WEBVTT

NOTE duration:"01:27:39.6480000"

NOTE language:en-us

NOTE Confidence: 0.831987

00:00:00.000 --> 00:00:02.808 One I'm ready to Sinha and Chief of the

NOTE Confidence: 0.831987

00:00:02.808 --> 00:00:05.126 psychology section here in our Department,

NOTE Confidence: 0.831987

00:00:05.130 --> 00:00:07.850 and I want to welcome you all to the third

NOTE Confidence: 0.831987

00:00:07.915 --> 00:00:10.499 Sidney J Blad lecture today I've had the

NOTE Confidence: 0.831987

00:00:10.499 --> 00:00:13.259 honor and privilege to follow Doctor Blad

NOTE Confidence: 0.831987

00:00:13.259 --> 00:00:15.732 as psychology section chief and there

NOTE Confidence: 0.831987

00:00:15.732 --> 00:00:19.188 have been some very big shoes to fill.

NOTE Confidence: 0.831987

00:00:19.190 --> 00:00:22.926 In almost his 50 years here at Yale,

NOTE Confidence: 0.831987

00:00:22.930 --> 00:00:26.360 he grew our psychology section from 2

NOTE Confidence: 0.831987

00:00:26.360 --> 00:00:29.927 faculty members 50 more than 50 years ago.

NOTE Confidence: 0.831987

00:00:29.930 --> 00:00:32.726 Now to over 100 full-time faculty,

NOTE Confidence: 0.831987

00:00:32.730 --> 00:00:35.070 more than 200 voluntary psychologists,

NOTE Confidence: 0.831987

00:00:35.070 --> 00:00:38.360 and we are now among, I think,

NOTE Confidence: 0.831987

00:00:38.360 --> 00:00:40.760 the largest psychology section at

1

NOTE Confidence: 0.831987

00:00:40.760 --> 00:00:43.470 any medical school in the country,

NOTE Confidence: 0.831987

00:00:43.470 --> 00:00:46.592 contributing really in a very diverse way

NOTE Confidence: 0.831987

00:00:46.592 --> 00:00:49.700 to our wonderful psychiatry Department.

NOTE Confidence: 0.831987

00:00:49.700 --> 00:00:52.472 Sid had a very special warm and

NOTE Confidence: 0.831987

00:00:52.472 --> 00:00:54.649 wise approach to leading us.

NOTE Confidence: 0.831987

00:00:54.650 --> 00:00:57.305 I know how hard it is to emulate that

NOTE Confidence: 0.831987

00:00:57.305 --> 00:00:59.804 he has touched and helped so many

NOTE Confidence: 0.831987

00:00:59.804 --> 00:01:02.608 of us in building our careers and

NOTE Confidence: 0.831987

00:01:02.608 --> 00:01:05.224 helping us flourish and to really

NOTE Confidence: 0.831987

00:01:05.224 --> 00:01:06.484 propagate our discipline.

NOTE Confidence: 0.831987

00:01:06.484 --> 00:01:09.368 And for that we are eternally grateful

NOTE Confidence: 0.831987

00:01:09.368 --> 00:01:12.269 for those of you who did not know him,

NOTE Confidence: 0.831987

00:01:12.270 --> 00:01:14.760 you will hear briefly about his

NOTE Confidence: 0.831987

00:01:14.760 --> 00:01:16.420 special abilities and qualities

NOTE Confidence: 0.831987

00:01:16.491 --> 00:01:18.135 and what we miss so much.

NOTE Confidence: 0.831987

00:01:18.140 --> 00:01:18.872 Even today.

NOTE Confidence: 0.831987

00:01:18.872 --> 00:01:19.970 Most of all,

NOTE Confidence: 0.831987

00:01:19.970 --> 00:01:22.308 I'm very appreciative of the black family

NOTE Confidence: 0.831987

00:01:22.308 --> 00:01:24.010 for establishing this lectureship.

NOTE Confidence: 0.831987

00:01:24.010 --> 00:01:25.180 This is allowed.

NOTE Confidence: 0.831987

00:01:25.180 --> 00:01:26.740 USTA celebrates its contributions

NOTE Confidence: 0.831987

00:01:26.740 --> 00:01:28.900 each year to recognize them,

NOTE Confidence: 0.831987

00:01:28.900 --> 00:01:31.483 learn from them here from great speakers

NOTE Confidence: 0.831987

00:01:31.483 --> 00:01:33.961 each year and two most importantly

NOTE Confidence: 0.831987

00:01:33.961 --> 00:01:36.547 help us sort of recognize their

NOTE Confidence: 0.831987

00:01:36.547 --> 00:01:38.720 importance and incorporate the work

NOTE Confidence: 0.831987

00:01:38.720 --> 00:01:41.222 in our current and future endeavors.

NOTE Confidence: 0.831987

00:01:41.230 --> 00:01:42.532 So with that,

NOTE Confidence: 0.831987

00:01:42.532 --> 00:01:45.570 let me Calapan Doctor John Crystal are

NOTE Confidence: 0.831987

00:01:45.662 --> 00:01:48.734 chair of the Department to say a few

NOTE Confidence: 0.831987

00:01:48.734 --> 00:01:52.097 words and also to introduce David Black.

NOTE Confidence: 0.831987

00:01:52.100 --> 00:01:52.485 John,

NOTE Confidence: 0.831987

00:01:52.485 --> 00:01:52.870 yes,

NOTE Confidence: 0.83098686

00:01:52.870 --> 00:01:55.581 thank you so much. Let me just

NOTE Confidence: 0.83098686

00:01:55.581 --> 00:01:57.910 add my welcome to this lecture.

NOTE Confidence: 0.83098686

00:01:57.910 --> 00:01:59.840 This is a very special

NOTE Confidence: 0.83098686

00:01:59.840 --> 00:02:01.384 day for the Department.

NOTE Confidence: 0.83098686

00:02:01.390 --> 00:02:03.320 Every year in three years

NOTE Confidence: 0.83098686

00:02:03.320 --> 00:02:04.864 we've had just remarkable.

NOTE Confidence: 0.86714

00:02:07.180 --> 00:02:09.056 Presentations and and communal

NOTE Confidence: 0.86714

00:02:09.056 --> 00:02:11.401 discussions that have really elevated

NOTE Confidence: 0.86714

00:02:11.401 --> 00:02:13.865 discourse in our Department as benefits.

NOTE Confidence: 0.86714

00:02:13.865 --> 00:02:16.630 Since memory and today will be

NOTE Confidence: 0.86714

00:02:16.630 --> 00:02:18.677 no exception, we're very pleased.

NOTE Confidence: 0.86714

00:02:18.677 --> 00:02:19.904 Professor Wampold that

NOTE Confidence: 0.86714

00:02:19.904 --> 00:02:21.540 you've joined us today.

NOTE Confidence: 0.86714

00:02:21.540 --> 00:02:24.235 I also want to extend my thanks

NOTE Confidence: 0.86714

00:02:24.235 --> 00:02:26.450 to David and Lisa Blatt,

NOTE Confidence: 0.86714

00:02:26.450 --> 00:02:30.130 who are on the call and who will speak

NOTE Confidence: 0.86714

00:02:30.130 --> 00:02:32.560 for creating this opportunity to come

NOTE Confidence: 0.86714

00:02:32.560 --> 00:02:34.630 together and both remember sedan.

NOTE Confidence: 0.86714

00:02:34.630 --> 00:02:37.486 Look to the future of of psychology.

NOTE Confidence: 0.86714

00:02:37.490 --> 00:02:40.360 I just wanted to say a couple

NOTE Confidence: 0.86714

00:02:40.360 --> 00:02:41.988 of words about Sid.

NOTE Confidence: 0.85068774

00:02:44.520 --> 00:02:48.088 He was he was really quite a remarkable

NOTE Confidence: 0.85068774

00:02:48.088 --> 00:02:50.928 figure this morning I was rereading

NOTE Confidence: 0.85068774

00:02:50.928 --> 00:02:53.946 notes from the farewell address of

NOTE Confidence: 0.85068774

00:02:53.946 --> 00:02:56.833 Fritz Redlich who was the chair

NOTE Confidence: 0.85068774

00:02:56.833 --> 00:02:59.083 of the Department of Psychiatry,

NOTE Confidence: 0.85068774

00:02:59.090 --> 00:03:02.380 who stepped down and who credits Sid

NOTE Confidence: 0.85068774

00:03:02.380 --> 00:03:04.260 particularly for building psychology

NOTE Confidence: 0.85068774

00:03:04.260 --> 00:03:06.610 within psychiatry back in 1967.

00:03:08.830 --> 00:03:11.655 Remarkably, Sid led the section

00:03:11.655 --> 00:03:15.848 of psychology for 40 years.

00:03:15.850 --> 00:03:21.160 So you have what? 35 more years to

00:03:21.160 --> 00:03:25.812 go rajita continue that legacy that

00:03:25.812 --> 00:03:28.234 say it's an unspeakable, unspeakable,

00:03:28.234 --> 00:03:32.106 let legacy and and we think of him,

00:03:32.110 --> 00:03:35.008 his asmodel teacher as a mentor.

00:03:35.010 --> 00:03:36.528 As an investigator,

00:03:36.528 --> 00:03:40.340 particularly for his work on the study of

00:03:40.340 --> 00:03:43.239 the nature and treatment of depression.

00:03:43.239 --> 00:03:45.428 And of course, husband,

00:03:45.428 --> 00:03:48.380 father, colleague, and friend.

00:03:48.380 --> 00:03:52.028 I first met said.

00:03:52.030 --> 00:03:55.438 Just a little over 40 years ago and

00:03:55.438 --> 00:03:58.042 my father, who was a psychoanalyst,

00:03:58.042 --> 00:04:00.980 suggested that I should look him up.

NOTE Confidence: 0.78378356

00:04:00.980 --> 00:04:04.382 When I came to Yale for medical school,

NOTE Confidence: 0.78378356

00:04:04.382 --> 00:04:05.706 and you know,

NOTE Confidence: 0.78378356

00:04:05.706 --> 00:04:07.946 I had no expectations of

NOTE Confidence: 0.78378356

00:04:07.946 --> 00:04:09.920 what would come of the

NOTE Confidence: 0.879050225

00:04:09.920 --> 00:04:12.128 discussion. And yet. From

NOTE Confidence: 0.8566997

00:04:12.130 --> 00:04:15.007 the first meeting, he was so incredibly

NOTE Confidence: 0.8566997

00:04:15.007 --> 00:04:18.258 open and kind that that I met with him.

NOTE Confidence: 0.8566997

00:04:18.260 --> 00:04:20.939 You know, many, many times over the

NOTE Confidence: 0.8566997

00:04:20.940 --> 00:04:23.154 succeeding years and had the opportunity

NOTE Confidence: 0.8566997

00:04:23.154 --> 00:04:25.540 to work with him more closely.

NOTE Confidence: 0.8566997

00:04:25.540 --> 00:04:28.214 When I became chair of the Department.

NOTE Confidence: 0.8583835

00:04:30.190 --> 00:04:31.738 And so I mean,

NOTE Confidence: 0.8583835

00:04:31.740 --> 00:04:34.449 that's the kind of guy said was,

NOTE Confidence: 0.8583835

00:04:34.450 --> 00:04:37.145 which was you could you could easily

NOTE Confidence: 0.8583835

00:04:37.145 --> 00:04:39.525 find yourself both entrance band adopted

NOTE Confidence: 0.8583835

00:04:39.525 --> 00:04:42.570 in the context of getting to know him.

NOTE Confidence: 0.8583835

00:04:42.570 --> 00:04:46.026 Well. He was a very very

NOTE Confidence: 0.8583835

00:04:46.026 --> 00:04:48.330 special in generative person.

NOTE Confidence: 0.8583835

00:04:48.330 --> 00:04:51.476 It's my pleasure today to introduce

NOTE Confidence: 0.8583835

00:04:51.476 --> 00:04:54.096 another COP, not a policeman.

NOTE Confidence: 0.8583835

00:04:54.096 --> 00:04:57.766 Not a cop, but child of psychoanalysts.

NOTE Confidence: 0.8583835

00:04:57.766 --> 00:05:00.848 And in that is David Blatt,

NOTE Confidence: 0.8583835

00:05:00.848 --> 00:05:04.390 who I've also gotten to know in

NOTE Confidence: 0.8583835

00:05:04.499 --> 00:05:07.793 the context of of saying goodbye

NOTE Confidence: 0.8583835

00:05:07.793 --> 00:05:11.388 to said before and now and now,

NOTE Confidence: 0.8583835

00:05:11.390 --> 00:05:14.480 celebrating this this.

NOTE Confidence: 0.8583835

00:05:14.480 --> 00:05:15.882 Annual celebration,

NOTE Confidence: 0.8583835

00:05:15.882 --> 00:05:19.387 so it's my tremendous pleasure.

NOTE Confidence: 0.8583835

00:05:19.390 --> 00:05:22.130 If you're on the call, David.

NOTE Confidence: 0.8583835

00:05:22.130 --> 00:05:23.636 To introduce you to say a

NOTE Confidence: 0.8583835

00:05:23.636 --> 00:05:25.050 few words at this point.

NOTE Confidence: 0.8367986

00:05:28.190 --> 00:05:29.510 I saw Lisa. I don't know

NOTE Confidence: 0.8367986

00:05:29.510 --> 00:05:30.830 if I if David is on.

NOTE Confidence: 0.8870331

00:05:32.620 --> 00:05:33.859 You're muted David.

NOTE Confidence: 0.86606485

00:05:43.450 --> 00:05:44.758 He is still muted.

