honest with ourselves,

NOTE Confidence: 0.7817577

00:24:02.220 --> 00:24:03.716 engage in introspection and
NOTE Confidence: 0.7817577

00:24:03.716 --> 00:24:05.960 remove any stigma that might be.
NOTE Confidence: 0.7817577

00:24:05.960 --> 00:24:06.392 Uh,
NOTE Confidence: 0.7817577

00:24:06.392 --> 00:24:07.688 lingering inside you.
NOTE Confidence: 0.837677

00:24:11.390 --> 00:24:14.366 Now, stigma is an umbrella term that can
NOTE Confidence: 0.837677

00:24:14.366 --> 00:24:16.619 be deconstructed into three components.
NOTE Confidence: 0.837677

00:24:16.620 --> 00:24:18.876 Now this is important when you
NOTE Confidence: 0.837677

00:24:18.876 --> 00:24:20.891 want to operationalize stigma and
NOTE Confidence: 0.837677

00:24:20.891 --> 00:24:22.647 evaluate anti stigma campaigns,
NOTE Confidence: 0.837677

00:24:22.650 --> 00:24:24.660 so problems of knowledge, ignorance,
NOTE Confidence: 0.837677

00:24:24.660 --> 00:24:26.665 problems of attitude, packages and
NOTE Confidence: 0.837677

00:24:26.665 --> 00:24:28.269 problems of behavior discrimination,
NOTE Confidence: 0.837677

00:24:28.270 --> 00:24:31.618 and there are validated psychometric stigma
NOTE Confidence: 0.837677

00:24:31.618 --> 00:24:35.449 scales in all three of those domains.
NOTE Confidence: 0.837677

00:24:35.450 --> 00:24:37.110 How do we challenge stigma?
NOTE Confidence: 0.837677

00:24:37.110 --> 00:24:40.560 There are three broad approaches protest.

NOTE Confidence: 0.837677
00:24:40.560 --> 00:24:42.690 Education.
NOTE Confidence: 0.837677
00:24:42.690 --> 00:24:46.818 And come in contact social contact.
NOTE Confidence: 0.837677
00:24:46.820 --> 00:24:47.834 Now Patrick Corrigan.
NOTE Confidence: 0.837677
00:24:47.834 --> 00:24:50.710 I mean the the Titans in mental health,
NOTE Confidence: 0.837677
00:24:50.710 --> 00:24:52.840 stigma and research on mental health,
NOTE Confidence: 0.837677
00:24:52.840 --> 00:24:53.902 Sigma Patrick Gordon,
NOTE Confidence: 0.837677
00:24:53.902 --> 00:24:54.964 Chicago professor, claimed.
NOTE Confidence: 0.837677
00:24:54.964 --> 00:24:57.088 Phonographs at the Institute of Psychiatry,
NOTE Confidence: 0.837677
00:24:57.090 --> 00:24:58.146 Psychology and Neuroscience
NOTE Confidence: 0.837677
00:24:58.146 --> 00:24:59.914 and at Kings College, London.
NOTE Confidence: 0.837677
00:24:59.914 --> 00:25:01.330 Now, Patrick Corrigan conducted
NOTE Confidence: 0.837677
00:25:01.330 --> 00:25:03.100 a systematic review and meta
NOTE Confidence: 0.837677
00:25:03.160 --> 00:25:04.895 analysis on challenging the public
NOTE Confidence: 0.837677
00:25:04.895 --> 00:25:06.283 stigma of mental illness,
NOTE Confidence: 0.837677
00:25:06.290 --> 00:25:08.258 and he concluded the most effective
NOTE Confidence: 0.837677

00:25:08.258 --> 00:25:10.294 way of reducing mental health related
NOTE Confidence: 0.837677

00:25:10.294 --> 00:25:12.292 stigma is when you make contact
NOTE Confidence: 0.837677

00:25:12.292 --> 00:25:14.234 with someone who has recovered
NOTE Confidence: 0.837677

00:25:14.234 --> 00:25:15.850 from mental health difficulties.
NOTE Confidence: 0.837677

00:25:15.850 --> 00:25:16.170 Why?
NOTE Confidence: 0.837677

00:25:16.170 --> 00:25:16.490 Because?
NOTE Confidence: 0.837677

00:25:16.490 --> 00:25:18.410 We have these preconceptions of people
NOTE Confidence: 0.837677

00:25:18.410 --> 00:25:20.110 have mental health difficulties,
NOTE Confidence: 0.837677

00:25:20.110 --> 00:25:21.780 but when we meet them,
NOTE Confidence: 0.837677

00:25:21.780 --> 00:25:23.650 we discover that these people
NOTE Confidence: 0.837677

00:25:23.650 --> 00:25:26.032 have hopes and fears and dreams
NOTE Confidence: 0.837677

00:25:26.032 --> 00:25:27.780 and vulnerabilities like everyone
NOTE Confidence: 0.837677

00:25:27.780 --> 00:25:30.520 else that we are human beings.
NOTE Confidence: 0.837677

00:25:30.520 --> 00:25:33.772 And supported Carbon argues that experts
NOTE Confidence: 0.837677

00:25:33.772 --> 00:25:36.909 by experience must operate at the
NOTE Confidence: 0.837677

00:25:36.909 --> 00:25:39.573 Vanguard of any anti stigma campaign.

NOTE Confidence: 0.837677

00:25:39.580 --> 00:25:42.220 The evidence is clear.

NOTE Confidence: 0.837677

00:25:42.220 --> 00:25:44.656 How do we react? The public stigma.

NOTE Confidence: 0.837677

00:25:44.660 --> 00:25:46.296 We internalize it with.

NOTE Confidence: 0.837677

00:25:46.296 --> 00:25:47.932 We develop diminished self

NOTE Confidence: 0.837677

00:25:47.932 --> 00:25:49.759 esteem and self efficacy.

NOTE Confidence: 0.837677

00:25:49.760 --> 00:25:52.550 Some of us we don't care.

NOTE Confidence: 0.837677

00:25:52.550 --> 00:25:54.560 You know we are non shalant

NOTE Confidence: 0.837677

00:25:54.560 --> 00:25:56.740 Stillwater and there's a third group.

NOTE Confidence: 0.837677

00:25:56.740 --> 00:25:58.876 I don't think it's any surprise

NOTE Confidence: 0.837677

00:25:58.876 --> 00:26:00.580 which group I belong to.

NOTE Confidence: 0.837677

00:26:00.580 --> 00:26:03.016 You develop what you call a alright.

NOTE Confidence: 0.837677

00:26:03.020 --> 00:26:05.342 She was indignation you will energize

NOTE Confidence: 0.837677

00:26:05.342 --> 00:26:08.513 you want to be the agent of social

NOTE Confidence: 0.837677

00:26:08.513 --> 00:26:10.448 change you want to contribute

NOTE Confidence: 0.837677

00:26:10.448 --> 00:26:12.769 to that cultural revolution.

NOTE Confidence: 0.837677

00:26:12.770 --> 00:26:14.600 So many people with mental illness

NOTE Confidence: 0.837677

00:26:14.600 --> 00:26:16.213 often have to choose between

NOTE Confidence: 0.837677

00:26:16.213 --> 00:26:17.545 concealment and disclosure and

NOTE Confidence: 0.837677

00:26:17.545 --> 00:26:19.600 will come back to the terms.

NOTE Confidence: 0.837677

00:26:19.600 --> 00:26:21.225 'cause I'm just quoting the

NOTE Confidence: 0.837677

00:26:21.225 --> 00:26:22.850 author of this article verbatim,

NOTE Confidence: 0.837677

00:26:22.850 --> 00:26:25.986 but that term I have qualms with

NOTE Confidence: 0.837677

00:26:25.986 --> 00:26:28.736 and I'll elaborate as to why I do.

NOTE Confidence: 0.837677

00:26:28.740 --> 00:26:30.248 Now coming out proud,

NOTE Confidence: 0.837677

00:26:30.248 --> 00:26:32.510 it used to be called cop.

NOTE Confidence: 0.837677

00:26:32.510 --> 00:26:34.904 Now was called hop the honest Open

NOTE Confidence: 0.837677

00:26:34.904 --> 00:26:36.414 Empowered Program offers support

NOTE Confidence: 0.837677

00:26:36.414 --> 00:26:38.539 with making this difficult decision.

NOTE Confidence: 0.837677

00:26:38.540 --> 00:26:40.796 Now a an RCT on COP,

NOTE Confidence: 0.837677

00:26:40.800 --> 00:26:42.960 published in BJ's site the position

NOTE Confidence: 0.837677

00:26:42.960 --> 00:26:45.247 of Psychiatry revealed that it had

NOTE Confidence: 0.837677

00:26:45.247 --> 00:26:47.207 immediate positive effects on disclosure.

NOTE Confidence: 0.837677

00:26:47.210 --> 00:26:47.676 Again,

NOTE Confidence: 0.837677

00:26:47.676 --> 00:26:50.938 a term that we load and Sigma

NOTE Confidence: 0.837677

00:26:50.938 --> 00:26:52.880 stress related variables.

NOTE Confidence: 0.837677

00:26:52.880 --> 00:26:55.090 So this is a manual.

NOTE Confidence: 0.837677

00:26:55.090 --> 00:26:56.848 That was Co produced by Patrick

NOTE Confidence: 0.837677

00:26:56.848 --> 00:26:58.771 Corrigan in Chicago and my friend

NOTE Confidence: 0.837677

00:26:58.771 --> 00:27:00.155 at University College London.

NOTE Confidence: 0.837677

00:27:00.160 --> 00:27:02.160 Katrina Ski or and it's a self help

NOTE Confidence: 0.837677

00:27:02.160 --> 00:27:04.278 guide for mental health professionals.

NOTE Confidence: 0.837677

00:27:04.280 --> 00:27:04.568 OK,

NOTE Confidence: 0.837677

00:27:04.568 --> 00:27:06.584 so I have decided to embrace my

NOTE Confidence: 0.837677

00:27:06.584 --> 00:27:08.346 vulnerability and to be honest and

NOTE Confidence: 0.837677

00:27:08.346 --> 00:27:09.756 open about my living experiences

NOTE Confidence: 0.837677

00:27:09.756 --> 00:27:11.568 of mental health difficulties.

NOTE Confidence: 0.837677

00:27:11.570 --> 00:27:13.994 But far be it from me to impose
NOTE Confidence: 0.837677

00:27:13.994 --> 00:27:15.380 my approach in anyone.
NOTE Confidence: 0.837677

00:27:15.380 --> 00:27:17.564 It is a personal choice and so
NOTE Confidence: 0.837677

00:27:17.564 --> 00:27:20.071 let's say you do want to share and
NOTE Confidence: 0.837677

00:27:20.071 --> 00:27:22.349 this is the term that we prefer.
NOTE Confidence: 0.837677

00:27:22.350 --> 00:27:24.330 Both mean Andreas prefer this time
NOTE Confidence: 0.837677

00:27:24.330 --> 00:27:25.650 because why because disclosure?
NOTE Confidence: 0.8111258

00:27:25.650 --> 00:27:27.336 It has kind of criminal connotations.
NOTE Confidence: 0.8111258

00:27:27.340 --> 00:27:28.750 You disclose a forensic history,
NOTE Confidence: 0.8111258

00:27:28.750 --> 00:27:29.878 but there's nothing criminal
NOTE Confidence: 0.8111258

00:27:29.878 --> 00:27:31.006 about having mental owns,
NOTE Confidence: 0.8111258

00:27:31.010 --> 00:27:32.696 so you might decide to share.
NOTE Confidence: 0.8111258

00:27:32.700 --> 00:27:35.290 And if you do this, this is a very
NOTE Confidence: 0.8111258

00:27:35.290 --> 00:27:37.060 helpful manual because it gives you
NOTE Confidence: 0.8111258

00:27:37.119 --> 00:27:39.287 guidance on how much you share and what
NOTE Confidence: 0.8111258

00:27:39.287 --> 00:27:41.718 do you share and who do you share too.

NOTE Confidence: 0.8111258

00:27:41.720 --> 00:27:43.262 So there was that that line

NOTE Confidence: 0.8111258

00:27:43.262 --> 00:27:45.110 from the poem by Dylan Thomas.

NOTE Confidence: 0.8111258

00:27:45.110 --> 00:27:47.358 Do not go gentle into that good night,

NOTE Confidence: 0.8111258

00:27:47.360 --> 00:27:49.250 but rage Rage Against the dying of

NOTE Confidence: 0.8111258

00:27:49.250 --> 00:27:51.309 the light and it's the digital age,

NOTE Confidence: 0.8111258

00:27:51.310 --> 00:27:53.284 so I've kind of tweaked the words.

NOTE Confidence: 0.8111258

00:27:53.290 --> 00:27:55.538 Do not go gentle into that good night.

NOTE Confidence: 0.8111258

00:27:55.540 --> 00:27:56.126 But tweet,

NOTE Confidence: 0.8111258

00:27:56.126 --> 00:27:58.177 tweet against the dying of the light.

NOTE Confidence: 0.8111258

00:27:58.180 --> 00:28:00.687 So I I I do a lot of setting on Twitter

NOTE Confidence: 0.8111258

00:28:00.687 --> 00:28:03.053 and I'm very fortunate I have a.