NOTE Confidence: 0.78217334

00:05:51.530 --> 00:05:53.140 Chris, could you unmute David?

NOTE Confidence: 0.7840158

00:05:55.610 --> 00:05:57.750 I don't see David's name

NOTE Confidence: 0.7840158

00:05:57.750 --> 00:05:59.028 on the list

NOTE Confidence: 0.7840158

00:05:59.030 --> 00:06:03.428 listed as Lisa Blatt. You are I'm OK.

NOTE Confidence: 0.7840158

00:06:03.428 --> 00:06:05.758 Yeah OK yes, sorry this. What happens

NOTE Confidence: 0.83334875

00:06:05.760 --> 00:06:09.620 when you use your wife's computer.

NOTE Confidence: 0.83334875

00:06:09.620 --> 00:06:11.600 So thank you so much.

NOTE Confidence: 0.83334875

00:06:11.600 --> 00:06:13.580 Both Doctor Sinha and Doctor

NOTE Confidence: 0.83334875

00:06:13.580 --> 00:06:15.560 Crystal for your kind words.

NOTE Confidence: 0.83334875

00:06:15.560 --> 00:06:18.108 Thank you to the Department of Psychiatry

NOTE Confidence: 0.83334875

00:06:18.108 --> 00:06:20.949 for hosting and thank you Doctor Wampole

NOTE Confidence: 0.83334875

00:06:20.949 --> 00:06:23.475 for presenting today at this lectureship.

NOTE Confidence: 0.83334875

00:06:23.480 --> 00:06:25.796 My dad would have thought these

NOTE Confidence: 0.83334875

00:06:25.796 --> 00:06:27.840 to be fairly remarkable times.

NOTE Confidence: 0.83334875

00:06:27.840 --> 00:06:29.396 He would have had.

NOTE Confidence: 0.83334875

00:06:29.396 --> 00:06:32.205 I'm sure in private and certainly with

NOTE Confidence: 0.83334875

00:06:32.205 --> 00:06:34.563 his family some very choice words

NOTE Confidence: 0.83334875

00:06:34.563 --> 00:06:36.615 for our current political leaders,

NOTE Confidence: 0.83334875

00:06:36.615 --> 00:06:40.800 but I think he would have been most alarmed.

NOTE Confidence: 0.83334875

00:06:40.800 --> 00:06:43.194 Yeah, publicly by the rise in

NOTE Confidence: 0.83334875

00:06:43.194 --> 00:06:45.297 anxiety and depression and mental

NOTE Confidence: 0.83334875

00:06:45.297 --> 00:06:47.009 illness in our society,

NOTE Confidence: 0.83334875

00:06:47.010 --> 00:06:49.802 and I think he would have been most

NOTE Confidence: 0.83334875

00:06:49.802 --> 00:06:52.463 interested in the ways in which

NOTE Confidence: 0.83334875

00:06:52.463 --> 00:06:54.818 individuals have managed to pursue

NOTE Confidence: 0.83334875

00:06:54.818 --> 00:06:57.330 relationships over new mediums like this.

NOTE Confidence: 0.83334875

00:06:57.330 --> 00:06:59.730 And through old methods like sitting

NOTE Confidence: 0.83334875

00:06:59.730 --> 00:07:02.328 on porches and walking with friends.

NOTE Confidence: 0.83334875

00:07:02.330 --> 00:07:03.266 So thank you.

NOTE Confidence: 0.83334875

00:07:03.266 --> 00:07:05.992 Thank you all of you for coming to

NOTE Confidence: 0.83334875

00:07:05.992 --> 00:07:08.347 this socially distance lecture and

NOTE Confidence: 0.83334875

00:07:08.347 --> 00:07:11.210 continuing the connections and interactions.

NOTE Confidence: 0.83334875

00:07:11.210 --> 00:07:13.226 That my dad enjoyed so much.

NOTE Confidence: 0.83334875

00:07:13.230 --> 00:07:13.910 Thank you.

NOTE Confidence: 0.8330258

00:07:15.300 --> 00:07:17.760 Thank you so much David.

NOTE Confidence: 0.8330258

00:07:17.760 --> 00:07:21.657 Let me ask Doctor K Long to say a

NOTE Confidence: 0.8330258

00:07:21.657 --> 00:07:25.608 few words about said as a mentor,

NOTE Confidence: 0.8330258

00:07:25.610 --> 00:07:28.070 friend, scientist and an colleague.

NOTE Confidence: 0.8984649

00:07:29.580 --> 00:07:32.358 Yes, thank you.

NOTE Confidence: 0.8984649

00:07:32.360 --> 00:07:35.167 It's my happy task to say a

NOTE Confidence: 0.8984649

00:07:35.167 --> 00:07:37.399 few words about Sid Blatt,

NOTE Confidence: 0.8984649

00:07:37.400 --> 00:07:39.500 whose memory we're honoring today,

NOTE Confidence: 0.8984649

00:07:39.500 --> 00:07:42.440 said, was my teacher, mentor, and friend.

NOTE Confidence: 0.8984649

00:07:42.440 --> 00:07:44.960 More than 30 years in 1986,

NOTE Confidence: 0.8984649

00:07:44.960 --> 00:07:47.676 I moved from Texas with my young

NOTE Confidence: 0.8984649

00:07:47.676 --> 00:07:50.868 family to spend one year in New

NOTE Confidence: 0.8984649

00:07:50.868 --> 00:07:53.293 Haven in the predoctoral psychology

NOTE Confidence: 0.8984649

00:07:53.293 --> 00:07:55.728 training program that said lead.

NOTE Confidence: 0.8984649

00:07:55.730 --> 00:07:58.619 I never returned to Texas as I planned and

NOTE Confidence: 0.8984649

00:07:58.619 --> 00:08:01.500 Sid had a lot to do with that decision.

NOTE Confidence: 0.8984649

00:08:01.500 --> 00:08:04.070 Sid was a professor in the Yale

NOTE Confidence: 0.8984649

00:08:04.070 --> 00:08:05.852 Psychiatry Department as we've heard for

NOTE Confidence: 0.8984649

00:08:05.852 --> 00:08:08.000 almost 50 years for more than 50 years.

NOTE Confidence: 0.8984649

00:08:08.000 --> 00:08:09.438 Actually, most of that time,

NOTE Confidence: 0.8984649

00:08:09.438 --> 00:08:12.280 as the chief of the psychology section.

NOTE Confidence: 0.8984649

00:08:12.280 --> 00:08:15.160 He was a leading personality

NOTE Confidence: 0.8984649

00:08:15.160 --> 00:08:17.340 theorist or prolific researcher,

NOTE Confidence: 0.8984649

00:08:17.340 --> 00:08:19.428 a gifted psychoanalytic clinician.

NOTE Confidence: 0.8984649

00:08:19.428 --> 00:08:23.830 A master in the almost lost art of

NOTE Confidence: 0.8984649

00:08:23.830 --> 00:08:25.754 psychodynamic, psychological testing,

NOTE Confidence: 0.8984649

00:08:25.754 --> 00:08:29.089 a revered teacher and mentor.

NOTE Confidence: 0.8984649

00:08:29.090 --> 00:08:31.854 Sid was a true Renaissance man whose

NOTE Confidence: 0.8984649

00:08:31.854 --> 00:08:35.166 work was marked not just by the highest

NOTE Confidence: 0.8984649

00:08:35.166 --> 00:08:37.296 achievements in each of these areas,

NOTE Confidence: 0.8984649

00:08:37.300 --> 00:08:40.849 but also by his unique ability to

NOTE Confidence: 0.8984649

00:08:40.849 --> 00:08:43.410 integrate these interests seamlessly.

NOTE Confidence: 0.8984649

00:08:43.410 --> 00:08:46.068 Since life work of theoretical clinical,

NOTE Confidence: 0.8984649

00:08:46.070 --> 00:08:48.285 an empirical contributions began with

NOTE Confidence: 0.8984649

00:08:48.285 --> 00:08:50.920 a simple but profound observation.

NOTE Confidence: 0.8984649

00:08:50.920 --> 00:08:52.857 During his analytic training,

NOTE Confidence: 0.8984649

00:08:52.857 --> 00:08:55.874 he saw that the two patients he was

NOTE Confidence: 0.8984649

00:08:55.874 --> 00:08:58.930 treating had similar symptoms of depression.

NOTE Confidence: 0.8984649

00:08:58.930 --> 00:09:01.920 But each was occupied with

13

NOTE Confidence: 0.8984649

00:09:01.920 --> 00:09:03.090 different concerns.

NOTE Confidence: 0.8984649

00:09:03.090 --> 00:09:05.814 Said saw that his patients worries

NOTE Confidence: 0.8984649

00:09:05.814 --> 00:09:07.630 coalesced around two distinct

NOTE Confidence: 0.8984649

00:09:07.706 --> 00:09:09.338 but interrelated poles.

NOTE Confidence: 0.8984649

00:09:09.340 --> 00:09:12.440 What he termed self definition

NOTE Confidence: 0.8984649

00:09:12.440 --> 00:09:13.680 and relatedness.

NOTE Confidence: 0.8984649

00:09:13.680 --> 00:09:15.983 It was a mark of his brilliance

NOTE Confidence: 0.8984649

00:09:15.983 --> 00:09:18.240 that from this observation he

NOTE Confidence: 0.8984649

00:09:18.240 --> 00:09:20.025 developed groundbreaking theories

NOTE Confidence: 0.8984649

00:09:20.025 --> 00:09:23.000 of normal and abnormal development

NOTE Confidence: 0.8984649

00:09:23.072 --> 00:09:25.300 and personality organization and

NOTE Confidence: 0.8984649

00:09:25.300 --> 00:09:28.085 extensive body of empirical research.

NOTE Confidence: 0.8984649

00:09:28.090 --> 00:09:30.260 Including the development of widely

NOTE Confidence: 0.8984649

00:09:30.260 --> 00:09:32.430 used scientific measures and theories

NOTE Confidence: 0.8984649

00:09:32.490 --> 00:09:34.690 and techniques of therapeutic change,

NOTE Confidence: 0.8984649

00:09:34.690 --> 00:09:36.360 but this particular genius,

NOTE Confidence: 0.8984649

00:09:36.360 --> 00:09:39.160 the ability to see the big ideas in

NOTE Confidence: 0.8984649

00:09:39.160 --> 00:09:42.011 a simple observation extended beyond

NOTE Confidence: 0.8984649

00:09:42.011 --> 00:09:45.036 his theoretical and empirical work.

NOTE Confidence: 0.8984649

00:09:45.040 --> 00:09:47.740 Into his unique ability to find

NOTE Confidence: 0.8984649

00:09:47.740 --> 00:09:50.612 and nurture the talents in his

NOTE Confidence: 0.8984649

00:09:50.612 --> 00:09:52.576 many students and colleagues.

NOTE Confidence: 0.8984649

00:09:52.580 --> 00:09:54.405 If we measure Sid's achievements

NOTE Confidence: 0.8984649

00:09:54.405 --> 00:09:56.697 in terms of the volume and

NOTE Confidence: 0.8984649

00:09:56.697 --> 00:09:58.687 quality of his scholarly output.

NOTE Confidence: 0.8984649

00:09:58.690 --> 00:10:01.448 The more than 200. 20 published articles.

NOTE Confidence: 0.8984649

00:10:01.450 --> 00:10:05.472 The 17 books, one on art history no less.

NOTE Confidence: 0.8984649

00:10:05.472 --> 00:10:07.256 The result is extraordinary,

NOTE Confidence: 0.8984649

00:10:07.260 --> 00:10:10.838 but if we look at the exponential effect

NOTE Confidence: 0.8984649

00:10:10.838 --> 00:10:13.962 of his impact on generations of scholars,

NOTE Confidence: 0.8984649

00:10:13.962 --> 00:10:17.547 many of whom have become who have become

NOTE Confidence: 0.8984649

00:10:17.547 --> 00:10:20.229 leading figures in the field themselves,

NOTE Confidence: 0.8984649

00:10:20.230 --> 00:10:23.530 his contributions are truly remarkable.

NOTE Confidence: 0.8984649

00:10:23.530 --> 00:10:24.809 In Peter Fonagy's words,

NOTE Confidence: 0.8984649

00:10:24.809 --> 00:10:26.930 Sid was the talent scout of the

NOTE Confidence: 0.8984649

00:10:26.992 --> 00:10:28.708 psychoanalytic academic world.

NOTE Confidence: 0.8984649

00:10:28.710 --> 00:10:30.190 He had a rare,

NOTE Confidence: 0.8984649

00:10:30.190 --> 00:10:31.995 an life changing ability to

NOTE Confidence: 0.8984649

00:10:31.995 --> 00:10:34.260 see not just who you were,

NOTE Confidence: 0.8984649

00:10:34.260 --> 00:10:38.124 but who you had the potential to become.

NOTE Confidence: 0.8984649

00:10:38.130 --> 00:10:40.998 He could be demanding intimidating even,

NOTE Confidence: 0.8984649

00:10:41.000 --> 00:10:44.290 but he was always kind.

NOTE Confidence: 0.8984649

00:10:44.290 --> 00:10:47.314 Over the years, every time I met was said.

NOTE Confidence: 0.8984649

00:10:47.320 --> 00:10:50.072 I would find myself taking a mental inventory

NOTE Confidence: 0.8984649

00:10:50.072 --> 00:10:52.648 of what I've done since we last met.

NOTE Confidence: 0.8984649

00:10:52.650 --> 00:10:54.138 I'd evaluate myself through

NOTE Confidence: 0.8984649

00:10:54.138 --> 00:10:56.370 his eyes and worry whether I

NOTE Confidence: 0.8984649

00:10:56.443 --> 00:10:58.435 had enough to show for myself.

NOTE Confidence: 0.8984649

00:10:58.440 --> 00:11:00.300 But our actual encounters

NOTE Confidence: 0.8984649

00:11:00.300 --> 00:11:02.160 were never like that.

NOTE Confidence: 0.8984649

00:11:02.160 --> 00:11:04.572 They were filled with warmth and

NOTE Confidence: 0.8984649

00:11:04.572 --> 00:11:06.890 interest in each other's families.

NOTE Confidence: 0.8984649

00:11:06.890 --> 00:11:09.450 I came to realize that I held him in my

NOTE Confidence: 0.8412985

00:11:09.515 --> 00:11:11.210 mind as a prod Tord

NOTE Confidence: 0.8412985

00:11:11.210 --> 00:11:12.930 aspirations and achievements.

NOTE Confidence: 0.8412985

00:11:12.930 --> 00:11:15.274 And I count myself lucky to be one

NOTE Confidence: 0.8412985

00:11:15.274 --> 00:11:17.820 of a great many psychologists,

NOTE Confidence: 0.8412985

00:11:17.820 --> 00:11:18.870 psychiatrists and psychoanalysts

NOTE Confidence: 0.8412985

00:11:18.870 --> 00:11:20.620 around the world who can

NOTE Confidence: 0.8412985

00:11:20.620 --> 00:11:22.329 say with deep appreciation.

NOTE Confidence: 0.8412985

00:11:22.330 --> 00:11:24.604 That's it's confidence in me and

NOTE Confidence: 0.8412985

00:11:24.604 --> 00:11:26.924 his interest in me changed the

17

NOTE Confidence: 0.8412985

00:11:26.924 --> 00:11:29.465 course of my career and my life.

NOTE Confidence: 0.6461506

00:11:33.020 --> 00:11:37.955 Thank you K. Let me ask Doctor Matthew

NOTE Confidence: 0.6461506

00:11:37.955 --> 00:11:41.095 Steinfeldt now to please introduce our

NOTE Confidence: 0.6461506

00:11:41.095 --> 00:11:44.209 speaker for today Doctor Bruce Wampold.

NOTE Confidence: 0.7989912

00:11:45.200 --> 00:11:48.604 Thank you Doctor Sinha so I have the great

NOTE Confidence: 0.7989912

00:11:48.604 --> 00:11:51.250 honor to introduce our speaker this morning.

NOTE Confidence: 0.7989912

00:11:51.250 --> 00:11:53.512 Doctor Bruce Wampold is emeritus professor

NOTE Confidence: 0.7989912

00:11:53.512 --> 00:11:55.784 and previously the Patricia L Wallet

NOTE Confidence: 0.7989912

00:11:55.784 --> 00:11:57.292 professor of counseling Psychology

NOTE Confidence: 0.7989912

00:11:57.292 --> 00:11:59.656 at University of Wisconsin, Madison.

NOTE Confidence: 0.7989912

00:11:59.656 --> 00:12:03.161 He is a senior researcher at the Research

NOTE Confidence: 0.7989912

00:12:03.161 --> 00:12:05.226 Institute Institute at Modem Bad

NOTE Confidence: 0.7989912

00:12:05.226 --> 00:12:07.288 Psychiatric Center in Vickerson, Norway,

NOTE Confidence: 0.7989912

00:12:07.290 --> 00:12:09.362 and chief scientist at tharavu.com,

NOTE Confidence: 0.7989912

00:12:09.362 --> 00:12:11.836 an online platform dedicated to helping

NOTE Confidence: 0.7989912

18

00:12:11.836 --> 00:12:13.489 psychotherapists develop and maintain

NOTE Confidence: 0.7989912

00:12:13.490 --> 00:12:15.138 therapeutic capacities and skills.

NOTE Confidence: 0.7989912

00:12:15.138 --> 00:12:17.621 Doctor Wampold received his BA in

NOTE Confidence: 0.7989912

00:12:17.621 --> 00:12:19.676 mathematics from the University of

NOTE Confidence: 0.7989912

00:12:19.680 --> 00:12:21.336 Washington Masters in Educational

NOTE Confidence: 0.7989912

00:12:21.336 --> 00:12:23.814 Psychology from the University of Hawaii

NOTE Confidence: 0.7989912

00:12:23.814 --> 00:12:26.292 and his PhD in counseling psychology

NOTE Confidence: 0.7989912

00:12:26.292 --> 00:12:28.603 from the University of California,

NOTE Confidence: 0.7989912

00:12:28.603 --> 00:12:29.929 Santa Barbara.

NOTE Confidence: 0.7989912

00:12:29.930 --> 00:12:32.336 His research has sought to understand

NOTE Confidence: 0.7989912

00:12:32.336 --> 00:12:33.940 psychotherapy from empirical, historical,

NOTE Confidence: 0.7989912

00:12:33.940 --> 00:12:34.740 anthropological perspectives.

NOTE Confidence: 0.7989912

00:12:34.740 --> 00:12:37.550 This work is summarized in his book

NOTE Confidence: 0.7989912

00:12:37.550 --> 00:12:39.153 The Great Psychotherapy Debate.

NOTE Confidence: 0.7989912

00:12:39.153 --> 00:12:41.160 The evidence for what makes

NOTE Confidence: 0.7989912

00:12:41.160 --> 00:12:43.164 psychotherapy work published in 2013,

NOTE Confidence: 0.7989912

00:12:43.164 --> 00:12:44.770 now in second edition,

NOTE Confidence: 0.7989912

00:12:44.770 --> 00:12:46.770 and which has been cited

NOTE Confidence: 0.7989912

00:12:46.770 --> 00:12:48.952 almost 5000 times since then.

NOTE Confidence: 0.7989912

00:12:48.952 --> 00:12:52.580 Doctor Wampold is a fellow of the

NOTE Confidence: 0.7989912

00:12:52.580 --> 00:12:53.930 American Psychological Association

NOTE Confidence: 0.7989912

00:12:53.930 --> 00:12:55.280 in Divisions twelve,

NOTE Confidence: 0.7989912

00:12:55.280 --> 00:12:56.624 1729 and 45,

NOTE Confidence: 0.7989912

00:12:56.624 --> 00:12:58.864 a diplomat in counseling psychology

NOTE Confidence: 0.86316407

00:12:58.870 --> 00:13:01.110 of the American Board of

NOTE Confidence: 0.86316407

00:13:01.110 --> 00:13:02.910 Professional Psychology. The recipient

NOTE Confidence: 0.86316407

00:13:02.910 --> 00:13:05.158 of the 2007 Distinguished Professional

NOTE Confidence: 0.86316407

00:13:05.158 --> 00:13:07.398 Contributions to Applied Research Award

NOTE Confidence: 0.86316407

00:13:07.400 --> 00:13:09.644 from the American Psychological Association

NOTE Confidence: 0.86316407

00:13:09.644 --> 00:13:11.440 2015 Distinguished Research Career

NOTE Confidence: 0.86316407

00:13:11.440 --> 00:13:12.790 Award from the

NOTE Confidence: 0.86316407

00:13:12.790 --> 00:13:15.680 Society for Psychotherapy Research. And

NOTE Confidence: 0.8713832

00:13:15.680 --> 00:13:17.480 an honorary doctor in the

NOTE Confidence: 0.8713832

00:13:17.480 --> 00:13:18.920 social Sciences. Ordered from

NOTE Confidence: 0.844526342857143

00:13:18.920 --> 00:13:20.502 Stockholm University.

NOTE Confidence: 0.844526342857143

00:13:20.502 --> 00:13:24.457 Doctor Wampold's work is especially

NOTE Confidence: 0.8337836

00:13:22.520 --> 00:13:24.460 relevant now. During this time,

NOTE Confidence: 0.8337836

00:13:24.460 --> 00:13:26.788 when fundamentalisms of all kind pervade

NOTE Confidence: 0.8337836

00:13:26.790 --> 00:13:27.948 everything from political

NOTE Confidence: 0.8337836

00:13:27.950 --> 00:13:29.120 discourse to ideological

NOTE Confidence: 0.843820266666667

00:13:29.120 --> 00:13:31.475 partisanship. His research orients us

NOTE Confidence: 0.843820266666667

00:13:31.475 --> 00:13:33.305 beyond the often constructed fault

NOTE Confidence: 0.843820266666667

00:13:33.305 --> 00:13:35.585 lines in our own fields to the deeper

NOTE Confidence: 0.843820266666667

00:13:35.585 --> 00:13:37.261 humanistic realities that undergird

NOTE Confidence: 0.843820266666667

00:13:37.261 --> 00:13:39.476 effective psychotherapy across modality in

NOTE Confidence: 0.8458276

00:13:39.480 --> 00:13:40.920 context in which have

NOTE Confidence: 0.8458276

00:13:40.920 --> 00:13:42.360 the potential to mitigate

NOTE Confidence: 0.8458276

00:13:42.360 --> 00:13:43.428 the truly staggering

NOTE Confidence: 0.8458276

00:13:43.430 --> 00:13:44.870 costs of human suffering,

NOTE Confidence: 0.8458276

00:13:44.870 --> 00:13:47.021 that all too often go unaddressed.

NOTE Confidence: 0.8458276

00:13:47.021 --> 00:13:48.820 His research is an ongoing

NOTE Confidence: 0.8458276

00:13:48.820 --> 00:13:51.330 invitation for all of us to think

NOTE Confidence: 0.8458276

00:13:51.330 --> 00:13:53.130 together about where our skills,

NOTE Confidence: 0.8458276

00:13:53.130 --> 00:13:55.640 models of the mind and brain and

NOTE Confidence: 0.8458276

00:13:55.640 --> 00:13:56.720 clinical commitments converge,

NOTE Confidence: 0.8458276

00:13:56.720 --> 00:13:58.152 and how these intersections

NOTE Confidence: 0.8458276

00:13:58.152 --> 00:13:59.950 can illuminate the way forward

NOTE Confidence: 0.8458276

00:13:59.950 --> 00:14:01.892 in the service of others.

NOTE Confidence: 0.8458276

00:14:01.892 --> 00:14:03.380 Please join me in

NOTE Confidence: 0.83862376

00:14:03.380 --> 00:14:06.300 welcoming Doctor Bruce Wampold.

NOTE Confidence: 0.9218028

00:14:06.300 --> 00:14:07.660 Well, thank you very much

NOTE Confidence: 0.9218028

00:14:07.660 --> 00:14:08.476 for the introduction.

NOTE Confidence: 0.9218028

00:14:08.480 --> 00:14:11.558 I have to say it's a great honor to.

NOTE Confidence: 0.9218028

00:14:11.560 --> 00:14:15.368 Give a lecture in.

NOTE Confidence: 0.9218028

00:14:15.370 --> 00:14:18.328 A lecture name for Sidney Black.

NOTE Confidence: 0.9218028

00:14:18.330 --> 00:14:22.290 I never had the opportunity to meet him,

NOTE Confidence: 0.9218028

00:14:22.290 --> 00:14:26.455 but clearly inspired by his brilliant work.

NOTE Confidence: 0.9218028

00:14:26.460 --> 00:14:29.372 To hear you talk about what he

NOTE Confidence: 0.9218028

00:14:29.372 --> 00:14:32.138 meant to you personally really

NOTE Confidence: 0.9218028

00:14:32.138 --> 00:14:35.668 brings another dimension to this.

NOTE Confidence: 0.9218028

00:14:35.670 --> 00:14:38.850 It's rare our field that somebody

NOTE Confidence: 0.9218028

00:14:38.850 --> 00:14:42.180 is so brilliant yet so engaged,

NOTE Confidence: 0.9218028

00:14:42.180 --> 00:14:44.890 so willing to mentor and

NOTE Confidence: 0.9218028

00:14:44.890 --> 00:14:47.058 bring forth new generations.

NOTE Confidence: 0.9218028

00:14:47.060 --> 00:14:50.018 You know long after we're done

NOTE Confidence: 0.9218028

00:14:50.018 --> 00:14:51.990 contributing to the scientific

NOTE Confidence: 0.9218028

00:14:52.079 --> 00:14:54.749 leadership scientific literature.

NOTE Confidence: 0.9218028

00:14:54.750 --> 00:14:58.020 It's the contributions of those people

NOTE Confidence: 0.9218028

00:14:58.020 --> 00:15:01.240 we mentored really carry the legacy,

NOTE Confidence: 0.9218028

00:15:01.240 --> 00:15:05.314 so it's just exciting to hear the

NOTE Confidence: 0.9218028

00:15:05.314 --> 00:15:09.477 personal stories of what Cindy meant too.

NOTE Confidence: 0.9218028

00:15:09.480 --> 00:15:14.900 Many of you so with that I'll start my talk.

NOTE Confidence: 0.9218028

00:15:14.900 --> 00:15:17.610 It's a little bit ironic.

NOTE Confidence: 0.9218028

00:15:17.610 --> 00:15:20.556 I'm talking about the importance of

NOTE Confidence: 0.9218028

00:15:20.556 --> 00:15:23.228 social relationships in a pandemic

NOTE Confidence: 0.9218028

00:15:23.228 --> 00:15:25.736 where we're socially isolated,

NOTE Confidence: 0.9218028

00:15:25.740 --> 00:15:29.076 but I think maybe it really

NOTE Confidence: 0.9218028

00:15:29.076 --> 00:15:31.700 emphasizes how important this is.