NOTE Confidence: 0.8111258

00:28:03.060 --> 00:28:05.111 I have many connections and there's an

NOTE Confidence: 0.8111258

00:28:05.111 --> 00:28:07.063 online community that I feel are very

NOTE Confidence: 0.8111258

00:28:07.063 --> 00:28:08.893 supportive towards me and so sharing on

NOTE Confidence: 0.8111258

00:28:08.893 --> 00:28:10.650 that forum has for me been beneficial.

NOTE Confidence: 0.8111258

00:28:10.650 --> 00:28:12.554 But obviously we're not oblivious to the
NOTE Confidence: 0.8111258

00:28:12.554 --> 00:28:14.440 fact that there are plenty of trolls,
NOTE Confidence: 0.8111258

00:28:14.440 --> 00:28:16.239 so you have to kind of way
NOTE Confidence: 0.8111258

00:28:16.239 --> 00:28:17.689 up the pros and cons.
NOTE Confidence: 0.8111258

00:28:17.690 --> 00:28:21.754 And that's the great thing about this manual.
NOTE Confidence: 0.8111258

00:28:21.760 --> 00:28:23.680 There is Harry going around,
NOTE Confidence: 0.8111258

00:28:23.680 --> 00:28:25.072 breaking young girls hearts.
NOTE Confidence: 0.8111258

00:28:25.072 --> 00:28:27.560 Prince Harry I think is in California
NOTE Confidence: 0.8111258

00:28:27.560 --> 00:28:30.240 right and he was honest and open about
NOTE Confidence: 0.8111258

00:28:30.240 --> 00:28:32.463 his psychological problems precipitated by
NOTE Confidence: 0.8111258

00:28:32.463 --> 00:28:36.870 the death of his brother Princess Diana.
NOTE Confidence: 0.8111258

00:28:36.870 --> 00:28:39.066 And Prince Harry is an expert
NOTE Confidence: 0.8111258

00:28:39.066 --> 00:28:40.164 by living experiences.
NOTE Confidence: 0.8111258

00:28:40.170 --> 00:28:42.010 The quote Prince Harry himself.
NOTE Confidence: 0.8111258

00:28:42.010 --> 00:28:44.370 He said that with regards to his mental
NOTE Confidence: 0.8111258

00:28:44.370 --> 00:28:46.778 health to requires constant management.

NOTE Confidence: 0.8111258

00:28:46.780 --> 00:28:48.908 He takes mental health one day at

NOTE Confidence: 0.8111258

00:28:48.908 --> 00:28:51.796 a time and hence he's an expert by

NOTE Confidence: 0.8111258

00:28:51.796 --> 00:28:54.175 living experience as opposed to lived

NOTE Confidence: 0.8111258

00:28:54.175 --> 00:28:56.581 experience because lived with this kind

NOTE Confidence: 0.8111258

00:28:56.581 --> 00:28:59.620 of there's a sense of finality with lived,

NOTE Confidence: 0.8111258

00:28:59.620 --> 00:29:01.892 whereas living it's kind

NOTE Confidence: 0.8111258

00:29:01.892 --> 00:29:04.164 of ongoing right and.

NOTE Confidence: 0.8111258

00:29:04.170 --> 00:29:06.284 Mental health charities in the UK report

NOTE Confidence: 0.8111258

00:29:06.284 --> 00:29:08.318 that following the Royals or Revelation,

NOTE Confidence: 0.8111258

00:29:08.320 --> 00:29:10.416 there was a surge in the number of

NOTE Confidence: 0.8111258

00:29:10.416 --> 00:29:12.460 people who contacted their helpline.

NOTE Confidence: 0.8111258

00:29:12.460 --> 00:29:14.494 One of the biggest rental properties

NOTE Confidence: 0.8111258

00:29:14.494 --> 00:29:17.046 in UK is mind and they said there

NOTE Confidence: 0.8111258

00:29:17.046 --> 00:29:18.310 was a 38% increase.

NOTE Confidence: 0.8111258

00:29:18.310 --> 00:29:20.830 So by being honest and open

NOTE Confidence: 0.8111258

00:29:20.830 --> 00:29:23.330 we can reduce public stigma.
NOTE Confidence: 0.8111258

00:29:23.330 --> 00:29:27.304 Here we have. Sean Sir John Curvin,
NOTE Confidence: 0.8111258

00:29:27.304 --> 00:29:28.968 accidentally known as JK,
NOTE Confidence: 0.8111258

00:29:28.970 --> 00:29:32.705 and he was a winger for the All Blacks.
NOTE Confidence: 0.8111258

00:29:32.710 --> 00:29:35.615 The national rugby team in New Zealand.
NOTE Confidence: 0.8111258

00:29:35.620 --> 00:29:38.626 This small nations like 5,000,000 but
NOTE Confidence: 0.8111258

00:29:38.626 --> 00:29:41.669 they have dominated rugby for decades.
NOTE Confidence: 0.8111258

00:29:41.670 --> 00:29:43.054 And there is this.
NOTE Confidence: 0.8111258

00:29:43.054 --> 00:29:44.438 There is this bravado.
NOTE Confidence: 0.8111258

00:29:44.440 --> 00:29:46.516 Isn't there like a man should
NOTE Confidence: 0.8111258

00:29:46.516 --> 00:29:47.900 not express his emotions?
NOTE Confidence: 0.8111258

00:29:47.900 --> 00:29:51.392 And is there any wonder that the male to
NOTE Confidence: 0.8111258

00:29:51.392 --> 00:29:54.430 female suicide ratio was three to one?
NOTE Confidence: 0.8111258

00:29:54.430 --> 00:29:57.118 If this kind of this kind of masculinity
NOTE Confidence: 0.8111258

00:29:57.118 --> 00:29:59.820 is kind of flourishing in our world,
NOTE Confidence: 0.8111258

00:29:59.820 --> 00:30:00.129 so.

NOTE Confidence: 0.8111258

00:30:00.129 --> 00:30:02.292 Men are not able to express their

NOTE Confidence: 0.8111258

00:30:02.292 --> 00:30:04.900 emotions and a man should certainly not cry.

NOTE Confidence: 0.8111258

00:30:04.900 --> 00:30:06.760 But is that true?

NOTE Confidence: 0.8111258

00:30:06.760 --> 00:30:09.456 So he might not be a member of

NOTE Confidence: 0.8111258

00:30:09.456 --> 00:30:10.810 the Royal family,

NOTE Confidence: 0.8111258

00:30:10.810 --> 00:30:13.218 but the Kiwis revered him as such

NOTE Confidence: 0.8111258

00:30:13.218 --> 00:30:15.118 and he collaborated with the

NOTE Confidence: 0.8111258

00:30:15.118 --> 00:30:17.103 governmental campaign in New Zealand

NOTE Confidence: 0.8111258

00:30:17.103 --> 00:30:19.268 like minds like mine using it.

NOTE Confidence: 0.8111258

00:30:19.270 --> 00:30:21.105 All world leaders at reducing

NOTE Confidence: 0.8111258

00:30:21.105 --> 00:30:22.573 mental health related stigma.

NOTE Confidence: 0.8285232

00:30:22.580 --> 00:30:24.420 And in this autobiographical narrative,

NOTE Confidence: 0.8285232

00:30:24.420 --> 00:30:26.628 he talks about his living experience

NOTE Confidence: 0.8285232

00:30:26.628 --> 00:30:28.100 with major depressive disorder,

NOTE Confidence: 0.8285232

00:30:28.100 --> 00:30:29.940 and this campaign was associated

NOTE Confidence: 0.8285232

00:30:29.940 --> 00:30:31.780 with reductions in public stigma.

NOTE Confidence: 0.8285232

00:30:31.780 --> 00:30:34.321 The point I'm emphasizing is that by

NOTE Confidence: 0.8285232

00:30:34.321 --> 00:30:37.270 being honest and open, we can reduce.

NOTE Confidence: 0.8285232

00:30:37.270 --> 00:30:39.670 A mental health related stigma,

NOTE Confidence: 0.8285232

00:30:39.670 --> 00:30:42.526 public and and self stigma as well.

NOTE Confidence: 0.8285232

00:30:42.530 --> 00:30:44.990 OK moving.

NOTE Confidence: 0.8285232

00:30:44.990 --> 00:30:48.806 So the health humanities has been

NOTE Confidence: 0.8285232

00:30:48.806 --> 00:30:52.040 described as the application of

NOTE Confidence: 0.8285232

00:30:52.040 --> 00:30:54.945 art and literature to medicine.

NOTE Confidence: 0.8285232

00:30:54.950 --> 00:30:56.576 This is one of my favorite

NOTE Confidence: 0.8285232

00:30:56.576 --> 00:30:57.970 books ever by oral ***.

NOTE Confidence: 0.8285232

00:30:57.970 --> 00:30:59.980 And he emphatically exclaimed in his

NOTE Confidence: 0.8285232

00:30:59.980 --> 00:31:01.988 previous that in order to restore

NOTE Confidence: 0.8285232

00:31:01.988 --> 00:31:03.818 the human subject at the center,

NOTE Confidence: 0.8285232

00:31:03.820 --> 00:31:05.445 the suffering afflicted fighting human

NOTE Confidence: 0.8285232

00:31:05.445 --> 00:31:07.744 subject, we have to deepen a case

NOTE Confidence: 0.8285232

00:31:07.744 --> 00:31:09.670 history into a narrative or tail.

NOTE Confidence: 0.8285232

00:31:09.670 --> 00:31:11.945 What is the suffering behind this symptom?

NOTE Confidence: 0.8285232

00:31:11.950 --> 00:31:13.250 What is your story?

NOTE Confidence: 0.8285232

00:31:13.250 --> 00:31:15.200 What is your tale of woe?

NOTE Confidence: 0.8285232

00:31:15.200 --> 00:31:17.468 Tammy, what does your tale of happiness?

NOTE Confidence: 0.8285232

00:31:17.470 --> 00:31:19.100 What is your recovery journey?

NOTE Confidence: 0.8285232

00:31:19.100 --> 00:31:21.950 We need to share our stories.

NOTE Confidence: 0.8285232

00:31:21.950 --> 00:31:26.530 Yes, Carla. So, Carl young.

NOTE Confidence: 0.8285232

00:31:26.530 --> 00:31:28.240 He used the archetypal dynamic.

NOTE Confidence: 0.8285232

00:31:28.240 --> 00:31:29.182 The Woon did,

NOTE Confidence: 0.8285232

00:31:29.182 --> 00:31:31.066 healer to describe a phenomenon that

NOTE Confidence: 0.8285232

00:31:31.066 --> 00:31:33.218 may take place in the relationship

NOTE Confidence: 0.8285232

00:31:33.218 --> 00:31:35.394 between analysts under the Sun and

NOTE Confidence: 0.8285232

00:31:35.394 --> 00:31:37.440 Young discovered the Woon did healer,

NOTE Confidence: 0.8285232

00:31:37.440 --> 00:31:38.804 archetype, relation to himself.

NOTE Confidence: 0.8285232

00:31:38.804 --> 00:31:40.850 He he was able to identify
NOTE Confidence: 0.8285232

00:31:40.912 --> 00:31:42.557 with that kind of archetype.
NOTE Confidence: 0.8285232

00:31:42.560 --> 00:31:45.690 The Woon did, he said.
NOTE Confidence: 0.8285232

00:31:45.690 --> 00:31:46.232 In essence,
NOTE Confidence: 0.8285232

00:31:46.232 --> 00:31:46.774 he said,
NOTE Confidence: 0.8285232

00:31:46.774 --> 00:31:48.810 the deeper your wounds the better a woon.
NOTE Confidence: 0.8285232

00:31:48.810 --> 00:31:49.846 Did healer you are,
NOTE Confidence: 0.8285232

00:31:49.846 --> 00:31:51.670 but the better the healer you are.
NOTE Confidence: 0.8285232

00:31:51.670 --> 00:31:52.924 But I really want to emphasize
NOTE Confidence: 0.8285232

00:31:52.924 --> 00:31:54.647 you don't have to have lived the
NOTE Confidence: 0.8285232

00:31:54.647 --> 00:31:55.763 living experience of psychological
NOTE Confidence: 0.8285232

00:31:55.763 --> 00:31:57.130 problems to be empathetic.
NOTE Confidence: 0.8285232

00:31:57.130 --> 00:31:57.979 Of course not.
NOTE Confidence: 0.8285232

00:31:57.979 --> 00:31:59.960 I'm just saying that having lived in
NOTE Confidence: 0.8285232

00:32:00.023 --> 00:32:02.273 living experiences of mental health
NOTE Confidence: 0.8285232

00:32:02.273 --> 00:32:04.523 difficulties is not entirely disadvantageous.

NOTE Confidence: 0.8285232

00:32:04.530 --> 00:32:05.589 I would argue,

NOTE Confidence: 0.8285232

00:32:05.589 --> 00:32:06.648 On the contrary,

NOTE Confidence: 0.8285232

00:32:06.650 --> 00:32:08.062 that is actually advantageous,

NOTE Confidence: 0.8285232

00:32:08.062 --> 00:32:09.827 and I'll explain later on.