NOTE Confidence: 0.9218028

00:15:31.700 --> 00:15:36.036 I know here at the University was constant.

NOTE Confidence: 0.9218028

00:15:36.040 --> 00:15:39.616 The students are all clamored for.

NOTE Confidence: 0.9218028

00:15:39.620 --> 00:15:42.926 More technology and more distance learning,

NOTE Confidence: 0.9218028

00:15:42.930 --> 00:15:45.690 but with the potential pandemic

NOTE Confidence: 0.9218028

00:15:45.690 --> 00:15:47.898 is shown across education,

NOTE Confidence: 0.9218028

00:15:47.900 --> 00:15:50.660 is that the personal relationships

NOTE Confidence: 0.9218028

00:15:50.660 --> 00:15:52.316 are absolutely critical.

NOTE Confidence: 0.9218028

00:15:52.320 --> 00:15:56.728 People want to see and interact with their

NOTE Confidence: 0.9218028

00:15:56.728 --> 00:16:00.040 professors, their teachers and so on.

NOTE Confidence: 0.9218028

00:16:00.040 --> 00:16:01.891 So with that.

NOTE Confidence: 0.9218028

00:16:01.891 --> 00:16:04.976 I'm gonna share my slides.

NOTE Confidence: 0.9256902

00:16:09.370 --> 00:16:13.280 And please let me know that they are there.

NOTE Confidence: 0.83798677

00:16:16.250 --> 00:16:19.070 Everybody, yeah good thanks.

NOTE Confidence: 0.83798677

00:16:19.070 --> 00:16:24.980 OK thanks. So I'm just going to

NOTE Confidence: 0.83798677

00:16:24.980 --> 00:16:28.239 start with this notion that you know,

NOTE Confidence: 0.83798677

00:16:28.240 --> 00:16:30.708 humans are clearly characterized

NOTE Confidence: 0.83798677

00:16:30.708 --> 00:16:34.410 by very large and powerful brain.

NOTE Confidence: 0.83798677

00:16:34.410 --> 00:16:36.162 Why did that evolve?

NOTE Confidence: 0.83798677

00:16:36.162 --> 00:16:38.790 It's a very expensive organ that

NOTE Confidence: 0.83798677

00:16:38.875 --> 00:16:41.228 uses what 20% of our calories?

NOTE Confidence: 0.83798677

00:16:41.228 --> 00:16:44.920 And it weighs about 2% of our body weight,

NOTE Confidence: 0.83798677

00:16:44.920 --> 00:16:48.040 so the brain is very expensive Organism.

NOTE Confidence: 0.83798677

00:16:48.040 --> 00:16:50.596 But it evolved according to many.

NOTE Confidence: 0.83798677

00:16:50.600 --> 00:16:53.156 As you will know to manage

NOTE Confidence: 0.83798677

00:16:53.156 --> 00:16:54.008 social relationships.

NOTE Confidence: 0.83798677

00:16:54.010 --> 00:16:56.802 So here's just a graph of the size

NOTE Confidence: 0.83798677

00:16:56.802 --> 00:17:00.058 of the brain compared to the size

NOTE Confidence: 0.83798677

00:17:00.058 --> 00:17:02.528 of social networks in primates,

NOTE Confidence: 0.83798677

00:17:02.530 --> 00:17:05.820 and you can see there's a very.

NOTE Confidence: 0.83798677

00:17:05.820 --> 00:17:08.019 Strong positive relationship.

NOTE Confidence: 0.83798677

00:17:08.019 --> 00:17:11.684 The larger the social network.

NOTE Confidence: 0.83798677

00:17:11.690 --> 00:17:14.120 The larger the brain and the

NOTE Confidence: 0.83798677

00:17:14.120 --> 00:17:17.028 more capacity we need to manage

NOTE Confidence: 0.83798677

00:17:17.028 --> 00:17:18.828 those social relationships.

NOTE Confidence: 0.83798677

00:17:18.830 --> 00:17:21.210 So we have this remarkable.

NOTE Confidence: 0.8305595

00:17:24.270 --> 00:17:28.236 Organism organ that manage this

NOTE Confidence: 0.8305595

00:17:28.236 --> 00:17:31.644 these social relationship so

NOTE Confidence: 0.8305595

00:17:31.644 --> 00:17:34.960 wouldn't be surprising that.

NOTE Confidence: 0.8305595

00:17:34.960 --> 00:17:37.466 This was involved in healing as well,

NOTE Confidence: 0.8305595

00:17:37.470 --> 00:17:40.910 so two books that really.

NOTE Confidence: 0.8305595

00:17:40.910 --> 00:17:44.010 Summarize many important things about

NOTE Confidence: 0.8305595

00:17:44.010 --> 00:17:47.759 the social brains are the social

NOTE Confidence: 0.8305595

00:17:47.759 --> 00:17:51.047 which is a neuroscience book on.

NOTE Confidence: 0.8305595

00:17:51.050 --> 00:17:53.405 How we manage social relationships

NOTE Confidence: 0.8305595

00:17:53.405 --> 00:17:56.360 and connected which is based on the?

NOTE Confidence: 0.8305595

00:17:56.360 --> 00:17:57.695 The social contagion,

NOTE Confidence: 0.8305595

00:17:57.695 --> 00:18:01.530 the idea that what are friends are friends,

NOTE Confidence: 0.8305595

00:18:01.530 --> 00:18:02.452 friends, friends,

NOTE Confidence: 0.8305595

00:18:02.452 --> 00:18:05.218 think and do and believe affects

NOTE Confidence: 0.8305595

00:18:05.218 --> 00:18:08.110 what we think, do and believe.

NOTE Confidence: 0.8641919

00:18:10.740 --> 00:18:13.115 So let's talk about healing

NOTE Confidence: 0.8641919

00:18:13.115 --> 00:18:15.015 in a social relationship.

NOTE Confidence: 0.8641919

00:18:15.020 --> 00:18:16.920 Actually, ants do it.

NOTE Confidence: 0.8641919

00:18:16.920 --> 00:18:19.770 So this is quite unusual behavior,

NOTE Confidence: 0.8641919

00:18:19.770 --> 00:18:21.670 at least mystified scientists.

NOTE Confidence: 0.8641919

00:18:21.670 --> 00:18:23.570 For some some time.

NOTE Confidence: 0.8641919

00:18:23.570 --> 00:18:26.420 But when there's an Ant in

NOTE Confidence: 0.8641919

00:18:26.420 --> 00:18:28.320 the colony that's infected,

NOTE Confidence: 0.8641919

00:18:28.320 --> 00:18:31.638 it's interesting to know what they do.

NOTE Confidence: 0.8641919

00:18:31.640 --> 00:18:34.020 So if we were together,

NOTE Confidence: 0.8641919

00:18:34.020 --> 00:18:37.956 I could ask for for input from the

NOTE Confidence: 0.8641919

00:18:37.956 --> 00:18:41.450 audience about what they think they do.

NOTE Confidence: 0.8641919

00:18:41.450 --> 00:18:45.489 It might be that the other ants

NOTE Confidence: 0.8641919

00:18:45.489 --> 00:18:47.904 don't recognize that there's

NOTE Confidence: 0.8641919

00:18:47.904 --> 00:18:51.324 an Ant that's has a disease.

NOTE Confidence: 0.8641919

00:18:51.330 --> 00:18:54.361 Or it might be that the Ant

NOTE Confidence: 0.8641919

00:18:54.361 --> 00:18:55.660 become socially isolated.

NOTE Confidence: 0.8641919

00:18:55.660 --> 00:18:57.304 Kind of a quarantine,

NOTE Confidence: 0.8641919

00:18:57.304 --> 00:18:59.770 but what happens is the healthy

NOTE Confidence: 0.8641919

00:18:59.855 --> 00:19:02.555 ants take time in close physical

NOTE Confidence: 0.8641919

00:19:02.555 --> 00:19:04.750 proximity to the infected Ant,

NOTE Confidence: 0.8641919

00:19:04.750 --> 00:19:07.390 and this seems kind of counter

NOTE Confidence: 0.8641919

00:19:07.390 --> 00:19:09.641 intuitive why you would want

NOTE Confidence: 0.8641919

00:19:09.641 --> 00:19:11.676 to be in close proximity?

NOTE Confidence: 0.8641919

00:19:11.680 --> 00:19:12.154 Well,

NOTE Confidence: 0.8641919

00:19:12.154 --> 00:19:15.472 it turns out what happens is that

NOTE Confidence: 0.8641919

00:19:15.472 --> 00:19:17.851 physical proximity transmits a small

NOTE Confidence: 0.8641919

00:19:17.851 --> 00:19:21.410 amount of the pathogen to the healthy and.

NOTE Confidence: 0.8641919

00:19:21.410 --> 00:19:23.645 And the healthy Anthem develops

NOTE Confidence: 0.8641919

00:19:23.645 --> 00:19:25.880 an immune reaction and they

NOTE Confidence: 0.8641919

00:19:25.965 --> 00:19:28.089 call it social immunization.

NOTE Confidence: 0.8641919

00:19:28.090 --> 00:19:30.946 So it's a social healing practice.

NOTE Confidence: 0.8641919

00:19:30.950 --> 00:19:33.340 Bees do it as well,

NOTE Confidence: 0.8641919

00:19:33.340 --> 00:19:37.148 so if there's an infection in a beehive,

NOTE Confidence: 0.8641919

00:19:37.150 --> 00:19:40.966 the bees will phonetic Lee flap their wings,

NOTE Confidence: 0.8641919

00:19:40.970 --> 00:19:44.309 which raises the temperature of the hive,

NOTE Confidence: 0.8641919

00:19:44.310 --> 00:19:48.118 which in a way is a social fever.

NOTE Confidence: 0.8641919

00:19:48.120 --> 00:19:50.708 So it's interesting to

NOTE Confidence: 0.8641919

00:19:50.708 --> 00:19:53.296 see these social species.

NOTE Confidence: 0.8641919

00:19:53.300 --> 00:19:55.268 Healing and social ways.

NOTE Confidence: 0.809641218181818

00:19:57.620 --> 00:20:01.844 So vampire. Apps which are particularly

NOTE Confidence: 0.809641218181818

00:20:01.844 --> 00:20:05.330 social species don't do this.

NOTE Confidence: 0.809641218181818

00:20:05.330 --> 00:20:08.714 What they do is if there's an infection

NOTE Confidence: 0.809641218181818

00:20:08.714 --> 00:20:11.900 and they they do this experimentally

NOTE Confidence: 0.809641218181818

00:20:11.900 --> 00:20:14.152 as well as naturalistically

NOTE Confidence: 0.809641218181818

00:20:14.152 --> 00:20:17.409 the ants experience fatigue and

NOTE Confidence: 0.809641218181818

00:20:17.409 --> 00:20:20.799 lethargy and therefore reduce their

NOTE Confidence: 0.809641218181818

00:20:20.799 --> 00:20:23.282 social interaction with other

NOTE Confidence: 0.809641218181818

00:20:23.282 --> 00:20:25.526 particularly non kin conspecifics.

NOTE Confidence: 0.809641218181818

00:20:25.530 --> 00:20:29.210 So this is social quarantine.

NOTE Confidence: 0.809641218181818

00:20:29.210 --> 00:20:30.419 So we see.

NOTE Confidence: 0.7212133

00:20:33.580 --> 00:20:35.182 Ants or insects.

NOTE Confidence: 0.7212133

00:20:35.182 --> 00:20:39.870 I should say which are very social animals.

NOTE Confidence: 0.7212133

00:20:39.870 --> 00:20:42.790 Healing in the social way.

NOTE Confidence: 0.7212133

00:20:42.790 --> 00:20:46.059 So one of the questions in this

NOTE Confidence: 0.7212133

00:20:46.059 --> 00:20:49.179 social healing is how the infected?

NOTE Confidence: 0.7212133

00:20:49.180 --> 00:20:54.450 Insect. Signals to the other.

NOTE Confidence: 0.7212133

00:20:54.450 --> 00:20:56.398 Insects that it's six.

NOTE Confidence: 0.7212133

00:20:56.398 --> 00:20:58.833 So to answer this question,

NOTE Confidence: 0.7212133

00:20:58.840 --> 00:21:01.750 will actually turn to humans and

NOTE Confidence: 0.7212133

00:21:01.750 --> 00:21:04.210 the facial expression of pain,

NOTE Confidence: 0.7212133

00:21:04.210 --> 00:21:07.626 so we know when we experience pain.

NOTE Confidence: 0.7212133

00:21:07.630 --> 00:21:09.995 We make this facial expression

NOTE Confidence: 0.7212133

00:21:09.995 --> 00:21:12.954 of pain and it turns out

NOTE Confidence: 0.7212133

00:21:12.954 --> 00:21:15.429 that this is cross cultural.

NOTE Confidence: 0.7212133

00:21:15.430 --> 00:21:18.478 Not all facial expressions of emotion

NOTE Confidence: 0.7212133

00:21:18.478 --> 00:21:21.289 or cross cultural but pain is,

NOTE Confidence: 0.7212133

00:21:21.290 --> 00:21:23.390 so it evolved evolutionist.

NOTE Confidence: 0.7212133

00:21:23.390 --> 00:21:26.015 Think about 10,000 years ago.

NOTE Confidence: 0.7212133

00:21:26.020 --> 00:21:28.636 And the purpose is to communicate

NOTE Confidence: 0.7212133

00:21:28.636 --> 00:21:31.510 to other humans that we need help.

NOTE Confidence: 0.7212133

00:21:31.510 --> 00:21:35.542 So there are theories that many of the

NOTE Confidence: 0.7212133

00:21:35.542 --> 00:21:38.967 symptoms we express when we're ICS.