NOTE Confidence: 0.8285232

00:32:09.830 --> 00:32:11.944 So this is an award winning essay

NOTE Confidence: 0.8285232

00:32:11.944 --> 00:32:13.342 from Doctor Clare Polkinghorne

NOTE Confidence: 0.8285232

00:32:13.342 --> 00:32:15.467 entitled Doctors Gone Mad Too.

NOTE Confidence: 0.8285232

00:32:15.470 --> 00:32:19.000 And I'm going to read it out to you verbatim.

NOTE Confidence: 0.8285232

00:32:19.000 --> 00:32:19.945 As a psychiatrist.

NOTE Confidence: 0.8285232

00:32:19.945 --> 00:32:22.624 I had hoped that I was pretty good

NOTE Confidence: 0.8285232

00:32:22.624 --> 00:32:24.649 at empathizing with my patience.

NOTE Confidence: 0.8285232

00:32:24.650 --> 00:32:24.998 However,

NOTE Confidence: 0.8285232

00:32:24.998 --> 00:32:27.782 the last nine months of my life had

NOTE Confidence: 0.8285232

00:32:27.782 --> 00:32:30.180 taught me more about mental illness.

NOTE Confidence: 0.8285232

00:32:30.180 --> 00:32:31.672 Then years of clinics,

NOTE Confidence: 0.8285232

00:32:31.672 --> 00:32:33.168 Ward rounds, home visits,
NOTE Confidence: 0.8285232

00:32:33.168 --> 00:32:35.038 or reading the psychiatric literature.
NOTE Confidence: 0.8285232

00:32:35.040 --> 00:32:37.195 So Doctor Polkinghorn was diagnosed
NOTE Confidence: 0.8285232

00:32:37.195 --> 00:32:39.749 with major depressive disorder and she
NOTE Confidence: 0.8285232

00:32:39.749 --> 00:32:41.741 was detained under the Mental Health
NOTE Confidence: 0.8285232

00:32:41.741 --> 00:32:44.188 Act and spent several months on a
NOTE Confidence: 0.8285232

00:32:44.188 --> 00:32:46.258 psychiatric Ward in an NHS hospital.
NOTE Confidence: 0.8285232

00:32:46.260 --> 00:32:48.848 Now if you read.
NOTE Confidence: 0.8285232

00:32:48.850 --> 00:32:51.130 The auto biographical narratives of
NOTE Confidence: 0.8285232

00:32:51.130 --> 00:32:53.410 doctors who have living experience
NOTE Confidence: 0.8285232

00:32:53.485 --> 00:32:55.410 of mental health difficulties a
NOTE Confidence: 0.8285232

00:32:55.410 --> 00:32:58.065 motive or a recurrent theme is that
NOTE Confidence: 0.8285232

00:32:58.065 --> 00:33:00.057 we have become more insightful that
NOTE Confidence: 0.8285232

00:33:00.057 --> 00:33:02.755 we have become more driven and that
NOTE Confidence: 0.8285232

00:33:02.755 --> 00:33:04.780 we have become more empathetic
NOTE Confidence: 0.8285232

00:33:04.853 --> 00:33:07.241 and without a doubt without a

NOTE Confidence: 0.8285232

00:33:07.241 --> 00:33:09.276 doubt my living experiences of

NOTE Confidence: 0.8285232

00:33:09.276 --> 00:33:10.756 mental health difficulties have

NOTE Confidence: 0.8285232

00:33:10.756 --> 00:33:13.324 not only made me a better doctor.

NOTE Confidence: 0.8285232

00:33:13.324 --> 00:33:16.180 They have made me a better human being.

NOTE Confidence: 0.8727524

00:33:19.690 --> 00:33:21.745 So this is the moment

NOTE Confidence: 0.8727524

00:33:21.745 --> 00:33:23.800 you've all been waiting for.

NOTE Confidence: 0.8727524

00:33:23.800 --> 00:33:24.388 Biographical narrative.

NOTE Confidence: 0.8727524

00:33:24.388 --> 00:33:27.123 I would say that because I have kind of

NOTE Confidence: 0.8727524

00:33:27.123 --> 00:33:28.758 self aggrandizing kind of tendencies,

NOTE Confidence: 0.8727524

00:33:28.760 --> 00:33:29.828 it's work in progress.

NOTE Confidence: 0.8727524

00:33:29.828 --> 00:33:31.430 I have a twin brother where

NOTE Confidence: 0.8727524

00:33:31.493 --> 00:33:33.097 monozygotic Twins number here.

NOTE Confidence: 0.8727524

00:33:33.100 --> 00:33:35.270 He looks like he dresses like me.

NOTE Confidence: 0.8727524

00:33:35.270 --> 00:33:37.130 Might be the next best thing,

NOTE Confidence: 0.8727524

00:33:37.130 --> 00:33:39.300 but it's not quite not quite me.

NOTE Confidence: 0.8727524

00:33:39.300 --> 00:33:41.105 Something happened in utero himself
NOTE Confidence: 0.8727524

00:33:41.105 --> 00:33:42.910 facing I'm self aggrandizing but
NOTE Confidence: 0.8727524

00:33:42.967 --> 00:33:44.879 it's work in progress so this is me.
NOTE Confidence: 0.8727524

00:33:44.880 --> 00:33:46.716 17 years old in Beirut International
NOTE Confidence: 0.8727524

00:33:46.716 --> 00:33:49.441 Airport and I have to say goodbye to my
NOTE Confidence: 0.8727524

00:33:49.441 --> 00:33:51.390 family because the situation in Lebanon.
NOTE Confidence: 0.8727524

00:33:51.390 --> 00:33:54.344 But then the situation level now even.
NOTE Confidence: 0.8727524

00:33:54.350 --> 00:33:55.460 It wasn't great.
NOTE Confidence: 0.8727524

00:33:55.460 --> 00:33:57.866 I mean in Lebanon, for example,
NOTE Confidence: 0.8727524

00:33:57.866 --> 00:34:00.181 70% of the population are
NOTE Confidence: 0.8727524

00:34:00.181 --> 00:34:01.107 experiencing poverty.
NOTE Confidence: 0.8727524

00:34:01.110 --> 00:34:01.710 So.
NOTE Confidence: 0.8640509

00:34:04.260 --> 00:34:05.672 Can it make sense?
NOTE Confidence: 0.8640509

00:34:05.672 --> 00:34:07.437 Just go to the UK?
NOTE Confidence: 0.8640509

00:34:07.440 --> 00:34:09.990 There will be more opportunities.
NOTE Confidence: 0.8640509

00:34:09.990 --> 00:34:11.610 I'm over there for you.

NOTE Confidence: 0.8640509

00:34:11.610 --> 00:34:13.536 It's not easy. It's not easy.

NOTE Confidence: 0.8640509

00:34:13.540 --> 00:34:15.794 Saying goodbye to your to your family.

NOTE Confidence: 0.8640509

00:34:15.800 --> 00:34:16.769 It's extremely difficult,

NOTE Confidence: 0.8640509

00:34:16.769 --> 00:34:19.030 but I didn't really have a choice.

NOTE Confidence: 0.8640509

00:34:19.030 --> 00:34:21.284 And actually, I stumbled upon this picture

NOTE Confidence: 0.8640509

00:34:21.284 --> 00:34:23.558 recently and I think it might betray.

NOTE Confidence: 0.8640509

00:34:23.560 --> 00:34:26.356 Maybe how innocence naive I was, but I

NOTE Confidence: 0.8640509

00:34:26.356 --> 00:34:30.470 think also maybe how pure I was as well.

NOTE Confidence: 0.8640509

00:34:30.470 --> 00:34:32.390 Back then, when I had a blank soul

NOTE Confidence: 0.8640509

00:34:32.390 --> 00:34:34.443 and I won't go into that, but.

NOTE Confidence: 0.8640509

00:34:34.443 --> 00:34:36.621 We arrived in England with high

NOTE Confidence: 0.8640509

00:34:36.621 --> 00:34:39.682 hopes of a better future and I

NOTE Confidence: 0.8640509

00:34:39.682 --> 00:34:42.042 thought that the academic community

NOTE Confidence: 0.8640509

00:34:42.042 --> 00:34:44.677 would embrace me that I would

NOTE Confidence: 0.8640509

00:34:44.677 --> 00:34:46.762 just walk into medical school.

NOTE Confidence: 0.8640509

00:34:46.770 --> 00:34:48.674 The reality was different.

NOTE Confidence: 0.8640509

00:34:48.674 --> 00:34:50.578 I was a janitor.

NOTE Confidence: 0.8640509

00:34:50.580 --> 00:34:52.944 Cleaning floors in the morning and

NOTE Confidence: 0.8640509

00:34:52.944 --> 00:34:54.936 a stock advisor stacking shelves

NOTE Confidence: 0.8640509

00:34:54.936 --> 00:34:57.323 during the day and I was working

NOTE Confidence: 0.8640509

00:34:57.323 --> 00:34:59.251 sixty 7080 hours per week on

NOTE Confidence: 0.8640509

00:34:59.251 --> 00:35:01.714 minimum wage just to put a roof over

NOTE Confidence: 0.8640509

00:35:01.714 --> 00:35:04.143 my head and food in my stomach.

NOTE Confidence: 0.8640509

00:35:04.150 --> 00:35:05.890 I was 17 years old.

NOTE Confidence: 0.8640509

00:35:05.890 --> 00:35:07.630 My mind was still maturing.

NOTE Confidence: 0.8640509

00:35:07.630 --> 00:35:09.370 My brain was still developing.

NOTE Confidence: 0.8640509

00:35:09.370 --> 00:35:11.820 My heart was still expanding.

NOTE Confidence: 0.8640509

00:35:11.820 --> 00:35:14.104 And I thought, lonely,

NOTE Confidence: 0.8640509

00:35:14.104 --> 00:35:16.810 I felt afraid, I thought isolated,

NOTE Confidence: 0.8640509

00:35:16.810 --> 00:35:17.140 however.

NOTE Confidence: 0.8640509

00:35:17.140 --> 00:35:19.815 I was aware that I was given this

NOTE Confidence: 0.8640509

00:35:19.815 --> 00:35:21.992 decent shot at life because in the

NOTE Confidence: 0.8640509

00:35:21.992 --> 00:35:24.137 UK education is the birthright and

NOTE Confidence: 0.8640509

00:35:24.137 --> 00:35:26.375 I would be ***** if I squandered

NOTE Confidence: 0.8640509

00:35:26.375 --> 00:35:27.750 that Golden shot at life.

NOTE Confidence: 0.8640509

00:35:27.750 --> 00:35:29.654 I just had to stay focused and work

NOTE Confidence: 0.8640509

00:35:29.654 --> 00:35:31.706 hard so the following year I enrolled

NOTE Confidence: 0.8640509

00:35:31.706 --> 00:35:33.829 into a sixth form college and I

NOTE Confidence: 0.8640509

00:35:33.829 --> 00:35:35.455 continue to work full time hours

NOTE Confidence: 0.8640509

00:35:35.455 --> 00:35:37.080 to sustain myself to stay alive.

NOTE Confidence: 0.8640509

00:35:37.080 --> 00:35:39.847 And I spoke to the head of the Sixth Form,

NOTE Confidence: 0.8640509

00:35:39.850 --> 00:35:41.810 which is kind of like a premed

NOTE Confidence: 0.8640509

00:35:41.810 --> 00:35:43.629 equivalent to the US and she asked

NOTE Confidence: 0.8640509

00:35:43.629 --> 00:35:45.665 me what do you want to study at

NOTE Confidence: 0.8640509

00:35:45.665 --> 00:35:48.097 University I said I want to study medicine.

NOTE Confidence: 0.8640509

00:35:48.100 --> 00:35:49.960 She laughed at my face.

NOTE Confidence: 0.8640509

00:35:49.960 --> 00:35:51.857 And we didn't have to say it
NOTE Confidence: 0.8640509

00:35:51.857 --> 00:35:53.160 in so many words,
NOTE Confidence: 0.8640509

00:35:53.160 --> 00:35:55.266 but she made me feel I was this dirty
NOTE Confidence: 0.8640509

00:35:55.266 --> 00:35:57.528 little immigrant with delusions of grandeur.
NOTE Confidence: 0.8640509

00:35:57.530 --> 00:35:58.985 Your name is Ahmad that
NOTE Confidence: 0.8640509

00:35:58.985 --> 00:36:00.440 is your station in SoC.
NOTE Confidence: 0.8640509

00:36:00.440 --> 00:36:02.470 You will never get into medical school.
NOTE Confidence: 0.8640509

00:36:02.470 --> 00:36:03.850 Choose something else is too
NOTE Confidence: 0.8640509

00:36:03.850 --> 00:36:05.594 competitive and I you know you
NOTE Confidence: 0.8640509

00:36:05.594 --> 00:36:06.838 know Lebanese people right?
NOTE Confidence: 0.8640509

00:36:06.840 --> 00:36:08.513 And you can see we're quite kind
NOTE Confidence: 0.8640509

00:36:08.513 --> 00:36:09.872 of confident with quite gregarius
NOTE Confidence: 0.8640509

00:36:09.872 --> 00:36:11.352 and outgoing and extrovert but
NOTE Confidence: 0.8640509

00:36:11.352 --> 00:36:12.995 whenever he was walking opposite
NOTE Confidence: 0.8640509

00:36:12.995 --> 00:36:14.395 directions in the corridor,
NOTE Confidence: 0.8640509

00:36:14.400 --> 00:36:16.843 her pride was so palpable that my

NOTE Confidence: 0.8640509

00:36:16.843 --> 00:36:19.380 gaze would be fixed on the floor.

NOTE Confidence: 0.8640509

00:36:19.380 --> 00:36:20.905 But something astonishing happened on

NOTE Confidence: 0.8640509

00:36:20.905 --> 00:36:23.220 the day that the results were announced.

NOTE Confidence: 0.8640509

00:36:23.220 --> 00:36:24.820 There was a role reversal,

NOTE Confidence: 0.8640509

00:36:24.820 --> 00:36:27.324 and her gaze was fixed in the floor

NOTE Confidence: 0.8640509

00:36:27.324 --> 00:36:29.324 and despite being in full time

NOTE Confidence: 0.8640509

00:36:29.324 --> 00:36:31.659 employment to keep a roof over my

NOTE Confidence: 0.8640509

00:36:31.659 --> 00:36:34.413 head and food in my stomach and to survive,

NOTE Confidence: 0.8640509

00:36:34.420 --> 00:36:36.020 I received straight A grades.

NOTE Confidence: 0.8640509

00:36:36.020 --> 00:36:37.052 And so I was.

NOTE Confidence: 0.8640509

00:36:37.052 --> 00:36:39.431 I know there's a quote vision without the

NOTE Confidence: 0.8640509

00:36:39.431 --> 00:36:42.098 ability to execute is merely a hallucination,

NOTE Confidence: 0.8640509

00:36:42.100 --> 00:36:44.340 but I had that ability to execute.

NOTE Confidence: 0.8640509

00:36:44.340 --> 00:36:46.260 I was determined and I matriculate

NOTE Confidence: 0.8640509

00:36:46.260 --> 00:36:47.540 into Manchester Medical School,

NOTE Confidence: 0.8640509

00:36:47.540 --> 00:36:50.108 and life was like a song.
NOTE Confidence: 0.8640509

00:36:50.110 --> 00:36:52.896 Open till.
NOTE Confidence: 0.8640509

00:36:52.896 --> 00:36:54.289 1006
NOTE Confidence: 0.792416

00:36:54.290 --> 00:36:56.628 A warning to discover that my hometown
NOTE Confidence: 0.792416

00:36:56.628 --> 00:36:59.300 in Lebanon was bombed and that hundreds
NOTE Confidence: 0.792416

00:36:59.300 --> 00:37:01.300 of people were killed overnight.
NOTE Confidence: 0.792416

00:37:01.300 --> 00:37:03.520 My nightmare turned into a reality.
NOTE Confidence: 0.792416

00:37:03.520 --> 00:37:05.360 My world turned upside down.
NOTE Confidence: 0.792416

00:37:05.360 --> 00:37:07.957 I saw harrowing and horrific images of
NOTE Confidence: 0.792416

00:37:07.957 --> 00:37:10.898 dead bodies tune on the streets of Lebanon,
NOTE Confidence: 0.792416

00:37:10.900 --> 00:37:13.114 and I feared that my family
NOTE Confidence: 0.792416

00:37:13.114 --> 00:37:14.590 were among the dead.
NOTE Confidence: 0.792416

00:37:14.590 --> 00:37:17.140 I couldn't through to them.
NOTE Confidence: 0.792416

00:37:17.140 --> 00:37:19.180 Unbeknown to me, they were activated
NOTE Confidence: 0.792416

00:37:19.180 --> 00:37:20.540 by the British Government,
NOTE Confidence: 0.792416

00:37:20.540 --> 00:37:22.520 but I thought I thought they

NOTE Confidence: 0.792416

00:37:22.520 --> 00:37:24.619 were killed and so I reacted.

NOTE Confidence: 0.792416

00:37:24.620 --> 00:37:26.320 I developed a severe episode

NOTE Confidence: 0.792416

00:37:26.320 --> 00:37:27.340 of psychological distress,

NOTE Confidence: 0.792416

00:37:27.340 --> 00:37:29.380 however debilitating, or the symptoms were.

NOTE Confidence: 0.792416

00:37:29.380 --> 00:37:31.080 The stigma was far worse,

NOTE Confidence: 0.792416

00:37:31.080 --> 00:37:32.268 I was ostracized,

NOTE Confidence: 0.792416

00:37:32.268 --> 00:37:34.644 I was marginalized and I was

NOTE Confidence: 0.792416

00:37:34.644 --> 00:37:36.848 dehumanized by little bit of my

NOTE Confidence: 0.792416

00:37:36.848 --> 00:37:38.588 closest companions at the time.

NOTE Confidence: 0.792416

00:37:38.590 --> 00:37:40.270 And in extremist I contemplated

NOTE Confidence: 0.792416

00:37:40.270 --> 00:37:41.278 I contemplated suicide,

NOTE Confidence: 0.792416

00:37:41.280 --> 00:37:44.080 but I resisted the impulse to act upon

NOTE Confidence: 0.792416

00:37:44.080 --> 00:37:47.090 those sorts because I'm a practicing Muslim.

NOTE Confidence: 0.792416

00:37:47.090 --> 00:37:47.951 And Islam is,

NOTE Confidence: 0.792416

00:37:47.951 --> 00:37:49.673 and suicide is forbidden in Islam.

NOTE Confidence: 0.792416

00:37:49.680 --> 00:37:52.648 So it was a protective factor for me.
NOTE Confidence: 0.792416

00:37:52.650 --> 00:37:54.363 I gradually recovered.
NOTE Confidence: 0.792416

00:37:54.363 --> 00:37:57.218 I got back on track.
NOTE Confidence: 0.792416

00:37:57.220 --> 00:38:00.574 I resumed medical school with renewed
NOTE Confidence: 0.792416

00:38:00.574 --> 00:38:03.690 resilience and determination are qualified.
NOTE Confidence: 0.792416

00:38:03.690 --> 00:38:06.320 I qualified.
NOTE Confidence: 0.792416

00:38:06.320 --> 00:38:08.168 And I wanted to quote I wanted
NOTE Confidence: 0.792416

00:38:08.168 --> 00:38:10.459 to share a quote with you that
NOTE Confidence: 0.792416

00:38:10.459 --> 00:38:12.249 insanity is much like gravity.
NOTE Confidence: 0.792416

00:38:12.250 --> 00:38:14.956 All it takes is a little.
NOTE Confidence: 0.792416

00:38:14.960 --> 00:38:17.949 Gosh, how about a full blown war?
NOTE Confidence: 0.792416

00:38:17.950 --> 00:38:19.294 But as I said,
NOTE Confidence: 0.792416

00:38:19.294 --> 00:38:21.821 I gradually got back on track and
NOTE Confidence: 0.792416

00:38:21.821 --> 00:38:24.377 I qualified against all the others.
NOTE Confidence: 0.792416

00:38:24.380 --> 00:38:25.892 So what are the names of the
NOTE Confidence: 0.792416

00:38:25.892 --> 00:38:27.220 wound dealers to debunk myths?

NOTE Confidence: 0.792416

00:38:27.220 --> 00:38:28.540 And is this a factor is a myth

NOTE Confidence: 0.792416

00:38:28.540 --> 00:38:29.830 that people with mental health

NOTE Confidence: 0.792416

00:38:29.830 --> 00:38:31.046 problems will never succeed

NOTE Confidence: 0.792416

00:38:31.046 --> 00:38:31.958 under doomed underachievement?

NOTE Confidence: 0.792416

00:38:31.960 --> 00:38:34.183 I have always been made to feel that I

NOTE Confidence: 0.792416

00:38:34.183 --> 00:38:36.399 will never amount to anything in mind.

NOTE Confidence: 0.792416

00:38:36.400 --> 00:38:37.920 But as Andreas kindly said,

NOTE Confidence: 0.792416

00:38:37.920 --> 00:38:40.258 in 2013 I received the Royal College

NOTE Confidence: 0.792416

00:38:40.258 --> 00:38:41.566 of Psychiatrists Foundation Doctor

NOTE Confidence: 0.792416

00:38:41.566 --> 00:38:43.566 of the Year Award and the RC Psych

NOTE Confidence: 0.792416

00:38:43.566 --> 00:38:45.441 Awards marked the highest level of

NOTE Confidence: 0.792416

00:38:45.441 --> 00:38:47.313 achievement in psychiatry in the UK.

NOTE Confidence: 0.792416

00:38:47.313 --> 00:38:48.828 But there are still people

NOTE Confidence: 0.792416

00:38:48.828 --> 00:38:50.040 who didn't believe me.

NOTE Confidence: 0.792416

00:38:50.040 --> 00:38:51.252 They still stigmatized me.

NOTE Confidence: 0.792416

00:38:51.252 --> 00:38:53.070 They just said he was lucky.
NOTE Confidence: 0.792416

00:38:53.070 --> 00:38:55.905 So I went and did it again.
NOTE Confidence: 0.792416

00:38:55.910 --> 00:38:56.910 That's unprecedented,
NOTE Confidence: 0.792416

00:38:56.910 --> 00:38:58.910 this never happened before.
NOTE Confidence: 0.792416

00:38:58.910 --> 00:39:00.510 By the grace of God.
NOTE Confidence: 0.792416

00:39:00.510 --> 00:39:02.645 I got the Royal College of Psychiatrists
NOTE Confidence: 0.792416

00:39:02.645 --> 00:39:04.601 Award for Doctor of the Year and
NOTE Confidence: 0.792416

00:39:04.601 --> 00:39:06.668 sometimes I say that's not bad for a man,
NOTE Confidence: 0.792416

00:39:06.670 --> 00:39:08.670 right?
NOTE Confidence: 0.792416

00:39:08.670 --> 00:39:09.534 Pioneering innovative approaches.
NOTE Confidence: 0.792416

00:39:09.534 --> 00:39:11.540 So OK, we have a story right,
NOTE Confidence: 0.792416

00:39:11.540 --> 00:39:13.836 but what do we do with the story?
NOTE Confidence: 0.792416

00:39:13.840 --> 00:39:15.065 Any anti stigma intervention has
NOTE Confidence: 0.792416

00:39:15.065 --> 00:39:16.990 to be data driven an evidencebased.
NOTE Confidence: 0.792416

00:39:16.990 --> 00:39:20.098 What do you do?
NOTE Confidence: 0.792416

00:39:20.100 --> 00:39:21.255 And we know,

NOTE Confidence: 0.792416
00:39:21.255 --> 00:39:22.795 according to the Canadian
NOTE Confidence: 0.792416
00:39:22.795 --> 00:39:23.565 Psychiatric Association,
NOTE Confidence: 0.792416
00:39:23.570 --> 00:39:24.986 that conventional education and
NOTE Confidence: 0.792416
00:39:24.986 --> 00:39:26.756 mental illness alone does not
NOTE Confidence: 0.792416
00:39:26.756 --> 00:39:28.440 reduce stigmatising attitudes and
NOTE Confidence: 0.792416
00:39:28.440 --> 00:39:30.136 behaviors in medical students.
NOTE Confidence: 0.792416
00:39:30.140 --> 00:39:31.885 We need to pioneer innovative
NOTE Confidence: 0.792416
00:39:31.885 --> 00:39:34.114 Anti Sigma programs and I spoke
NOTE Confidence: 0.792416
00:39:34.114 --> 00:39:36.209 with the World Authority professor
NOTE Confidence: 0.792416
00:39:36.209 --> 00:39:38.318 Graham Thornicroft and he brought
NOTE Confidence: 0.792416
00:39:38.318 --> 00:39:40.168 this paper to my attention.
NOTE Confidence: 0.792416
00:39:40.170 --> 00:39:42.100 Key ingredients of anti stigma
NOTE Confidence: 0.792416
00:39:42.100 --> 00:39:43.644 programs for healthcare providers.
NOTE Confidence: 0.792416
00:39:43.650 --> 00:39:45.580 There are six key ingredients.
NOTE Confidence: 0.792416
00:39:45.580 --> 00:39:48.394 One of them is a personal testimony
NOTE Confidence: 0.792416

00:39:48.394 --> 00:39:50.279 from train speaker who has.
NOTE Confidence: 0.792416

00:39:50.280 --> 00:39:52.806 Left living experience of mental illness.
NOTE Confidence: 0.81365675

00:39:55.620 --> 00:39:57.240 So we pioneered the WOON,
NOTE Confidence: 0.81365675

00:39:57.240 --> 00:39:59.015 did healer which has been
NOTE Confidence: 0.81365675

00:39:59.015 --> 00:40:00.435 described as an innovative.
NOTE Confidence: 0.81365675

00:40:00.440 --> 00:40:02.546 Teaching the blender power at the
NOTE Confidence: 0.81365675

00:40:02.546 --> 00:40:03.950 performing arts and storytelling
NOTE Confidence: 0.81365675

00:40:04.005 --> 00:40:05.465 with psychiatry aims are to
NOTE Confidence: 0.81365675

00:40:05.465 --> 00:40:07.410 entertain and engage and to educate,
NOTE Confidence: 0.81365675

00:40:07.410 --> 00:40:10.637 to debunk the many myths about mental
NOTE Confidence: 0.81365675

00:40:10.637 --> 00:40:12.919 health difficulties that are banned.
NOTE Confidence: 0.81365675

00:40:12.920 --> 00:40:14.288 And encourage care seeking.
NOTE Confidence: 0.81365675

00:40:14.288 --> 00:40:16.800 It is expert by personal and professional
NOTE Confidence: 0.81365675

00:40:16.800 --> 00:40:19.182 experience lead and this is something
NOTE Confidence: 0.81365675

00:40:19.182 --> 00:40:22.072 that upsets me because the space has
NOTE Confidence: 0.81365675

00:40:22.072 --> 00:40:24.117 largely remained unoccupied by a

NOTE Confidence: 0.81365675

00:40:24.117 --> 00:40:25.640 psychiatrist with living experience

NOTE Confidence: 0.81365675

00:40:25.640 --> 00:40:27.120 in mental health difficulties.