NOTE Confidence: 0.7212133

00:21:38.970 --> 00:21:41.730 Sick is really a way to signal that

NOTE Confidence: 0.7212133

00:21:41.730 --> 00:21:44.348 we need assistance from others.

NOTE Confidence: 0.8330009

00:21:48.610 --> 00:21:51.810 All human societies have had

NOTE Confidence: 0.8330009

00:21:51.810 --> 00:21:53.730 social healing practices,

NOTE Confidence: 0.8330009

00:21:53.730 --> 00:21:56.150 so the earliest civilizations

NOTE Confidence: 0.8330009

00:21:56.150 --> 00:21:59.175 all had designated healers and

NOTE Confidence: 0.8330009

00:21:59.175 --> 00:22:01.410 designated healing practices.

NOTE Confidence: 0.8330009

00:22:01.410 --> 00:22:04.610 Of course they differed OK,

NOTE Confidence: 0.8330009

00:22:04.610 --> 00:22:09.150 so the Incas and Aztecs.

NOTE Confidence: 0.8330009

00:22:09.150 --> 00:22:13.392 Indigenous Americans had very

NOTE Confidence: 0.8330009

00:22:13.392 --> 00:22:15.376 different healing practices in

NOTE Confidence: 0.8330009

00:22:15.376 --> 00:22:17.696 the ancient Greeks, for instance,

NOTE Confidence: 0.8330009

00:22:17.696 --> 00:22:20.587 but what was in common is the

NOTE Confidence: 0.8330009

00:22:20.587 --> 00:22:22.955 designated healer and culturally

NOTE Confidence: 0.8330009

00:22:22.955 --> 00:22:24.830 accepted healing practices.

NOTE Confidence: 0.8330009

00:22:24.830 --> 00:22:28.435 So this idea of healing in a

NOTE Confidence: 0.8330009

00:22:28.435 --> 00:22:31.779 social context as a lot of basis,

NOTE Confidence: 0.8330009

00:22:31.780 --> 00:22:34.172 not just in humans,

NOTE Confidence: 0.8330009

00:22:34.172 --> 00:22:37.162 but in other social species.

NOTE Confidence: 0.8330009

00:22:37.170 --> 00:22:39.732 So what are the components of

NOTE Confidence: 0.8330009

00:22:39.732 --> 00:22:42.996 healing so we can breakdown healing

NOTE Confidence: 0.8330009

00:22:42.996 --> 00:22:45.908 into these various components?

NOTE Confidence: 0.8330009

00:22:45.910 --> 00:22:48.640 So there's a natural effect,

NOTE Confidence: 0.8330009

00:22:48.640 --> 00:22:52.344 so this is the ability to heal and

NOTE Confidence: 0.8330009

00:22:52.344 --> 00:22:55.728 resist disease without any intervention.

NOTE Confidence: 0.79824066

00:22:58.490 --> 00:23:02.669 So this is a slide from a

NOTE Confidence: 0.79824066

00:23:02.669 --> 00:23:05.629 presentation made in a class,

NOTE Confidence: 0.79824066

00:23:05.630 --> 00:23:10.390 so we're exposed to pathogens all the time.

NOTE Confidence: 0.79824066

00:23:10.390 --> 00:23:15.106 We experience traumas an we heal

NOTE Confidence: 0.79824066

00:23:15.106 --> 00:23:18.250 without any intervention course.

NOTE Confidence: 0.79824066

00:23:18.250 --> 00:23:20.465 The coronavirus is an exception

NOTE Confidence: 0.79824066

00:23:20.465 --> 00:23:23.570 to this ability to heal naturally,

NOTE Confidence: 0.79824066

00:23:23.570 --> 00:23:26.958 but we have barriers in immune system,

NOTE Confidence: 0.79824066

00:23:26.960 --> 00:23:30.040 blood, coagulations and so forth to fight

NOTE Confidence: 0.79824066

00:23:30.040 --> 00:23:33.248 disease and to heal without invention,

NOTE Confidence: 0.79824066

00:23:33.250 --> 00:23:35.670 so that's the natural effect

NOTE Confidence: 0.79824066

00:23:35.670 --> 00:23:37.606 we have specific effect.

NOTE Confidence: 0.79824066

00:23:37.610 --> 00:23:39.126 This is Western medicine.

NOTE Confidence: 0.79824066

00:23:39.126 --> 00:23:42.770 This is the effects due to the intervention

NOTE Confidence: 0.79824066

00:23:42.770 --> 00:23:45.350 that remediates the pathophysiology,

NOTE Confidence: 0.79824066

00:23:45.350 --> 00:23:49.620 surgery or or medicines and so forth.

NOTE Confidence: 0.79824066

00:23:49.620 --> 00:23:52.966 So the specific effect is a considers

NOTE Confidence: 0.79824066

00:23:52.966 --> 00:23:56.629 the patient a passive recipient if they

NOTE Confidence: 0.79824066

00:23:56.629 --> 00:24:00.960 receive the surgery or take the medication,

NOTE Confidence: 0.79824066

00:24:00.960 --> 00:24:05.055 and so the effect is do not to the

NOTE Confidence: 0.79824066

00:24:05.055 --> 00:24:08.517 active engagement of the patient,

NOTE Confidence: 0.79824066

00:24:08.520 --> 00:24:11.220 but to the specific ingredients

NOTE Confidence: 0.79824066

00:24:11.220 --> 00:24:12.840 of the intervention.

NOTE Confidence: 0.8836011

00:24:15.940 --> 00:24:18.604 And of course we use placebo

NOTE Confidence: 0.8836011

00:24:18.604 --> 00:24:21.533 controlled studies to be able to

NOTE Confidence: 0.8836011

00:24:21.533 --> 00:24:23.657 identify this specific effect.

NOTE Confidence: 0.8836011

00:24:23.660 --> 00:24:27.188 Then we also have contextual effects.

NOTE Confidence: 0.8836011

00:24:27.190 --> 00:24:30.712 These are due to the psychosocial

NOTE Confidence: 0.8836011

00:24:30.712 --> 00:24:33.104 factors healing rituals, symbols.

NOTE Confidence: 0.8836011

00:24:33.104 --> 00:24:36.224 These involve a conscious patient

NOTE Confidence: 0.8836011

00:24:36.224 --> 00:24:39.507 making meaning of the experience

NOTE Confidence: 0.8836011

00:24:39.507 --> 00:24:42.239 of the healing practice.

NOTE Confidence: 0.8836011

00:24:42.240 --> 00:24:47.602 Of course it's too lot to our

NOTE Confidence: 0.8836011

00:24:47.602 --> 00:24:49.900 expectations for benefits.

NOTE Confidence: 0.8836011

00:24:49.900 --> 00:24:52.315 It also can be due to condition,

NOTE Confidence: 0.8836011

00:24:52.320 --> 00:24:54.920 defect or vicarious learning so.

NOTE Confidence: 0.8836011

00:24:54.920 --> 00:24:56.370 You know, I'm really talking

NOTE Confidence: 0.8836011

00:24:56.370 --> 00:24:57.530 about placebo effects here.

NOTE Confidence: 0.8836011

00:24:57.530 --> 00:24:58.690 To a large extent.

NOTE Confidence: 0.8989093

00:25:01.660 --> 00:25:03.835 But there's also as part

NOTE Confidence: 0.8989093

00:25:03.835 --> 00:25:05.575 of the contextual effect.

NOTE Confidence: 0.8989093

00:25:05.580 --> 00:25:07.392 An effect due to the relationship

NOTE Confidence: 0.8989093

00:25:07.392 --> 00:25:09.309 between the healer and the patient,

NOTE Confidence: 0.8989093

00:25:09.310 --> 00:25:13.009 and this is what I will talk about today.

NOTE Confidence: 0.8989093

00:25:13.010 --> 00:25:16.410 So let's just look at a graph to

NOTE Confidence: 0.8989093

00:25:16.410 --> 00:25:19.149 show these different effects.

NOTE Confidence: 0.8989093

00:25:19.150 --> 00:25:22.228 So here's a naturally improving condition.

NOTE Confidence: 0.8989093

00:25:22.230 --> 00:25:25.807 Maybe it's a laceration of some kind.

NOTE Confidence: 0.79133415

00:25:27.960 --> 00:25:29.772 Person presents for the

NOTE Confidence: 0.79133415

00:25:29.772 --> 00:25:31.584 patient presents to a.

NOTE Confidence: 0.79133415

00:25:31.590 --> 00:25:34.308 Clinic and there's a suture placed

NOTE Confidence: 0.79133415

00:25:34.308 --> 00:25:37.729 so there is a specific effect.

NOTE Confidence: 0.79133415

00:25:37.730 --> 00:25:39.338 There's an intervention.

NOTE Confidence: 0.79133415

00:25:39.338 --> 00:25:41.482 There's a natural effect

NOTE Confidence: 0.79133415

00:25:41.482 --> 00:25:44.089 because these wounds were going

NOTE Confidence: 0.79133415

00:25:44.089 --> 00:25:45.925 to heal naturally anyway,

NOTE Confidence: 0.79133415

00:25:45.930 --> 00:25:48.996 but there's also a contextual effect,

NOTE Confidence: 0.79133415

00:25:49.000 --> 00:25:52.065 and these three combined really

NOTE Confidence: 0.79133415

00:25:52.065 --> 00:25:53.270 characterize. Healing.

NOTE Confidence: 0.8887499

00:25:55.440 --> 00:25:58.376 So if you think of an acute appendicitis

NOTE Confidence: 0.8887499

00:25:58.376 --> 00:26:01.635 and I use this example to show how

NOTE Confidence: 0.8887499

00:26:01.635 --> 00:26:04.436 these work together so the patient

NOTE Confidence: 0.8887499

00:26:04.436 --> 00:26:07.050 presents with abdominal pain, OK,

NOTE Confidence: 0.8887499

00:26:07.050 --> 00:26:09.200 but there's also fair discouragement,

NOTE Confidence: 0.8887499

00:26:09.200 --> 00:26:12.056 it may be happening in a very

NOTE Confidence: 0.8887499

00:26:12.056 --> 00:26:14.789 critical time in a person's life.

NOTE Confidence: 0.8887499

00:26:14.790 --> 00:26:16.518 Starting a new employment,

NOTE Confidence: 0.8887499

00:26:16.518 --> 00:26:19.949 and they're going to be absent from work.

NOTE Confidence: 0.8887499

00:26:19.950 --> 00:26:21.726 There's relationships that are

NOTE Confidence: 0.8887499

00:26:21.726 --> 00:26:24.680 going to be difficult because of it,

NOTE Confidence: 0.8887499

00:26:24.680 --> 00:26:27.560 so there's a psychological.

NOTE Confidence: 0.8887499

00:26:27.560 --> 00:26:30.060 Aspect of this as well,

NOTE Confidence: 0.8887499

00:26:30.060 --> 00:26:32.060 there's communication with the

NOTE Confidence: 0.8887499

00:26:32.060 --> 00:26:34.560 clinician which the clinician describes.

NOTE Confidence: 0.8887499

00:26:34.560 --> 00:26:37.560 The diagnosis with the treatment plan

NOTE Confidence: 0.8887499

00:26:37.560 --> 00:26:41.060 will be, but the clinician also gives

NOTE Confidence: 0.8887499

00:26:41.060 --> 00:26:43.560 assurance that this is treatable,

NOTE Confidence: 0.8887499

00:26:43.560 --> 00:26:47.060 that there won't be any lasting effect,

NOTE Confidence: 0.8887499

00:26:47.060 --> 00:26:48.512 shows warmth,

NOTE Confidence: 0.8887499

00:26:48.512 --> 00:26:51.416 understanding and so forth.

NOTE Confidence: 0.8887499

00:26:51.420 --> 00:26:54.017 Then and after and Ectomy is performed.

NOTE Confidence: 0.8887499

00:26:54.020 --> 00:26:56.988 So this is a specific effect of surgery.

NOTE Confidence: 0.8887499

00:26:56.990 --> 00:26:59.996 But then there's also a natural

NOTE Confidence: 0.8887499

00:26:59.996 --> 00:27:02.000 healing of the wound.

NOTE Confidence: 0.8887499

00:27:02.000 --> 00:27:06.000 So here we have kind of the natural,

NOTE Confidence: 0.8887499

00:27:06.000 --> 00:27:08.500 specific and contextual effects working

NOTE Confidence: 0.8887499

00:27:08.500 --> 00:27:11.000 conjointly for the patients benefit.

NOTE Confidence: 0.8728554

00:27:14.290 --> 00:27:18.371 And of course, the same occurs for

NOTE Confidence: 0.8728554

00:27:18.371 --> 00:27:20.120 naturally deteriorating conditions,

NOTE Confidence: 0.8728554

00:27:20.120 --> 00:27:21.866 so without intervention,

NOTE Confidence: 0.8728554

00:27:21.866 --> 00:27:24.776 the patient would deteriorate quickly.

NOTE Confidence: 0.8728554

00:27:24.780 --> 00:27:28.278 Think of Parkinson's disease, for instance.

NOTE Confidence: 0.8728554

00:27:28.280 --> 00:27:31.005 Here the specific effect reduces

NOTE Confidence: 0.8728554

00:27:31.005 --> 00:27:34.455 the rate of deterioration and the

NOTE Confidence: 0.8728554

00:27:34.455 --> 00:27:37.605 contextual effect further reduces that.