NOTE Confidence: 0.81365675

00:40:27.120 --> 00:40:29.514 Experts by experience who will need to

NOTE Confidence: 0.81365675

00:40:29.514 --> 00:40:31.818 empower who will need to dignify and

NOTE Confidence: 0.81365675

00:40:31.818 --> 00:40:34.164 we must amplify the voices of experts

NOTE Confidence: 0.81365675

00:40:34.164 --> 00:40:36.882 by experience but experts by personal

NOTE Confidence: 0.81365675

00:40:36.882 --> 00:40:38.992 and professional experience are also

NOTE Confidence: 0.81365675

00:40:38.992 --> 00:40:40.847 by definition experts by experience.

NOTE Confidence: 0.81365675

00:40:40.850 --> 00:40:43.678 So I that's why I for me

NOTE Confidence: 0.81365675

00:40:43.678 --> 00:40:44.890 it's divine intervention.

NOTE Confidence: 0.81365675

00:40:44.890 --> 00:40:47.488 That my path crossed with Professor

NOTE Confidence: 0.81365675

00:40:47.488 --> 00:40:49.760 Martins Path because I think

NOTE Confidence: 0.81365675

00:40:49.760 --> 00:40:52.538 that we as experts by personal

NOTE Confidence: 0.81365675

00:40:52.538 --> 00:40:54.823 protective screens should be showing

NOTE Confidence: 0.81365675

00:40:54.823 --> 00:40:57.283 leadership in that in that space.

NOTE Confidence: 0.81365675

00:40:57.290 --> 00:40:58.930 And the great thing about
NOTE Confidence: 0.81365675

00:40:58.930 --> 00:41:00.242 collaborating with each medical
NOTE Confidence: 0.81365675

00:41:00.242 --> 00:41:02.105 school in the UK has a psychiatrist.
NOTE Confidence: 0.81365675

00:41:02.110 --> 00:41:02.400 Exciting.
NOTE Confidence: 0.81365675

00:41:02.400 --> 00:41:04.430 So when you work with the students
NOTE Confidence: 0.81365675

00:41:04.430 --> 00:41:06.019 they designed this really catchy,
NOTE Confidence: 0.81365675

00:41:06.020 --> 00:41:07.224 aesthetically pleasing promotional material.
NOTE Confidence: 0.81365675

00:41:07.224 --> 00:41:08.127 So I mean,
NOTE Confidence: 0.81365675

00:41:08.130 --> 00:41:10.884 I was a man on a mission I took
NOTE Confidence: 0.81365675

00:41:10.884 --> 00:41:13.349 three years out of my training.
NOTE Confidence: 0.81365675

00:41:13.350 --> 00:41:15.702 And I delivered the wound healer to
NOTE Confidence: 0.81365675

00:41:15.702 --> 00:41:18.357 75,000 people in 19 countries on five
NOTE Confidence: 0.81365675

00:41:18.357 --> 00:41:20.721 continents worldwide all over the world.
NOTE Confidence: 0.81365675

00:41:20.730 --> 00:41:23.331 And these are some of the kind of Flyers
NOTE Confidence: 0.81365675

00:41:23.331 --> 00:41:26.008 that medical students designed in the UK.
NOTE Confidence: 0.78072817

00:41:29.810 --> 00:41:31.090 That the global footprint.

NOTE Confidence: 0.78072817

00:41:31.090 --> 00:41:32.370 Of the wounded healer.

NOTE Confidence: 0.8717369

00:41:35.180 --> 00:41:37.922 This is the feedback I continue

NOTE Confidence: 0.8717369

00:41:37.922 --> 00:41:39.293 to encounter resistance.

NOTE Confidence: 0.8717369

00:41:39.300 --> 00:41:43.087 I mean only recently a senior psychiatrist.

NOTE Confidence: 0.8717369

00:41:43.090 --> 00:41:45.869 Who claims to be active against mental

NOTE Confidence: 0.8717369

00:41:45.869 --> 00:41:47.920 health related stigma stigmatized?

NOTE Confidence: 0.8717369

00:41:47.920 --> 00:41:52.350 He blocked me and I have not had I mean.

NOTE Confidence: 0.8717369

00:41:52.350 --> 00:41:53.646 Well, it was sounding.

NOTE Confidence: 0.8717369

00:41:53.646 --> 00:41:54.618 Reputation precedes him.

NOTE Confidence: 0.8717369

00:41:54.620 --> 00:41:56.558 He claims to be a passionate

NOTE Confidence: 0.8717369

00:41:56.558 --> 00:41:57.527 mental health advocate,

NOTE Confidence: 0.8717369

00:41:57.530 --> 00:42:00.050 a champion, and yet he stigmatized.

NOTE Confidence: 0.8717369

00:42:00.050 --> 00:42:01.598 I know where I'm going tonight.

NOTE Confidence: 0.8717369

00:42:01.600 --> 00:42:02.532 It hurts, it hurts,

NOTE Confidence: 0.8717369

00:42:02.532 --> 00:42:04.831 it keeps you up at night but we get

NOTE Confidence: 0.8717369

00:42:04.831 --> 00:42:06.523 feedback like this from the students.
NOTE Confidence: 0.8717369

00:42:06.530 --> 00:42:07.820 It inspires you to continue
NOTE Confidence: 0.8717369

00:42:07.820 --> 00:42:08.594 with your campaign.
NOTE Confidence: 0.8466415

00:42:11.230 --> 00:42:14.677 So this is a COVID-19 world we're living in,
NOTE Confidence: 0.8466415

00:42:14.680 --> 00:42:16.590 and this is actually it's
NOTE Confidence: 0.8466415

00:42:16.590 --> 00:42:17.743 happening now, right?
NOTE Confidence: 0.8466415

00:42:17.743 --> 00:42:21.190 You don't have face to face contact with me.
NOTE Confidence: 0.8466415

00:42:21.190 --> 00:42:23.494 You have virtual contact with me
NOTE Confidence: 0.8466415

00:42:23.494 --> 00:42:25.475 and the evidence actually suggests
NOTE Confidence: 0.8466415

00:42:25.475 --> 00:42:27.737 that virtual contact is not as
NOTE Confidence: 0.8466415

00:42:27.737 --> 00:42:29.999 effective as face to face contact,
NOTE Confidence: 0.8466415

00:42:30.000 --> 00:42:32.524 but nonetheless it remains.
NOTE Confidence: 0.8466415

00:42:32.524 --> 00:42:35.258 An effective. And so the authors
NOTE Confidence: 0.8466415

00:42:35.258 --> 00:42:37.460 of this paper concluded that short,
NOTE Confidence: 0.8466415

00:42:37.460 --> 00:42:38.924 effective video interventions are
NOTE Confidence: 0.8466415

00:42:38.924 --> 00:42:40.394 relatively cheap, conveniently accessible,

NOTE Confidence: 0.8466415

00:42:40.394 --> 00:42:42.229 and easy to disseminate globally.

NOTE Confidence: 0.8466415

00:42:42.230 --> 00:42:45.524 We can scale them up because I get these.

NOTE Confidence: 0.8466415

00:42:45.530 --> 00:42:47.912 Invitations are pouring in, and there's

NOTE Confidence: 0.8466415

00:42:47.912 --> 00:42:50.669 only so many talks that I can give.

NOTE Confidence: 0.8466415

00:42:50.670 --> 00:42:53.622 But when we created the weed

NOTE Confidence: 0.8466415

00:42:53.622 --> 00:42:55.970 killer film and we digitized it.

NOTE Confidence: 0.8466415

00:42:55.970 --> 00:42:59.176 We can scale it up and actually there's

NOTE Confidence: 0.8466415

00:42:59.176 --> 00:43:02.434 a project that I'm collaborating with.

NOTE Confidence: 0.8466415

00:43:02.440 --> 00:43:03.610 The Professor Martin,

NOTE Confidence: 0.8466415

00:43:03.610 --> 00:43:06.340 an kind of more will be revealed

NOTE Confidence: 0.8466415

00:43:06.416 --> 00:43:07.790 about that project,

NOTE Confidence: 0.8466415

00:43:07.790 --> 00:43:10.268 so please do watch that space.

NOTE Confidence: 0.8466415

00:43:10.270 --> 00:43:12.622 But the plan is to leverage the

NOTE Confidence: 0.8466415

00:43:12.622 --> 00:43:14.720 power of digital technology virtual

NOTE Confidence: 0.8466415

00:43:14.720 --> 00:43:17.270 contact to reduce mental health.

NOTE Confidence: 0.8466415

00:43:17.270 --> 00:43:19.898 Related statement OK.
NOTE Confidence: 0.8466415

00:43:19.900 --> 00:43:22.483 Real quick a survey on the general
NOTE Confidence: 0.8466415

00:43:22.483 --> 00:43:24.580 public revealed that 60% believe that
NOTE Confidence: 0.8466415

00:43:24.580 --> 00:43:26.740 psychiatrists know what you were thinking.
NOTE Confidence: 0.8466415

00:43:26.740 --> 00:43:29.308 So we're talking about the stigma
NOTE Confidence: 0.8466415

00:43:29.308 --> 00:43:32.150 attached to being a psychiatrist.
NOTE Confidence: 0.8466415

00:43:32.150 --> 00:43:34.424 50% did not release that psychiatrist
NOTE Confidence: 0.8466415

00:43:34.424 --> 00:43:37.164 have a medical degree and this I
NOTE Confidence: 0.8466415

00:43:37.164 --> 00:43:38.704 thought was really interesting.
NOTE Confidence: 0.8466415

00:43:38.710 --> 00:43:40.730 50% would feel uncomfortable sitting
NOTE Confidence: 0.8466415

00:43:40.730 --> 00:43:43.340 next to a psychiatrist in a party.
NOTE Confidence: 0.8466415

00:43:43.340 --> 00:43:46.814 What we like the life and soul of parties.
NOTE Confidence: 0.8466415

00:43:46.820 --> 00:43:49.118 What's happening here?
NOTE Confidence: 0.8466415

00:43:49.120 --> 00:43:51.552 So this is a paper published in the
NOTE Confidence: 0.8466415

00:43:51.552 --> 00:43:53.130 British entitled Boxed Badmouthing
NOTE Confidence: 0.8466415

00:43:53.130 --> 00:43:55.410 Attitudes and Stigmatization in Healthcare

NOTE Confidence: 0.8466415

00:43:55.410 --> 00:43:57.830 as experienced by medical students.

NOTE Confidence: 0.8466415

00:43:57.830 --> 00:43:59.018 So you know,

NOTE Confidence: 0.8466415

00:43:59.018 --> 00:44:01.394 this banter is not so friendly.

NOTE Confidence: 0.8466415

00:44:01.400 --> 00:44:05.168 Is it because our profession is being bashed?

NOTE Confidence: 0.8466415

00:44:05.170 --> 00:44:06.794 Other specialist surgeons positions.

NOTE Confidence: 0.8466415

00:44:06.794 --> 00:44:09.740 I'm sure you've heard of it before.

NOTE Confidence: 0.8466415

00:44:09.740 --> 00:44:12.450 Psychiatrists are not real doctors.

NOTE Confidence: 0.8466415

00:44:12.450 --> 00:44:14.405 And these disparaging remarks that

NOTE Confidence: 0.8466415

00:44:14.405 --> 00:44:15.969 denigrate the psychiatric profession

NOTE Confidence: 0.8466415

00:44:15.969 --> 00:44:17.793 are deterring medical students from

NOTE Confidence: 0.8466415

00:44:17.793 --> 00:44:20.280 choosing psychiatry as as a future career.

NOTE Confidence: 0.8466415

00:44:20.280 --> 00:44:22.100 Actually a third of medical

NOTE Confidence: 0.8466415

00:44:22.100 --> 00:44:24.443 students may be put up psychiatry

NOTE Confidence: 0.8466415

00:44:24.443 --> 00:44:27.600 as a career choice because of the

NOTE Confidence: 0.8466415

00:44:27.600 --> 00:44:29.670 stigmatization of the profession.