NOTE Confidence: 0.8728554

00:27:37.610 --> 00:27:40.475 So even though the patient's

NOTE Confidence: 0.8728554

00:27:40.475 --> 00:27:44.080 deteriorating there is a specific effect.

NOTE Confidence: 0.8728554

00:27:44.080 --> 00:27:47.890 Anna contextual effect that occur.

NOTE Confidence: 0.8542155

00:27:50.940 --> 00:27:53.915 So let's talk about the relationship then,

NOTE Confidence: 0.8542155

00:27:53.920 --> 00:27:56.470 which is the focus here today.

NOTE Confidence: 0.8542155

00:27:56.470 --> 00:28:00.414 So the relationship is that face to face

NOTE Confidence: 0.8542155

00:28:00.414 --> 00:28:03.866 meeting between the healer and the patient.

NOTE Confidence: 0.8542155

00:28:03.870 --> 00:28:05.722 And there's two components,

NOTE Confidence: 0.8542155

00:28:05.722 --> 00:28:08.500 or at least we think and,

NOTE Confidence: 0.8542155

00:28:08.500 --> 00:28:10.815 and much of the literature

NOTE Confidence: 0.8542155

00:28:10.815 --> 00:28:12.667 talks about two components.

NOTE Confidence: 0.8542155

00:28:12.670 --> 00:28:14.518 There's the cognitive component

NOTE Confidence: 0.8542155

00:28:14.518 --> 00:28:16.828 we provide as healers information,

NOTE Confidence: 0.8542155

00:28:16.830 --> 00:28:19.885 so the surgeon explains what's

NOTE Confidence: 0.8542155

00:28:19.885 --> 00:28:23.501 involved with an appendectomy and and

NOTE Confidence: 0.8542155

00:28:23.501 --> 00:28:26.756 what the prognosis is and what the.

NOTE Confidence: 0.8542155

00:28:26.760 --> 00:28:28.640 Healing experience will involve,

NOTE Confidence: 0.8542155

00:28:28.640 --> 00:28:30.050 so that's information.

NOTE Confidence: 0.8542155

00:28:30.050 --> 00:28:32.400 But then there's an emotional

NOTE Confidence: 0.8542155

00:28:32.400 --> 00:28:33.810 component as well.

NOTE Confidence: 0.8542155

00:28:33.810 --> 00:28:35.220 That's the warmth,

NOTE Confidence: 0.8542155

00:28:35.220 --> 00:28:36.630 caring and understanding,

NOTE Confidence: 0.8542155

00:28:36.630 --> 00:28:39.450 so we want to look today

NOTE Confidence: 0.8542155

00:28:39.450 --> 00:28:41.330 at those two components.

NOTE Confidence: 0.8706359

00:28:44.110 --> 00:28:46.847 So we're going to look at the

NOTE Confidence: 0.8706359

00:28:46.847 --> 00:28:49.442 research to see is there a

NOTE Confidence: 0.8706359

00:28:49.442 --> 00:28:52.106 relationship effect and to do this,

NOTE Confidence: 0.8706359

00:28:52.110 --> 00:28:54.726 I'm going to review relatively quickly

NOTE Confidence: 0.8706359

00:28:54.726 --> 00:28:57.580 'cause we don't have too much time.

NOTE Confidence: 0.8706359

00:28:57.580 --> 00:29:00.219 The research in the area of placebos

NOTE Confidence: 0.8706359

00:29:00.219 --> 00:29:02.817 in which there's quite a bit of

NOTE Confidence: 0.8706359

00:29:02.817 --> 00:29:04.905 research because it's very easy to

NOTE Confidence: 0.8706359

00:29:04.985 --> 00:29:07.689 manipulate the relationship variables,

NOTE Confidence: 0.8706359

00:29:07.690 --> 00:29:10.434 will also look at the relationships of

NOTE Confidence: 0.8706359

00:29:10.434 --> 00:29:13.160 facts in medicine and in psychotherapy.

NOTE Confidence: 0.87783104

00:29:16.150 --> 00:29:19.574 And then finally, at the end I'll talk

NOTE Confidence: 0.87783104

00:29:19.574 --> 00:29:22.820 a little bit about some hypothesis

NOTE Confidence: 0.87783104

00:29:22.820 --> 00:29:26.264 about how relationship is healing for

NOTE Confidence: 0.87783104

00:29:26.356 --> 00:29:29.785 me as a psychologist, not enough just

NOTE Confidence: 0.87783104

00:29:29.785 --> 00:29:32.310 to say relationship is important.

NOTE Confidence: 0.87783104

00:29:32.310 --> 00:29:36.828 We want to know what are the mechanisms by

NOTE Confidence: 0.87783104

00:29:36.828 --> 00:29:41.410 which relationship exerts healing effect so.

NOTE Confidence: 0.87783104

00:29:41.410 --> 00:29:44.588 Let's start with disables and I call

NOTE Confidence: 0.87783104

00:29:44.588 --> 00:29:47.997 it the amazing influence of the mind.

NOTE Confidence: 0.87783104

00:29:48.000 --> 00:29:52.256 And I could say nothing works better.

NOTE Confidence: 0.87783104

00:29:52.260 --> 00:29:55.050 Now I didn't hear anybody laughing,

NOTE Confidence: 0.87783104

00:29:55.050 --> 00:29:58.305 and if I were there in person,

NOTE Confidence: 0.87783104

00:29:58.310 --> 00:30:02.038 it might be that. Nobody got it either.

NOTE Confidence: 0.87783104

00:30:02.040 --> 00:30:04.098 'cause I'm not a natural comedian,

NOTE Confidence: 0.87783104

00:30:04.100 --> 00:30:07.726 but it is a play on words.

NOTE Confidence: 0.87783104

00:30:07.730 --> 00:30:09.788 Evil works better,

NOTE Confidence: 0.87783104

00:30:09.788 --> 00:30:13.218 so we know placebo effects.

NOTE Confidence: 0.87783104

00:30:13.220 --> 00:30:16.418 Work for pain irritable bowel syndrome,

NOTE Confidence: 0.87783104

00:30:16.420 --> 00:30:19.630 which we will talk some today.

NOTE Confidence: 0.87783104

00:30:19.630 --> 00:30:21.298 Depression, we know.

NOTE Confidence: 0.87783104

00:30:21.298 --> 00:30:24.078 Large placebo effects for anti

NOTE Confidence: 0.87783104

00:30:24.078 --> 00:30:25.755 depressant medication anxiety

NOTE Confidence: 0.87783104

00:30:25.755 --> 00:30:28.165 fitness is an interesting one.

NOTE Confidence: 0.87783104

00:30:28.170 --> 00:30:31.374 We won't talk about today taste

NOTE Confidence: 0.87783104

00:30:31.374 --> 00:30:32.976 even Parkinson's disease,

NOTE Confidence: 0.87783104

00:30:32.980 --> 00:30:36.100 which surprising to many as

NOTE Confidence: 0.87783104

00:30:36.100 --> 00:30:38.596 well as athletic performance.

NOTE Confidence: 0.87783104

00:30:38.600 --> 00:30:40.145 So very quickly,

NOTE Confidence: 0.87783104

00:30:40.145 --> 00:30:44.573 pain is the the model is most often

NOTE Confidence: 0.87783104

00:30:44.573 --> 00:30:48.118 used to examine placebo effects.

NOTE Confidence: 0.87783104

00:30:48.120 --> 00:30:51.408 We know that if somebody is

NOTE Confidence: 0.87783104

00:30:51.408 --> 00:30:54.354 experiencing acute or chronic pain

NOTE Confidence: 0.87783104

00:30:54.354 --> 00:30:57.639 or even experimentally induced pain,

NOTE Confidence: 0.87783104

00:30:57.640 --> 00:31:02.272 that giving a pill and and telling the

NOTE Confidence: 0.87783104

00:31:02.272 --> 00:31:05.969 participant that this will relieve pain,

NOTE Confidence: 0.87783104

00:31:05.970 --> 00:31:09.606 relieve's pain, subjective reports of pain.

NOTE Confidence: 0.87783104

00:31:09.610 --> 00:31:14.182 Are affected by receipt and and

NOTE Confidence: 0.87783104

44

00:31:14.182 --> 00:31:17.230 involvement in placebo procedures

NOTE Confidence: 0.87783104

00:31:17.351 --> 00:31:19.109 or medications,

NOTE Confidence: 0.87783104

00:31:19.110 --> 00:31:24.654 but there is also a physiological effect.

NOTE Confidence: 0.87783104

00:31:24.660 --> 00:31:28.620 So when somebody experiencing pain

NOTE Confidence: 0.87783104

00:31:28.620 --> 00:31:32.580 and receives a placebo analgesic,

NOTE Confidence: 0.87783104

00:31:32.580 --> 00:31:36.720 the brain releases opioids so

NOTE Confidence: 0.87783104

00:31:36.720 --> 00:31:40.032 there's a natural opioid.

NOTE Confidence: 0.87783104

00:31:40.040 --> 00:31:43.728 That affects the pain.

NOTE Confidence: 0.87783104

00:31:43.728 --> 00:31:48.338 So also interesting is that

NOTE Confidence: 0.87783104

00:31:48.338 --> 00:31:51.419 awareness of receiving.

NOTE Confidence: 0.87783104

00:31:51.420 --> 00:31:53.855 You know analgesics has an

NOTE Confidence: 0.87783104

00:31:53.855 --> 00:31:56.840 effect on the experience of pain.

NOTE Confidence: 0.87783104

00:31:56.840 --> 00:31:59.784 So studies that Fabrizio

NOTE Confidence: 0.87783104

00:31:59.784 --> 00:32:02.728 Benedetti doesn't in Italy.

NOTE Confidence: 0.87783104

00:32:02.730 --> 00:32:05.562 Postoperative patients received

NOTE Confidence: 0.87783104

00:32:05.562 --> 00:32:09.338 morphine through a machine.

NOTE Confidence: 0.87783104

00:32:09.340 --> 00:32:12.898 And their Ivy.

NOTE Confidence: 0.87783104

00:32:12.900 --> 00:32:14.385 Under 2 conditions,

NOTE Confidence: 0.87783104

00:32:14.385 --> 00:32:16.365 one in which there.

NOTE Confidence: 0.87783104

00:32:16.370 --> 00:32:16.832 Uh,

NOTE Confidence: 0.87783104

00:32:16.832 --> 00:32:20.066 where they're getting the morphine so the

NOTE Confidence: 0.87783104

00:32:20.066 --> 00:32:23.369 the clinician comes to the room and says

NOTE Confidence: 0.87783104

00:32:23.369 --> 00:32:26.320 you're now receiving a dose of morphine?

NOTE Confidence: 0.87783104

00:32:26.320 --> 00:32:27.992 Doesn't administer the morphine

NOTE Confidence: 0.87783104

00:32:27.992 --> 00:32:30.500 because it's given through the machine,

NOTE Confidence: 0.87783104

00:32:30.500 --> 00:32:33.428 but just informs the patient they're

NOTE Confidence: 0.87783104

00:32:33.428 --> 00:32:36.928 going to receive the dose of morphine.

NOTE Confidence: 0.87783104

00:32:36.930 --> 00:32:39.570 The heart of awareness condition.

NOTE Confidence: 0.87783104

00:32:39.570 --> 00:32:42.276 The same dose of morphine is

NOTE Confidence: 0.87783104

00:32:42.276 --> 00:32:44.080 administered by the machine,

NOTE Confidence: 0.87783104

00:32:44.080 --> 00:32:46.928 but there's no clinician.

NOTE Confidence: 0.87783104

00:32:46.930 --> 00:32:51.580 Present so in the awareness condition

NOTE Confidence: 0.87783104

00:32:51.580 --> 00:32:56.383 where the clinicians present much greater

NOTE Confidence: 0.87783104

00:32:56.383 --> 00:33:00.328 subjective report of reduced pain.

NOTE Confidence: 0.87783104

00:33:00.330 --> 00:33:03.504 There is reduced time to requesting

NOTE Confidence: 0.87783104

00:33:03.504 --> 00:33:06.647 additional doses compared to getting the

NOTE Confidence: 0.87783104

00:33:06.647 --> 00:33:09.930 same dose of morphine out of awareness.

NOTE Confidence: 0.87783104

00:33:09.930 --> 00:33:12.960 So this is our first hint.

NOTE Confidence: 0.87783104

00:33:12.960 --> 00:33:15.480 The relationship makes a difference,

NOTE Confidence: 0.87783104

00:33:15.480 --> 00:33:19.446 so the presence and the information

NOTE Confidence: 0.87783104

00:33:19.446 --> 00:33:24.038 provided by the clinician has an effect on.

NOTE Confidence: 0.87783104

00:33:24.040 --> 00:33:26.980 The experience of pain.

NOTE Confidence: 0.87783104

00:33:26.980 --> 00:33:29.884 So let's look at some studies on the

NOTE Confidence: 0.87783104

00:33:29.884 --> 00:33:32.620 effects of relationship and placebo,

NOTE Confidence: 0.87783104

00:33:32.620 --> 00:33:36.771 and this is a study done at

NOTE Confidence: 0.87783104

00:33:36.771 --> 00:33:38.550 the Harvard placebo.

NOTE Confidence: 0.87783104

00:33:38.550 --> 00:33:41.436 Unit up Ted Cap Chuck directs,

NOTE Confidence: 0.87783104

00:33:41.440 --> 00:33:44.814 so this is a study of irritable

NOTE Confidence: 0.87783104

00:33:44.814 --> 00:33:45.778 bowel syndrome,

NOTE Confidence: 0.87783104

00:33:45.780 --> 00:33:48.672 which we know is a prevalent

NOTE Confidence: 0.87783104

00:33:48.672 --> 00:33:50.600 disorder in primary care.