NOTE Confidence: 0.8466415

00:44:29.670 --> 00:44:32.127 So this is the Royal College of
NOTE Confidence: 0.8466415

00:44:32.127 --> 00:44:33.180 Psychiatrists Recruitment campaign.
NOTE Confidence: 0.8466415

00:44:33.180 --> 00:44:34.492 It's a huge success.
NOTE Confidence: 0.8466415

00:44:34.492 --> 00:44:36.132 I was fortunate to contribute
NOTE Confidence: 0.8466415

00:44:36.132 --> 00:44:37.389 to this campaign.
NOTE Confidence: 0.8466415

00:44:37.390 --> 00:44:40.198 This is a paradigm shift in UK psychiatry.
NOTE Confidence: 0.8466415

00:44:40.200 --> 00:44:42.162 We are reaching out to medical
NOTE Confidence: 0.8466415

00:44:42.162 --> 00:44:43.470 students have living experience
NOTE Confidence: 0.8466415

00:44:43.526 --> 00:44:45.110 of mental health difficulties.
NOTE Confidence: 0.8466415

00:44:45.110 --> 00:44:47.252 And we're saying that we need you
NOTE Confidence: 0.8466415

00:44:47.252 --> 00:44:49.433 that your living experience is an
NOTE Confidence: 0.8466415

00:44:49.433 --> 00:44:51.423 asset that our profession embraces.
NOTE Confidence: 0.8466415

00:44:51.430 --> 00:44:53.905 That's a paradigm shift in
NOTE Confidence: 0.8466415

00:44:53.905 --> 00:44:55.885 psychiatry in the UK.
NOTE Confidence: 0.8466415

00:44:55.890 --> 00:44:58.266 So this is the impact of
NOTE Confidence: 0.8466415

00:44:58.266 --> 00:44:59.850 the true security campaign,

NOTE Confidence: 0.8466415

00:44:59.850 --> 00:45:01.830 so these are the occupancy

NOTE Confidence: 0.8466415

00:45:01.830 --> 00:45:03.018 rates in psychiatry.

NOTE Confidence: 0.8466415

00:45:03.020 --> 00:45:04.600 As you can see,

NOTE Confidence: 0.8466415

00:45:04.600 --> 00:45:06.582 less than 70% in 2017,

NOTE Confidence: 0.8466415

00:45:06.582 --> 00:45:09.750 up to almost 80% in 2000 and 1893%

NOTE Confidence: 0.8466415

00:45:09.750 --> 00:45:12.126 except 2019 and almost 100% in

NOTE Confidence: 0.8466415

00:45:12.126 --> 00:45:14.106 2020 are highly effective campaign.

NOTE Confidence: 0.8466415

00:45:14.110 --> 00:45:16.910 And this is a study a single on

NOTE Confidence: 0.8466415

00:45:16.910 --> 00:45:18.146 peoples competitors comparison

NOTE Confidence: 0.8466415

00:45:18.146 --> 00:45:20.436 study on experts by personal,

NOTE Confidence: 0.8466415

00:45:20.440 --> 00:45:20.926 personal,

NOTE Confidence: 0.8466415

00:45:20.926 --> 00:45:23.356 professional experience and using EPS

NOTE Confidence: 0.8466415

00:45:23.356 --> 00:45:26.108 to increase interest in security risk

NOTE Confidence: 0.8466415

00:45:26.108 --> 00:45:28.663 period and look at these P values.

NOTE Confidence: 0.8466415

00:45:28.670 --> 00:45:30.884 People are saying that they will

NOTE Confidence: 0.8466415

00:45:30.884 --> 00:45:32.360 talk positively about psychiatry
NOTE Confidence: 0.8466415

00:45:32.419 --> 00:45:34.344 after attending a talk by an EPPE.
NOTE Confidence: 0.7695862

00:45:34.350 --> 00:45:37.347 And if you look at the C3 construct three,
NOTE Confidence: 0.7695862

00:45:37.350 --> 00:45:39.020 I would consider choosing psychiatrically.
NOTE Confidence: 0.7695862

00:45:39.020 --> 00:45:40.695 There was a statistically significant
NOTE Confidence: 0.7695862

00:45:40.695 --> 00:45:42.932 increase, so this was an unintended positive
NOTE Confidence: 0.7695862

00:45:42.932 --> 00:45:45.158 consequences of the dealer that we would
NOTE Confidence: 0.7695862

00:45:45.158 --> 00:45:46.964 reduce mental health related stigma and
NOTE Confidence: 0.7695862

00:45:46.964 --> 00:45:49.040 with increased interest in psychiatry,
NOTE Confidence: 0.7695862

00:45:49.040 --> 00:45:51.000 security and and this is the kind
NOTE Confidence: 0.7695862

00:45:51.000 --> 00:45:53.190 of the freeze onset protecting from
NOTE Confidence: 0.7695862

00:45:53.190 --> 00:45:56.030 students very, very encouraging.
NOTE Confidence: 0.7695862

00:45:56.030 --> 00:45:57.872 And I'll just kind of blast
NOTE Confidence: 0.7695862

00:45:57.872 --> 00:45:59.100 through this real quick.
NOTE Confidence: 0.7695862

00:45:59.100 --> 00:46:00.900 We had also a talk delivered by an expert
NOTE Confidence: 0.7695862

00:46:00.900 --> 00:46:02.727 by personal professional experience and

NOTE Confidence: 0.7695862

00:46:02.727 --> 00:46:04.307 there were statistically significant

NOTE Confidence: 0.7695862

00:46:04.307 --> 00:46:06.467 reductions in mental health related stigma.

NOTE Confidence: 0.7695862

00:46:06.470 --> 00:46:09.094 After attending a talk delivered by an expert

NOTE Confidence: 0.7695862

00:46:09.094 --> 00:46:11.419 by personal and professional experience.

NOTE Confidence: 0.7695862

00:46:11.420 --> 00:46:14.300 So that this study that we conducted was

NOTE Confidence: 0.7695862

00:46:14.300 --> 00:46:17.088 pilot study and it was the first study

NOTE Confidence: 0.7695862

00:46:17.088 --> 00:46:20.330 of its kind comprised of an expert by

NOTE Confidence: 0.7695862

00:46:20.330 --> 00:46:22.166 personal and professional experience,

NOTE Confidence: 0.7695862

00:46:22.170 --> 00:46:24.444 and it was associated with statistically

NOTE Confidence: 0.7695862

00:46:24.444 --> 00:46:25.960 significant reductions in mental

NOTE Confidence: 0.7695862

00:46:26.016 --> 00:46:27.159 health related stigma.

NOTE Confidence: 0.7695862

00:46:27.160 --> 00:46:29.470 However, it was fraught with limitations.

NOTE Confidence: 0.7695862

00:46:29.470 --> 00:46:31.390 There was no control group.

NOTE Confidence: 0.7695862

00:46:31.390 --> 00:46:32.716 It wasn't randomized.

NOTE Confidence: 0.7695862

00:46:32.716 --> 00:46:34.926 So we thought you know,

NOTE Confidence: 0.7695862

00:46:34.930 --> 00:46:37.660 this urgently needs to be done and
NOTE Confidence: 0.7695862

00:46:37.660 --> 00:46:41.560 there he is. Professor Martin himself.
NOTE Confidence: 0.7695862

00:46:41.560 --> 00:46:46.450 A godsend. No exaggeration here it is.
NOTE Confidence: 0.7695862

00:46:46.450 --> 00:46:48.080 This is his randomized study.
NOTE Confidence: 0.7695862

00:46:48.080 --> 00:46:50.635 It was an intervention comprised of two
NOTE Confidence: 0.7695862

00:46:50.635 --> 00:46:53.280 experts by personal professional experience.
NOTE Confidence: 0.7695862

00:46:53.280 --> 00:46:55.260 They administered validated instruments.
NOTE Confidence: 0.7695862

00:46:55.260 --> 00:46:57.735 The attitudes towards psychiatry and
NOTE Confidence: 0.7695862

00:46:57.735 --> 00:46:59.598 attitudes towards mental illness.
NOTE Confidence: 0.7695862

00:46:59.600 --> 00:47:01.694 And the participants in the active
NOTE Confidence: 0.7695862

00:47:01.694 --> 00:47:03.553 group had more favorable attitudes
NOTE Confidence: 0.7695862

00:47:03.553 --> 00:47:05.965 towards the country and towards mental
NOTE Confidence: 0.7695862

00:47:05.965 --> 00:47:08.300 illness compared to the control group.
NOTE Confidence: 0.7695862

00:47:08.300 --> 00:47:09.970 And 91% of respondents endorsed
NOTE Confidence: 0.7695862

00:47:09.970 --> 00:47:11.640 that knowing positions further along
NOTE Confidence: 0.7695862

00:47:11.694 --> 00:47:12.528 in their careers.

NOTE Confidence: 0.7695862

00:47:12.530 --> 00:47:14.480 Who struggled with mental health issues,

NOTE Confidence: 0.7695862

00:47:14.480 --> 00:47:15.136 got treatment,

NOTE Confidence: 0.7695862

00:47:15.136 --> 00:47:18.140 and who are now doing well would make them

NOTE Confidence: 0.7695862

00:47:18.140 --> 00:47:20.975 more likely to access care if they needed it.

NOTE Confidence: 0.7695862

00:47:20.980 --> 00:47:21.952 That's that's astonishing.

NOTE Confidence: 0.7695862

00:47:21.952 --> 00:47:22.600 That's groundbreaking.

NOTE Confidence: 0.7695862

00:47:22.600 --> 00:47:23.575 And guess what?

NOTE Confidence: 0.7695862

00:47:23.575 --> 00:47:24.875 Patrick Corrigan didn't do.

NOTE Confidence: 0.7695862

00:47:24.880 --> 00:47:25.528 The study.

NOTE Confidence: 0.7695862

00:47:25.528 --> 00:47:26.500 Professor Green Phonograph

NOTE Confidence: 0.7695862

00:47:26.500 --> 00:47:27.796 didn't do this study.

NOTE Confidence: 0.7695862

00:47:27.800 --> 00:47:29.750 It was your very own professor

NOTE Confidence: 0.7695862

00:47:29.750 --> 00:47:30.400 Andreas Martin.

NOTE Confidence: 0.7695862

00:47:30.400 --> 00:47:33.284 I think this is a game changer.

NOTE Confidence: 0.7695862

00:47:33.290 --> 00:47:35.330 We have evidence to prove now that aips

NOTE Confidence: 0.7695862

00:47:35.330 --> 00:47:37.460 have the power to reduce mental health
NOTE Confidence: 0.7695862

00:47:37.460 --> 00:47:39.670 related stigma in the medical profession,
NOTE Confidence: 0.7695862

00:47:39.670 --> 00:47:41.190 and I can't emphasize how
NOTE Confidence: 0.7695862

00:47:41.190 --> 00:47:42.406 important this study is.
NOTE Confidence: 0.7695862

00:47:42.410 --> 00:47:43.630 In my humble opinion.
NOTE Confidence: 0.66502815

00:47:46.420 --> 00:47:49.990 Kind of a concluding remark by Andreas
NOTE Confidence: 0.66502815

00:47:49.990 --> 00:47:52.303 and his team. We're almost done,
NOTE Confidence: 0.66502815

00:47:52.303 --> 00:47:53.869 so counting stigma starts off with
NOTE Confidence: 0.66502815

00:47:53.869 --> 00:47:55.650 the individual by challenging our
NOTE Confidence: 0.66502815

00:47:55.650 --> 00:47:57.118 own prejudices and preconceptions.
NOTE Confidence: 0.66502815

00:47:57.120 --> 00:47:59.046 Now those of you experiencing psychological
NOTE Confidence: 0.66502815

00:47:59.046 --> 00:48:01.160 distress in any of its many forms,
NOTE Confidence: 0.66502815

00:48:01.160 --> 00:48:02.388 I know, believe me,
NOTE Confidence: 0.66502815

00:48:02.388 --> 00:48:04.605 I know that the world can be
NOTE Confidence: 0.66502815

00:48:04.605 --> 00:48:06.140 a dark and lonely place,
NOTE Confidence: 0.66502815

00:48:06.140 --> 00:48:08.000 but please don't give up hope.

NOTE Confidence: 0.66502815

00:48:08.000 --> 00:48:09.008 Please don't give up.

NOTE Confidence: 0.66502815

00:48:09.008 --> 00:48:11.689 That's what we must do as mental health care

NOTE Confidence: 0.66502815

00:48:11.689 --> 00:48:13.909 professionals instill hope in our patients.

NOTE Confidence: 0.66502815

00:48:13.910 --> 00:48:16.778 And then it's also instill hope.

NOTE Confidence: 0.66502815

00:48:16.780 --> 00:48:18.004 Come in our colleagues

NOTE Confidence: 0.66502815

00:48:18.004 --> 00:48:19.534 because we are human too.

NOTE Confidence: 0.66502815

00:48:19.540 --> 00:48:21.673 It is OK not to be OK and having

NOTE Confidence: 0.66502815

00:48:21.673 --> 00:48:23.132 mental health difficulties is

NOTE Confidence: 0.66502815

00:48:23.132 --> 00:48:25.067 nothing to be ashamed about.

NOTE Confidence: 0.66502815

00:48:25.070 --> 00:48:26.695 And effective treatment is available

NOTE Confidence: 0.66502815

00:48:26.695 --> 00:48:29.058 and recovery is a reality for the many,

NOTE Confidence: 0.66502815

00:48:29.060 --> 00:48:31.588 not for the few.

NOTE Confidence: 0.66502815

00:48:31.590 --> 00:48:34.164 So this is my palm and I delivered this

NOTE Confidence: 0.66502815

00:48:34.164 --> 00:48:37.108 in Lisbon in Portugal as the largest

NOTE Confidence: 0.66502815

00:48:37.108 --> 00:48:39.720 medical student conference in Europe 1000.

NOTE Confidence: 0.66502815

00:48:39.720 --> 00:48:41.200 Uh, students and this brings
NOTE Confidence: 0.66502815

00:48:41.200 --> 00:48:43.000 back some very fun memories with
NOTE Confidence: 0.66502815

00:48:43.000 --> 00:48:44.806 regard to comment back to be done.
NOTE Confidence: 0.66502815

00:48:44.810 --> 00:48:45.378 No, no,
NOTE Confidence: 0.66502815

00:48:45.378 --> 00:48:46.230 we're not done.
NOTE Confidence: 0.66502815

00:48:46.230 --> 00:48:46.510 Could
NOTE Confidence: 0.79744

00:48:46.510 --> 00:48:48.491 you stop screen sharing so that we
NOTE Confidence: 0.79744

00:48:48.491 --> 00:48:50.760 just have it? Is it just me? Can
NOTE Confidence: 0.79744

00:48:50.760 --> 00:48:53.016 you just see me now or is it
NOTE Confidence: 0.79744

00:48:53.020 --> 00:48:54.435 no no stop screen sharing
NOTE Confidence: 0.79744

00:48:54.435 --> 00:48:56.130 so I'm not very tech savvy,
NOTE Confidence: 0.79744

00:48:56.130 --> 00:48:58.118 but I think I can do this.
NOTE Confidence: 0.79744

00:48:58.120 --> 00:49:00.200 We can do this with your look with
NOTE Confidence: 0.79744

00:49:00.200 --> 00:49:02.079 your brains for your lock sampling.
NOTE Confidence: 0.79744

00:49:02.080 --> 00:49:03.490 How do I do this?
NOTE Confidence: 0.79744

00:49:03.490 --> 00:49:04.910 Don't worry, just leave it.

NOTE Confidence: 0.6797429

00:49:06.490 --> 00:49:09.569 There's a, there's a tab there you go.

NOTE Confidence: 0.6797429

00:49:09.570 --> 00:49:11.114 Yep, there you Alleluia?

NOTE Confidence: 0.6797429

00:49:11.114 --> 00:49:13.414 Oh, this is actually got better 'cause

NOTE Confidence: 0.6797429

00:49:13.414 --> 00:49:16.139 I can see the audience over Professor

NOTE Confidence: 0.6797429

00:49:16.139 --> 00:49:18.429 asked if Hello Professor asked.

NOTE Confidence: 0.6797429

00:49:18.430 --> 00:49:22.454 OK, so regards the conflagration in my wake.

NOTE Confidence: 0.6797429

00:49:22.460 --> 00:49:25.808 On Inoxidable Inferno Burning

NOTE Confidence: 0.6797429

00:49:25.808 --> 00:49:29.156 Bridge after bridge emancipate

NOTE Confidence: 0.6797429

00:49:29.156 --> 00:49:34.028 me from the struggles of my mind.

NOTE Confidence: 0.6797429

00:49:34.030 --> 00:49:36.290 Release me, I beseech thee,

NOTE Confidence: 0.6797429

00:49:36.290 --> 00:49:38.990 from the indignations of my past.

NOTE Confidence: 0.6797429

00:49:38.990 --> 00:49:40.794 Take up the quill.

NOTE Confidence: 0.6797429

00:49:40.794 --> 00:49:44.400 I will, and relate my tale of woe.

NOTE Confidence: 0.6797429

00:49:44.400 --> 00:49:45.554 I shall.

NOTE Confidence: 0.6797429

00:49:45.554 --> 00:49:49.016 But wait, an incandescent silver lining.

NOTE Confidence: 0.6797429

00:49:49.020 --> 00:49:50.480 Was it not the Mr.
NOTE Confidence: 0.6797429

00:49:50.480 --> 00:49:51.980 Khalil Gibran who proclaimed the
NOTE Confidence: 0.6797429

00:49:51.980 --> 00:49:53.480 more melancholy carved into your
NOTE Confidence: 0.6797429

00:49:53.527 --> 00:49:55.417 being the more jubilation it can contain,
NOTE Confidence: 0.6797429

00:49:55.420 --> 00:49:57.166 and even the beauty of birth,
NOTE Confidence: 0.6797429

00:49:57.170 --> 00:49:58.620 even the beauty of birth,
NOTE Confidence: 0.6797429

00:49:58.620 --> 00:50:00.870 will leave its own scars.
NOTE Confidence: 0.6797429

00:50:00.870 --> 00:50:02.851 So adorn my face then not with
NOTE Confidence: 0.6797429

00:50:02.851 --> 00:50:04.679 the masquerade but with a smile
NOTE Confidence: 0.6797429

00:50:04.679 --> 00:50:06.199 that never fades and patient.
NOTE Confidence: 0.6797429

00:50:06.200 --> 00:50:08.368 No more particular now I am and often
NOTE Confidence: 0.6797429

00:50:08.368 --> 00:50:10.640 to the Kingdom of the sickle cell,
NOTE Confidence: 0.6797429

00:50:10.640 --> 00:50:12.920 for a with lineament and manner born out
NOTE Confidence: 0.6797429

00:50:12.920 --> 00:50:15.077 of experience as my instruments of healing.
NOTE Confidence: 0.6797429

00:50:15.080 --> 00:50:17.145 And as I behold my neighbors gaze,
NOTE Confidence: 0.6797429

00:50:17.150 --> 00:50:18.630 she whispers on to me.

NOTE Confidence: 0.6797429

00:50:18.630 --> 00:50:21.636 You're a good doctor, doctor Hunter.

NOTE Confidence: 0.6797429

00:50:21.640 --> 00:50:23.224 Unbridled joy just gushes

NOTE Confidence: 0.6797429

00:50:23.224 --> 00:50:24.808 forth from my heart.

NOTE Confidence: 0.6797429

00:50:24.810 --> 00:50:29.698 It's not me who heals you my dear?

NOTE Confidence: 0.6797429

00:50:29.700 --> 00:50:32.620 But it's you closely.

NOTE Confidence: 0.6797429

00:50:32.620 --> 00:50:33.140 Thank you.

NOTE Confidence: 0.69430953

00:50:35.730 --> 00:50:36.898 Oh yeah, wonderful audience.

NOTE Confidence: 0.8429008

00:50:39.090 --> 00:50:41.810 I've met we could. This

NOTE Confidence: 0.83076894

00:50:41.810 --> 00:50:43.574 is so amazing and I just

NOTE Confidence: 0.83076894

00:50:43.574 --> 00:50:45.270 want to say one thing.

NOTE Confidence: 0.83076894

00:50:45.270 --> 00:50:47.148 Thank you for your kind words,

NOTE Confidence: 0.83076894

00:50:47.150 --> 00:50:49.348 but Julie Chilton, who is here is,

NOTE Confidence: 0.83076894

00:50:49.350 --> 00:50:52.094 is really my partner in crime in developing

NOTE Confidence: 0.83076894

00:50:52.094 --> 00:50:54.369 that study that we did in Tel Aviv.

NOTE Confidence: 0.83076894

00:50:54.370 --> 00:50:56.230 So Julia here and maybe we

NOTE Confidence: 0.83076894

00:50:56.230 --> 00:50:58.460 can hear I saw where is he?
NOTE Confidence: 0.83076894

00:50:58.460 --> 00:50:59.715 Doctor Kyle Pruett has
NOTE Confidence: 0.83076894

00:50:59.715 --> 00:51:00.966 been preparing a response.
NOTE Confidence: 0.83076894

00:51:00.966 --> 00:51:02.214 Kyle go for it.
NOTE Confidence: 0.83076894

00:51:02.220 --> 00:51:05.046 We have very little time but go for it.
NOTE Confidence: 0.7066941

00:51:06.940 --> 00:51:09.850 I Amanda. I know
NOTE Confidence: 0.77948225

00:51:09.850 --> 00:51:14.248 you're mute, hear me. No, not you Kyle.
NOTE Confidence: 0.70873237

00:51:15.700 --> 00:51:18.720 Kyle unmute yourself, unmuted
NOTE Confidence: 0.73771876

00:51:18.720 --> 00:51:22.886 there we are. Doctor Ankier,
NOTE Confidence: 0.73771876

00:51:22.886 --> 00:51:24.590 I'm feeling liberated.
NOTE Confidence: 0.73771876

00:51:24.590 --> 00:51:27.416 By the passion that you bring to
NOTE Confidence: 0.73771876

00:51:27.416 --> 00:51:29.840 this topic because it is something
NOTE Confidence: 0.73771876

00:51:29.840 --> 00:51:32.265 that sits under the table whenever
NOTE Confidence: 0.73771876

00:51:32.265 --> 00:51:34.290 we meet with patients with
NOTE Confidence: 0.87670374

00:51:34.290 --> 00:51:36.710 our colleagues with are the people
NOTE Confidence: 0.87670374

00:51:36.710 --> 00:51:39.540 who agree with us and the people

NOTE Confidence: 0.87670374

00:51:39.540 --> 00:51:42.368 that we don't. And the power of

NOTE Confidence: 0.87670374

00:51:42.370 --> 00:51:44.384 the storytelling narrative that you

NOTE Confidence: 0.87670374

00:51:44.384 --> 00:51:46.810 talk about, I think elevates this

NOTE Confidence: 0.87670374

00:51:46.810 --> 00:51:48.428 discussion to beyond intellectualization.

NOTE Confidence: 0.87670374

00:51:48.430 --> 00:51:52.063 And as this is something that we have to

NOTE Confidence: 0.87670374

00:51:52.063 --> 00:51:54.079 experience emotionally and affectively, or

NOTE Confidence: 0.87670374

00:51:54.080 --> 00:51:56.400 it's not going to work.

NOTE Confidence: 0.87670374

00:51:56.400 --> 00:51:57.990 Medical students have held our

NOTE Confidence: 0.87670374

00:51:57.990 --> 00:51:59.892 feet to the fire about this

NOTE Confidence: 0.87670374

00:51:59.892 --> 00:52:01.804 for decades, and I think you

NOTE Confidence: 0.87670374

00:52:01.804 --> 00:52:03.708 are helping us come clean that

NOTE Confidence: 0.8643486

00:52:03.710 --> 00:52:05.618 it is not something that can

NOTE Confidence: 0.8643486

00:52:05.618 --> 00:52:07.532 be done to a medical student.

NOTE Confidence: 0.8643486

00:52:07.532 --> 00:52:09.756 It is something that must be done

NOTE Confidence: 0.8643486

00:52:09.756 --> 00:52:11.664 with a medical student an enriched

NOTE Confidence: 0.8643486

00:52:11.664 --> 00:52:14.210 by the story in the narrative era of
NOTE Confidence: 0.8643486

00:52:14.210 --> 00:52:16.426 your own life and distress. I feel
NOTE Confidence: 0.8643486

00:52:16.430 --> 00:52:18.656 really liberated. You've given me a gift.
NOTE Confidence: 0.8643486

00:52:18.660 --> 00:52:21.196 I wish I'd known you 30 years ago.
NOTE Confidence: 0.8643486

00:52:21.200 --> 00:52:22.790 I might have taken a
NOTE Confidence: 0.81399638

00:52:22.790 --> 00:52:23.776 different path.
NOTE Confidence: 0.81399638

00:52:23.776 --> 00:52:26.830 Wow, you know I'm blown away, Kyle.
NOTE Confidence: 0.81399638

00:52:26.830 --> 00:52:28.944 If I can just speak my mind
NOTE Confidence: 0.81399638

00:52:28.944 --> 00:52:31.185 with you in Lebanon would say
NOTE Confidence: 0.81399638

00:52:31.185 --> 00:52:33.270 what comes from the lips,
NOTE Confidence: 0.81399638

00:52:33.270 --> 00:52:36.126 which is the ears comes from the heart,
NOTE Confidence: 0.81399638

00:52:36.130 --> 00:52:38.320 which is the heart and your
NOTE Confidence: 0.81399638

00:52:38.320 --> 00:52:40.429 words are heartfelt and I really
NOTE Confidence: 0.81399638

00:52:40.430 --> 00:52:42.934 hope that we can stay in touch.
NOTE Confidence: 0.81399638

00:52:42.934 --> 00:52:43.650 Maybe, hopefully
NOTE Confidence: 0.78882027

00:52:43.650 --> 00:52:46.514 you will and you know there's a number

NOTE Confidence: 0.78882027

00:52:46.514 --> 00:52:48.995 of comments, but another of the great

NOTE Confidence: 0.78882027

00:52:48.995 --> 00:52:51.187 serendipities of life is that Achmed

NOTE Confidence: 0.78882027

00:52:51.187 --> 00:52:53.317 bribe you to another great man.