NOTE Confidence: 0.87783104

00:33:50.600 --> 00:33:53.936 It can be very distant and

NOTE Confidence: 0.87783104

00:33:53.936 --> 00:33:55.604 disabling for patients.

NOTE Confidence: 0.87783104

00:33:55.610 --> 00:33:58.916 So we know also that IBS

NOTE Confidence: 0.87783104

00:33:58.916 --> 00:34:00.569 is placebo responsive,

NOTE Confidence: 0.87783104

00:34:00.570 --> 00:34:03.876 and in this study the placebo

NOTE Confidence: 0.87783104

00:34:03.876 --> 00:34:05.529 is acupuncture placebo,

NOTE Confidence: 0.87783104

00:34:05.530 --> 00:34:08.285 so the patients think they're

NOTE Confidence: 0.87783104

00:34:08.285 --> 00:34:09.387 getting acupuncture.

NOTE Confidence: 0.8376469

00:34:09.390 --> 00:34:11.590 But the needle doesn't

NOTE Confidence: 0.8376469

00:34:11.590 --> 00:34:13.790 actually Pierce the skin.

NOTE Confidence: 0.8376469

00:34:13.790 --> 00:34:16.550 So technically it's a placebo,

NOTE Confidence: 0.8376469

00:34:16.550 --> 00:34:18.203 not true acupuncture.

NOTE Confidence: 0.8376469

00:34:18.203 --> 00:34:20.958 So there were three conditions.

NOTE Confidence: 0.8376469

00:34:20.960 --> 00:34:23.168 There's treatment as usual,

NOTE Confidence: 0.8376469

00:34:23.168 --> 00:34:25.928 so the IBS patient sees

NOTE Confidence: 0.8376469

00:34:25.928 --> 00:34:28.418 their physician as usual.

NOTE Confidence: 0.8376469

00:34:28.420 --> 00:34:32.128 But receives no.

NOTE Confidence: 0.8376469

00:34:32.130 --> 00:34:36.534 Acupuncture in the limited interaction.

NOTE Confidence: 0.8376469

00:34:36.534 --> 00:34:40.789 The acupuncture is a very matter of fact

NOTE Confidence: 0.8376469

00:34:40.789 --> 00:34:44.461 so says to the patient your doctor ordered.

NOTE Confidence: 0.8376469

00:34:44.470 --> 00:34:45.985 Acupuncture acupuncture is

NOTE Confidence: 0.8376469

00:34:45.985 --> 00:34:49.015 effective for the treatment of IBS.

NOTE Confidence: 0.8376469

00:34:49.020 --> 00:34:51.540 Here's what I will do,

NOTE Confidence: 0.8376469

00:34:51.540 --> 00:34:55.075 so it's a very matter of fact.

NOTE Confidence: 0.8376469

00:34:55.080 --> 00:34:58.728 Limited interaction in the third condition.

NOTE Confidence: 0.8376469

00:34:58.730 --> 00:35:03.637 Is the augmented interaction what they call

NOTE Confidence: 0.8376469

00:35:03.637 --> 00:35:08.078 the prototypic healthy interaction here the.

NOTE Confidence: 0.8376469

00:35:08.080 --> 00:35:10.528 Acupuncture feels warm, empathic,

NOTE Confidence: 0.8376469

00:35:10.528 --> 00:35:13.588 caring didn't provide any intervention.

NOTE Confidence: 0.8376469

00:35:13.590 --> 00:35:17.130 No mention of coping skills, but.

NOTE Confidence: 0.8376469

00:35:17.130 --> 00:35:20.490 You know, called the patient by name.

NOTE Confidence: 0.8376469

00:35:20.490 --> 00:35:23.538 Had good eye contact.

NOTE Confidence: 0.8376469

00:35:23.540 --> 00:35:26.535 Sympathized with the with the

NOTE Confidence: 0.8376469

00:35:26.535 --> 00:35:29.920 difficulties that IBS causes for my.

NOTE Confidence: 0.8376469

00:35:29.920 --> 00:35:33.400 So in terms of how comes.

NOTE Confidence: 0.87372494

00:35:36.620 --> 00:35:38.240 The augmented condition

NOTE Confidence: 0.87372494

00:35:38.240 --> 00:35:39.860 for global improvement.

NOTE Confidence: 0.87372494

00:35:39.860 --> 00:35:42.520 Adequate relief symptom severity,

NOTE Confidence: 0.87372494

00:35:42.520 --> 00:35:45.845 and particularly quality of life.

NOTE Confidence: 0.87372494

00:35:45.850 --> 00:35:49.305 Was significantly greater than the

NOTE Confidence: 0.87372494

00:35:49.305 --> 00:35:52.069 placebo limited interaction condition,

NOTE Confidence: 0.87372494

00:35:52.070 --> 00:35:54.726 which was also. Significantly

NOTE Confidence: 0.87372494

00:35:54.726 --> 00:35:58.046 greater than treatment as usual,

NOTE Confidence: 0.87372494

00:35:58.050 --> 00:36:02.652 so the placebo had an effect, but the.

NOTE Confidence: 0.87372494

00:36:02.652 --> 00:36:05.416 Relationship with a warm,

NOTE Confidence: 0.87372494

00:36:05.420 --> 00:36:07.910 caring practitioner.

NOTE Confidence: 0.87372494

00:36:07.910 --> 00:36:10.172 Augmented that effect.

NOTE Confidence: 0.87372494

00:36:10.172 --> 00:36:15.940 So here it's pretty clear another study of.

NOTE Confidence: 0.87372494

00:36:15.940 --> 00:36:17.980 Treatment for low back pain.

NOTE Confidence: 0.8422971

00:36:21.570 --> 00:36:24.696 This inferential current therapy in both

NOTE Confidence: 0.8422971

00:36:24.696 --> 00:36:27.981 the placebo condition and the variant

NOTE Confidence: 0.8422971

00:36:27.981 --> 00:36:30.781 the warm enhanced condition augmented

NOTE Confidence: 0.8422971

00:36:30.781 --> 00:36:34.173 the outcomes compared to the condition

NOTE Confidence: 0.8422971

00:36:34.173 --> 00:36:36.883 without that warm caring relationship.

NOTE Confidence: 0.8422971

00:36:36.890 --> 00:36:40.719 So another example, both of pasivo effect,

NOTE Confidence: 0.8422971

00:36:40.720 --> 00:36:43.450 but a placebo like effect,

NOTE Confidence: 0.8422971

00:36:43.450 --> 00:36:46.726 because even for the treatment condition,

NOTE Confidence: 0.8422971

00:36:46.730 --> 00:36:49.720 giving it in the presence.

NOTE Confidence: 0.8422971

00:36:49.720 --> 00:36:53.080 Have a clinician who's.

NOTE Confidence: 0.8422971

00:36:53.080 --> 00:36:57.040 Warm and caring. Is greater.

NOTE Confidence: 0.8422971

00:36:57.040 --> 00:37:00.050 So a final study in the placebo

NOTE Confidence: 0.8422971

00:37:00.050 --> 00:37:03.676 area is a very clever one that's

NOTE Confidence: 0.8422971

00:37:03.676 --> 00:37:07.012 done by Alia Crum at Stanford.

NOTE Confidence: 0.8422971

00:37:07.020 --> 00:37:12.880 Colleagues, so in this study.

NOTE Confidence: 0.8422971

00:37:12.880 --> 00:37:14.825 Undergraduates at Stanford were invited

NOTE Confidence: 0.8422971

00:37:14.825 --> 00:37:17.180 to participate in a medical study.

NOTE Confidence: 0.8422971

00:37:17.180 --> 00:37:19.526 Now there was no medical study,

NOTE Confidence: 0.8422971

00:37:19.530 --> 00:37:22.316 but what they told the participants was

NOTE Confidence: 0.8422971

00:37:22.316 --> 00:37:25.387 before we can enroll you in the study,

NOTE Confidence: 0.8422971

00:37:25.390 --> 00:37:28.414 we have to give you a physical

NOTE Confidence: 0.8422971

00:37:28.414 --> 00:37:31.610 so each of the participants.

NOTE Confidence: 0.8422971

00:37:31.610 --> 00:37:34.470 Came for the physical typical

NOTE Confidence: 0.8422971

00:37:34.470 --> 00:37:36.758 you know vital signs.

NOTE Confidence: 0.85084784

00:37:39.040 --> 00:37:42.250 Heart rate and so forth.

NOTE Confidence: 0.85084784

00:37:42.250 --> 00:37:45.176 But they also told the patients we

NOTE Confidence: 0.85084784

00:37:45.176 --> 00:37:48.058 have to screen you for allergies.

NOTE Confidence: 0.85084784

00:37:48.060 --> 00:37:53.158 And they. Prick the skin.

NOTE Confidence: 0.85084784

00:37:53.158 --> 00:37:58.180 Many of us have had. Allergy tests,

NOTE Confidence: 0.85084784

00:37:58.180 --> 00:38:01.295 but they pricked the skin with histamine,

NOTE Confidence: 0.85084784

00:38:01.300 --> 00:38:03.525 so everybody had an allergic

NOTE Confidence: 0.85084784

00:38:03.525 --> 00:38:04.860 reaction or reaction.

NOTE Confidence: 0.85084784

00:38:04.860 --> 00:38:09.018 And the outcome here was the size

NOTE Confidence: 0.85084784

00:38:09.018 --> 00:38:14.350 of the wheel. That a Kurd So what?

NOTE Confidence: 0.85084784

00:38:14.350 --> 00:38:16.870 Transpired was they said, well,

NOTE Confidence: 0.85084784

00:38:16.870 --> 00:38:19.876 I'm sorry you had allergic reaction.

NOTE Confidence: 0.85084784

00:38:19.880 --> 00:38:22.400 You're disqualified from the study,

NOTE Confidence: 0.85084784

00:38:22.400 --> 00:38:25.774 but we have some cream that will

NOTE Confidence: 0.85084784

00:38:25.774 --> 00:38:29.440 reduce the size of the reaction well.

NOTE Confidence: 0.85084784

00:38:29.440 --> 00:38:31.960 This was actually placebo cream,

NOTE Confidence: 0.85084784

00:38:31.960 --> 00:38:34.966 so it had no specific ingredients.

NOTE Confidence: 0.85084784

00:38:34.970 --> 00:38:36.389 No anti histamines,

NOTE Confidence: 0.85084784

00:38:36.389 --> 00:38:39.227 and they looked at how fast

NOTE Confidence: 0.85084784

00:38:39.227 --> 00:38:42.018 the wheel decreased in size.

NOTE Confidence: 0.85084784

00:38:42.020 --> 00:38:45.416 Now they did this with both.

NOTE Confidence: 0.85084784

00:38:45.420 --> 00:38:47.760 High and low competent physician

NOTE Confidence: 0.85084784

00:38:47.760 --> 00:38:51.030 and a higher low warmth physician,

NOTE Confidence: 0.85084784

00:38:51.030 --> 00:38:53.070 so they experimentally manipulated

NOTE Confidence: 0.85084784

00:38:53.070 --> 00:38:55.110 both competence and warmth.

NOTE Confidence: 0.85084784

00:38:55.110 --> 00:38:59.046 I'll tell you a little bit

NOTE Confidence: 0.85084784

00:38:59.046 --> 00:39:02.550 about how they did this.

NOTE Confidence: 0.85084784

00:39:02.550 --> 00:39:05.358 So in the high warmth condition,

NOTE Confidence: 0.85084784

00:39:05.360 --> 00:39:08.180 the physician asked the patient's name,

NOTE Confidence: 0.85084784

00:39:08.180 --> 00:39:10.520 made eye contact, smiled, sat,

NOTE Confidence: 0.85084784

00:39:10.520 --> 00:39:13.810 closed or warm posters on the wall.

NOTE Confidence: 0.85084784

54

00:39:13.810 --> 00:39:17.570 So this is this is kind of the

NOTE Confidence: 0.85084784

00:39:17.570 --> 00:39:20.759 prototypic warm and caring physician.

NOTE Confidence: 0.85084784

00:39:20.760 --> 00:39:22.800 The opposite was.

NOTE Confidence: 0.85084784

00:39:22.800 --> 00:39:26.538 Just the same, just the same,

NOTE Confidence: 0.85084784

00:39:26.538 --> 00:39:28.236 just the opposite,

NOTE Confidence: 0.85084784

00:39:28.240 --> 00:39:31.648 so didn't use the patients name.

NOTE Confidence: 0.85084784

00:39:31.650 --> 00:39:33.348 Minimal eye contact.

NOTE Confidence: 0.85084784

00:39:33.348 --> 00:39:36.744 Use more of a stern tone.

NOTE Confidence: 0.85084784

00:39:36.750 --> 00:39:40.146 Very, very instrumental in their language.

NOTE Confidence: 0.85084784

00:39:40.150 --> 00:39:41.650 Sat relatively.

NOTE Confidence: 0.85084784

00:39:41.650 --> 00:39:43.900 Distance from the.

NOTE Confidence: 0.85084784

00:39:43.900 --> 00:39:45.464 Participant and there were

NOTE Confidence: 0.85084784

00:39:45.464 --> 00:39:47.419 no posters on the wall.

NOTE Confidence: 0.85084784

00:39:47.420 --> 00:39:50.507 OK, so that's high and low warmth,

NOTE Confidence: 0.85084784

00:39:50.510 --> 00:39:52.720 high and low competence in

NOTE Confidence: 0.85084784

00:39:52.720 --> 00:39:54.046 the competent condition.