NOTE Confidence: 0.78882027

00:52:53.320 --> 00:52:55.340 He of the purple background.

NOTE Confidence: 0.78882027

00:52:55.340 --> 00:52:56.384 Professor Asif Ahmed,

NOTE Confidence: 0.78882027

00:52:56.384 --> 00:52:58.472 who if you don't know what

NOTE Confidence: 0.78882027

00:52:58.472 --> 00:53:00.636 his background is about in SF,

NOTE Confidence: 0.78882027

00:53:00.640 --> 00:53:03.104 maybe you can start unmuting yourself now.

NOTE Confidence: 0.78882027

00:53:03.110 --> 00:53:05.990 But it says one test 1 pill serves 2

NOTE Confidence: 0.78882027

00:53:05.990 --> 00:53:08.745 lives outside who is not a physician.

NOTE Confidence: 0.78882027

00:53:08.750 --> 00:53:11.032 He's a PhD, something very dramatic and

NOTE Confidence: 0.78882027

00:53:11.032 --> 00:53:13.204 he developed this treatment for eclampsia

NOTE Confidence: 0.78882027

00:53:13.204 --> 00:53:15.460 and that's the idea between merzon,

NOTE Confidence: 0.78882027

00:53:15.460 --> 00:53:18.120 but we're not here to talk about

NOTE Confidence: 0.78882027

00:53:18.120 --> 00:53:20.407 that were here because he has

NOTE Confidence: 0.78882027

00:53:20.407 --> 00:53:23.362 connected us and I give you a sev
NOTE Confidence: 0.78882027

00:53:23.362 --> 00:53:25.648 who happened to be the first.
NOTE Confidence: 0.78882027

00:53:25.650 --> 00:53:27.642 Non white I think Dean of
NOTE Confidence: 0.78882027

00:53:27.642 --> 00:53:29.570 a medical school in the UK,
NOTE Confidence: 0.78882027

00:53:29.570 --> 00:53:31.360 something that we're tremendously proud
NOTE Confidence: 0.78882027

00:53:31.360 --> 00:53:34.476 of and he is just like the best so us.
NOTE Confidence: 0.78882027

00:53:34.480 --> 00:53:35.130 If anything
NOTE Confidence: 0.8316257

00:53:35.130 --> 00:53:37.098 you want to say thank you.
NOTE Confidence: 0.8316257

00:53:37.100 --> 00:53:39.056 I just wanted to comment on.
NOTE Confidence: 0.8316257

00:53:39.060 --> 00:53:40.332 Well, first of all,
NOTE Confidence: 0.8316257

00:53:40.332 --> 00:53:42.650 I'm not the first non white Dean.
NOTE Confidence: 0.8316257

00:53:42.650 --> 00:53:44.960 I created a medical school from scratch
NOTE Confidence: 0.8316257

00:53:44.960 --> 00:53:47.241 as the first non person and let's
NOTE Confidence: 0.8316257

00:53:47.241 --> 00:53:49.520 not talk about non white or white.
NOTE Confidence: 0.8316257

00:53:49.520 --> 00:53:51.632 It makes no difference but it's
NOTE Confidence: 0.8316257

00:53:51.632 --> 00:53:53.379 about social inclusivity and that's

NOTE Confidence: 0.8316257

00:53:53.379 --> 00:53:56.100 what I wanted to talk about that.

NOTE Confidence: 0.8316257

00:53:56.100 --> 00:53:58.135 As someone who's not have

NOTE Confidence: 0.8316257

00:53:58.135 --> 00:53:59.763 a mental health issue,

NOTE Confidence: 0.8316257

00:53:59.770 --> 00:54:02.486 who's not a physician and who's not

NOTE Confidence: 0.8316257

00:54:02.486 --> 00:54:05.552 a doc and is not except for the

NOTE Confidence: 0.8316257

00:54:05.552 --> 00:54:08.749 fact that my wife is a psychiatrist.

NOTE Confidence: 0.8316257

00:54:08.750 --> 00:54:10.154 Apart from that,

NOTE Confidence: 0.8316257

00:54:10.154 --> 00:54:13.430 I think what you guys are doing.

NOTE Confidence: 0.8316257

00:54:13.430 --> 00:54:17.350 Is not just relevant for medical students,

NOTE Confidence: 0.8316257

00:54:17.350 --> 00:54:23.686 but for students per say and SoC per say.

NOTE Confidence: 0.8316257

00:54:23.690 --> 00:54:26.090 And that's what I that's why

NOTE Confidence: 0.8316257

00:54:26.090 --> 00:54:28.890 we've tried to get this program.

NOTE Confidence: 0.8316257

00:54:28.890 --> 00:54:30.614 What you're talking about?

NOTE Confidence: 0.8316257

00:54:30.614 --> 00:54:34.078 Annam's life, you know it was very emotive,

NOTE Confidence: 0.8316257

00:54:34.080 --> 00:54:36.996 listening to the struggle he went

NOTE Confidence: 0.8316257

00:54:36.996 --> 00:54:41.091 through and I just put that to myself or

NOTE Confidence: 0.8316257

00:54:41.091 --> 00:54:45.019 to my kids didn't have to experience that.

NOTE Confidence: 0.8316257

00:54:45.020 --> 00:54:49.468 So that story that journey is something.

NOTE Confidence: 0.8316257

00:54:49.470 --> 00:54:50.250 Every student,

NOTE Confidence: 0.8316257

00:54:50.250 --> 00:54:52.200 specially those who come from

NOTE Confidence: 0.8316257

00:54:52.200 --> 00:54:54.750 hard to reach background.

NOTE Confidence: 0.8316257

00:54:54.750 --> 00:54:57.630 Need to hear and see so it's by example.

NOTE Confidence: 0.8316257

00:54:57.630 --> 00:54:59.934 That's what I was trying to get out

NOTE Confidence: 0.8316257

00:54:59.934 --> 00:55:02.429 that it's not just about mental health.

NOTE Confidence: 0.8316257

00:55:02.430 --> 00:55:04.030 This is bigger than that.

NOTE Confidence: 0.8316257

00:55:04.030 --> 00:55:07.910 A mental health is should be seen as an ink.

NOTE Confidence: 0.8316257

00:55:07.910 --> 00:55:11.060 Part of society's inclusivity program.

NOTE Confidence: 0.8414527

00:55:12.450 --> 00:55:14.778 Thank you so much and thank you for

NOTE Confidence: 0.8414527

00:55:14.778 --> 00:55:16.549 correcting me as you should have.

NOTE Confidence: 0.8414527

00:55:16.550 --> 00:55:18.370 I guess at the last word I

NOTE Confidence: 0.8414527

00:55:18.370 --> 00:55:20.358 want to give to Julie Chilton,

NOTE Confidence: 0.8414527

00:55:20.360 --> 00:55:22.411 who has who's not only on our

NOTE Confidence: 0.8414527

00:55:22.411 --> 00:55:23.880 faculty now. And yes, can

NOTE Confidence: 0.8414527

00:55:23.880 --> 00:55:25.638 we ask roll to take a

NOTE Confidence: 0.8414527

00:55:25.638 --> 00:55:26.810 screenshot if that's alright

NOTE Confidence: 0.8414527

00:55:26.810 --> 00:55:28.568 with you, I'll take a screenshot.

NOTE Confidence: 0.8414527

00:55:28.570 --> 00:55:29.738 Don't worry about it.

NOTE Confidence: 0.8414527

00:55:29.738 --> 00:55:31.198 I'll take a screenshot now,

NOTE Confidence: 0.8414527

00:55:31.200 --> 00:55:32.665 as Julie Chilton has the

NOTE Confidence: 0.8414527

00:55:32.665 --> 00:55:33.837 last word because Julie,

NOTE Confidence: 0.8414527

00:55:33.840 --> 00:55:35.884 who will have something wonderful to say,

NOTE Confidence: 0.8414527

00:55:35.890 --> 00:55:38.527 is who pulled me and us into this space.

NOTE Confidence: 0.8414527

00:55:38.530 --> 00:55:40.282 So Julie smile 1st and then

NOTE Confidence: 0.8414527

00:55:40.282 --> 00:55:41.158 say something wonderful.

NOTE Confidence: 0.8414527

00:55:41.160 --> 00:55:42.630 Look at the camera everyone.

NOTE Confidence: 0.8791894

00:55:43.620 --> 00:55:47.190 I have to say is that I'm just so grateful

NOTE Confidence: 0.8791894

00:55:47.276 --> 00:55:50.545 to Andres for taking leadership in this

NOTE Confidence: 0.8791894

00:55:50.545 --> 00:55:53.993 role because it was 2001 when I first

NOTE Confidence: 0.8791894

00:55:53.993 --> 00:55:56.333 was open about my living experience

NOTE Confidence: 0.8791894

00:55:56.333 --> 00:55:59.014 at UCSF Medical School in order to

NOTE Confidence: 0.8791894

00:55:59.014 --> 00:56:01.170 normalize mental health struggles and

NOTE Confidence: 0.8791894

00:56:01.170 --> 00:56:04.040 doctors and medical students, and.

NOTE Confidence: 0.8791894

00:56:04.040 --> 00:56:06.380 Through UCSF through pen and even

NOTE Confidence: 0.8791894

00:56:06.380 --> 00:56:08.549 through my fellowship at at Yale,

NOTE Confidence: 0.8791894

00:56:08.550 --> 00:56:12.310 I didn't have a single higher up come to me.

NOTE Confidence: 0.8791894

00:56:12.310 --> 00:56:14.935 After one of my talks and say,

NOTE Confidence: 0.8791894

00:56:14.940 --> 00:56:17.770 hey me too, you know don't feel bad.

NOTE Confidence: 0.8791894

00:56:17.770 --> 00:56:20.592 Come to me if you ever need you

NOTE Confidence: 0.8791894

00:56:20.592 --> 00:56:22.890 know some support 'cause there I

NOTE Confidence: 0.8791894

00:56:22.890 --> 00:56:25.735 think it was just too much stigma

NOTE Confidence: 0.8791894

00:56:25.735 --> 00:56:28.109 for from were successful in senior

NOTE Confidence: 0.8791894

00:56:28.109 --> 00:56:30.004 positions and having Doctor Martin

NOTE Confidence: 0.8791894

00:56:30.004 --> 00:56:32.339 this giant and child psychiatry and

NOTE Confidence: 0.8791894

00:56:32.339 --> 00:56:34.219 wonderful human being be so.

NOTE Confidence: 0.8791894

00:56:34.220 --> 00:56:37.208 Open I think has really changed

NOTE Confidence: 0.8791894

00:56:37.208 --> 00:56:40.259 everything for a lot of people.

NOTE Confidence: 0.8791894

00:56:40.260 --> 00:56:40.590 Thank

NOTE Confidence: 0.8056502

00:56:40.590 --> 00:56:41.894 you, you're very sweet,

NOTE Confidence: 0.8056502

00:56:41.894 --> 00:56:43.524 so let's close Yaffa Ahmed.

NOTE Confidence: 0.8056502

00:56:43.530 --> 00:56:45.819 It's been a real joy to have.

NOTE Confidence: 0.8056502

00:56:45.820 --> 00:56:47.596 You were so honored to have

NOTE Confidence: 0.8056502

00:56:47.596 --> 00:56:49.420 you don't lose your computer.

NOTE Confidence: 0.8056502

00:56:49.420 --> 00:56:51.653 Thank you so much and just a

NOTE Confidence: 0.8056502

00:56:51.653 --> 00:56:53.010 correction that next week.

NOTE Confidence: 0.8056502

00:56:53.010 --> 00:56:55.800 Next week at this time we're going to be

NOTE Confidence: 0.8056502

00:56:55.800 --> 00:56:58.250 meeting to talk about the holiday party,

NOTE Confidence: 0.8056502

00:56:58.250 --> 00:57:00.206 but you have given us a

NOTE Confidence: 0.8056502

00:57:00.206 --> 00:57:01.184 holiday prize document.
NOTE Confidence: 0.8056502

00:57:01.190 --> 00:57:03.798 It's where we're really blessed to have you.
NOTE Confidence: 0.8056502

00:57:03.800 --> 00:57:06.091 So how baby thank you so much.
NOTE Confidence: 0.8056502

00:57:06.091 --> 00:57:07.764 Send us with some wonderful
NOTE Confidence: 0.8056502

00:57:07.764 --> 00:57:09.444 words in the original but.
NOTE Confidence: 0.8056502

00:57:09.450 --> 00:57:13.306 I'll get round in Arabic and you know,
NOTE Confidence: 0.8056502

00:57:13.310 --> 00:57:14.280 come on
NOTE Confidence: 0.5086317

00:57:14.280 --> 00:57:16.212 some some beautiful words.
NOTE Confidence: 0.5086317

00:57:16.212 --> 00:57:20.078 Hi baby, an Betacam and will be so
NOTE Confidence: 0.5086317

00:57:20.080 --> 00:57:22.990 karangelen shukran shukran.
NOTE Confidence: 0.5086317

00:57:22.990 --> 00:57:24.610 OK, thank you everyone.