NOTE Confidence: 0.85084784

00:39:54.050 --> 00:39:56.260 The physician use the clear,

NOTE Confidence: 0.85084784

00:39:56.260 --> 00:39:57.164 confident tone,

NOTE Confidence: 0.85084784

00:39:57.164 --> 00:40:00.328 didn't make any mistakes in the process.

NOTE Confidence: 0.85084784

00:40:00.330 --> 00:40:03.138 Teachers the room was well organized,

NOTE Confidence: 0.85084784

00:40:03.140 --> 00:40:07.343 you get a kick out of the low competence.

NOTE Confidence: 0.85084784

00:40:07.350 --> 00:40:10.758 So here the physician wasn't quite.

NOTE Confidence: 0.85084784

00:40:10.760 --> 00:40:12.233 Well started again,

NOTE Confidence: 0.85084784

00:40:12.233 --> 00:40:14.197 couldn't quite explain exactly

NOTE Confidence: 0.85084784

00:40:14.197 --> 00:40:16.509 what was going to happen.

NOTE Confidence: 0.85084784

00:40:16.510 --> 00:40:18.242 Made mistakes and procedures,

NOTE Confidence: 0.85084784

00:40:18.242 --> 00:40:21.780 put the blood pressure cuff on incorrectly.

NOTE Confidence: 0.85084784

00:40:21.780 --> 00:40:23.696 Had to start again.

NOTE Confidence: 0.85084784

00:40:23.696 --> 00:40:26.570 There was a meske messy desk.

NOTE Confidence: 0.85084784

00:40:26.570 --> 00:40:30.128 Couldn't find the stethoscope 'cause it's.

NOTE Confidence: 0.85084784

00:40:30.130 --> 00:40:32.162 Hidden underneath the chart,

NOTE Confidence: 0.85084784

00:40:32.162 --> 00:40:35.894 so try to induce this idea of

NOTE Confidence: 0.85084784

00:40:35.894 --> 00:40:38.819 high low competence so it's

NOTE Confidence: 0.85084784

00:40:38.819 --> 00:40:40.574 an interesting experiment,

NOTE Confidence: 0.85084784

00:40:40.580 --> 00:40:43.880 and again this is a physiological

NOTE Confidence: 0.85084784

00:40:43.880 --> 00:40:45.530 reaction to histamine,

NOTE Confidence: 0.85084784

00:40:45.530 --> 00:40:48.904 and the outcome is how fast did

NOTE Confidence: 0.85084784

00:40:48.904 --> 00:40:52.075 the wheel decrease in size over

NOTE Confidence: 0.85084784

00:40:52.075 --> 00:40:55.315 the course after the placebo anti

NOTE Confidence: 0.85084784

00:40:55.315 --> 00:40:58.179 histamine cream was administered.

NOTE Confidence: 0.85084784

00:40:58.180 --> 00:41:01.440 So here are the results.

NOTE Confidence: 0.85084784

00:41:01.440 --> 00:41:06.162 And in the. Hi warmth.

NOTE Confidence: 0.85084784

00:41:06.162 --> 00:41:08.670 Hi competent condition.

NOTE Confidence: 0.85084784

00:41:08.670 --> 00:41:12.378 The size of the wheel became

NOTE Confidence: 0.85084784

00:41:12.378 --> 00:41:14.232 much smaller overtime,

NOTE Confidence: 0.85084784

00:41:14.240 --> 00:41:16.712 so here's a physiological

NOTE Confidence: 0.85084784

00:41:16.712 --> 00:41:19.184 reaction affected by placebo,

NOTE Confidence: 0.85084784

00:41:19.190 --> 00:41:22.285 but augmented by both warm

NOTE Confidence: 0.85084784

00:41:22.285 --> 00:41:25.380 incompetence the the high warmth,

NOTE Confidence: 0.85084784

00:41:25.380 --> 00:41:28.480 low competence, and low competence.

NOTE Confidence: 0.85084784

00:41:28.480 --> 00:41:32.188 High warmth were in immediate outcomes,

NOTE Confidence: 0.85084784

00:41:32.190 --> 00:41:33.362 but again,

NOTE Confidence: 0.85084784

00:41:33.362 --> 00:41:35.706 both warmth and competence

NOTE Confidence: 0.85084784

00:41:35.706 --> 00:41:39.380 seems to make a difference.

NOTE Confidence: 0.85084784

00:41:39.380 --> 00:41:42.344 So the placebo studies

NOTE Confidence: 0.85084784

00:41:42.344 --> 00:41:44.567 show that relationship.

NOTE Confidence: 0.85084784

00:41:44.570 --> 00:41:46.730 Makes the difference in healing.

NOTE Confidence: 0.8430887

00:41:48.870 --> 00:41:51.194 Here psychiatrist effects in

NOTE Confidence: 0.8430887

00:41:51.194 --> 00:41:54.680 psychopharmacology and this is study that.

NOTE Confidence: 0.7854607

00:41:56.760 --> 00:41:59.742 Professor Black was well aware of and

NOTE Confidence: 0.7854607

00:41:59.742 --> 00:42:02.648 wrote some follow up studies for this.

NOTE Confidence: 0.85121673

00:42:05.060 --> 00:42:08.786 In the medication arms it was

NOTE Confidence: 0.85121673

00:42:08.786 --> 00:42:10.649 antidepressant medication versus

NOTE Confidence: 0.85121673

00:42:10.649 --> 00:42:13.750 placebo's. The typical double blind.

NOTE Confidence: 0.877280975

00:42:17.350 --> 00:42:20.584 Set up. So here the psychiatrist

NOTE Confidence: 0.877280975

00:42:20.584 --> 00:42:24.208 met with the patients 30 minutes

NOTE Confidence: 0.877280975

00:42:24.208 --> 00:42:26.936 in weekly clinical management.

NOTE Confidence: 0.9070583

00:42:30.160 --> 00:42:31.042 In the study,

NOTE Confidence: 0.9070583

00:42:31.042 --> 00:42:33.910 3% of the effect is due to treatment,

NOTE Confidence: 0.9070583

00:42:33.910 --> 00:42:37.480 so this is the specific effect.

NOTE Confidence: 0.9070583

00:42:37.480 --> 00:42:39.705 Depressant medication more effective than

NOTE Confidence: 0.9070583

00:42:39.705 --> 00:42:41.930 placebo effect sounds relatively small,

NOTE Confidence: 0.9070583

00:42:41.930 --> 00:42:45.045 but that's the typical separation it is,

NOTE Confidence: 0.9070583

00:42:45.050 --> 00:42:46.830 you know, between antidepressant

NOTE Confidence: 0.9070583

00:42:46.830 --> 00:42:48.610 medication and placebo pills.

NOTE Confidence: 0.9070583

00:42:48.610 --> 00:42:50.620 How much of the variability in

NOTE Confidence: 0.9070583

00:42:50.620 --> 00:42:53.265 outcome was due to the psychiatrist

NOTE Confidence: 0.9070583

00:42:53.265 --> 00:42:55.729 giving the antidepressant medication?

NOTE Confidence: 0.9070583

00:42:55.730 --> 00:42:57.510 So here it's 9%.

NOTE Confidence: 0.9070583

00:42:57.510 --> 00:43:00.180 If I work there with you,

NOTE Confidence: 0.9070583

00:43:00.180 --> 00:43:02.987 I could jump up and down 'cause

NOTE Confidence: 0.9070583

00:43:02.987 --> 00:43:05.070 this is pretty exciting.

NOTE Confidence: 0.9070583

00:43:05.070 --> 00:43:07.445 The psychiatrist blind to whether

NOTE Confidence: 0.9070583

00:43:07.445 --> 00:43:09.345 they're giving the medication.

NOTE Confidence: 0.9070583

00:43:09.350 --> 00:43:12.119 Or the placebo?

NOTE Confidence: 0.9070583

00:43:12.120 --> 00:43:13.856 Accounted for about 9%.

NOTE Confidence: 0.9070583

00:43:13.856 --> 00:43:18.174 Of the alcohol and it turns out that the

NOTE Confidence: 0.9070583

00:43:18.174 --> 00:43:20.884 best psychiatrist got better outcomes,

NOTE Confidence: 0.9070583

00:43:20.890 --> 00:43:23.055 giving the placebo than the

NOTE Confidence: 0.9070583

00:43:23.055 --> 00:43:24.787 poor psychiatrist got giving.

NOTE Confidence: 0.9070583

00:43:24.790 --> 00:43:27.182 With the anti depressants.

NOTE Confidence: 0.9070583

00:43:27.182 --> 00:43:30.770 So the advice might buy be.

NOTE Confidence: 0.9070583

00:43:30.770 --> 00:43:32.798 But if you're depressed,

NOTE Confidence: 0.9070583

00:43:32.798 --> 00:43:34.826 go to a psychiatrist,

NOTE Confidence: 0.9070583

00:43:34.830 --> 00:43:37.686 get a good psych and effective

NOTE Confidence: 0.9070583

00:43:37.686 --> 00:43:40.400 psychiatrist and get a placebo.

NOTE Confidence: 0.9070583

00:43:40.400 --> 00:43:43.712 So it turns out more of the variability

NOTE Confidence: 0.9070583

00:43:43.712 --> 00:43:47.135 in outcome is to the psychiatrist

NOTE Confidence: 0.9070583

00:43:47.135 --> 00:43:49.016 administering another placebo.

NOTE Confidence: 0.9070583

00:43:49.020 --> 00:43:50.164 And remember,

NOTE Confidence: 0.9070583

00:43:50.164 --> 00:43:54.168 this is 30 minutes of clinical management.

NOTE Confidence: 0.9070583

00:43:54.170 --> 00:43:54.810 Per week

NOTE Confidence: 0.9121772

00:43:57.090 --> 00:44:00.790 so there aren't any.

NOTE Confidence: 0.9121772

00:44:00.790 --> 00:44:04.255 Have meta analysis of relationship

NOTE Confidence: 0.9121772

00:44:04.255 --> 00:44:07.027 effects in placebo administration,

NOTE Confidence: 0.9121772

00:44:07.030 --> 00:44:12.814 but it does turn out that in this

NOTE Confidence: 0.9121772

00:44:12.814 --> 00:44:17.499 meta analysis of placebo response.

NOTE Confidence: 0.9121772

00:44:17.500 --> 00:44:19.556 Two orourke response pain.

NOTE Confidence: 0.9121772

00:44:19.556 --> 00:44:22.640 I didn't say this very well.

NOTE Confidence: 0.9121772

00:44:22.640 --> 00:44:25.210 Response to placebos for pain.

NOTE Confidence: 0.9121772

00:44:25.210 --> 00:44:28.521 The number of face to face visits

NOTE Confidence: 0.9121772

00:44:28.521 --> 00:44:32.236 in the trial was related to the

NOTE Confidence: 0.9121772

00:44:32.236 --> 00:44:34.976 size of the placebo response.

NOTE Confidence: 0.9121772

00:44:34.980 --> 00:44:37.032 So the more visits,

NOTE Confidence: 0.9121772

00:44:37.032 --> 00:44:39.084 more face to face,

NOTE Confidence: 0.9121772

00:44:39.090 --> 00:44:41.142 visits of the patient,

NOTE Confidence: 0.9121772

00:44:41.142 --> 00:44:43.707 the greater the placebo effect.

NOTE Confidence: 0.9121772

00:44:43.710 --> 00:44:47.518 So it looks like for placebos relationship.

NOTE Confidence: 0.9121772

00:44:47.520 --> 00:44:49.410 Is absolutely critical.

NOTE Confidence: 0.89552397

00:44:51.610 --> 00:44:54.970 In medicine you know we have hundreds

NOTE Confidence: 0.89552397

00:44:54.970 --> 00:44:58.602 of thousands of clinical trials of

NOTE Confidence: 0.89552397

00:44:58.602 --> 00:45:01.398 various medications and procedures.

NOTE Confidence: 0.89552397

00:45:01.400 --> 00:45:04.635 Very few studies randomized studies

NOTE Confidence: 0.89552397

00:45:04.635 --> 00:45:07.223 that have manipulated relationship.

NOTE Confidence: 0.89552397

00:45:07.230 --> 00:45:10.518 But enough to do this meta analysis again.

00:45:10.520 --> 00:45:13.700 John Kelly and colleagues at the

00:45:13.700 --> 00:45:16.630 Harvard Center for Placebo Studies.

00:45:16.630 --> 00:45:19.876 Meta analyzed those studies that randomized

00:45:19.876 --> 00:45:23.160 different aspects of the relationship.

00:45:23.160 --> 00:45:25.540 The overall effect positive.

00:45:25.540 --> 00:45:27.920 So a better relationship,

00:45:27.920 --> 00:45:29.699 better health outcomes.

00:45:29.699 --> 00:45:32.664 It's small but statistically significant.

00:45:32.670 --> 00:45:36.828 The studies if you look at them,

00:45:36.830 --> 00:45:39.800 are not particularly well done.

00:45:39.800 --> 00:45:42.770 It's hard to manipulate relationship

00:45:42.770 --> 00:45:47.216 factors in actual clinical practice, so.

00:45:47.216 --> 00:45:50.168 Some evidence.

00:45:50.170 --> 00:45:51.466 Somewhat convincing 'cause

00:45:51.466 --> 00:45:53.626 it's a Mount Meta analysis,

NOTE Confidence: 0.89552397

00:45:53.630 --> 00:45:56.216 but the effect is relatively small.

NOTE Confidence: 0.8401951

00:45:59.230 --> 00:46:02.740 Let's now turn to psychiatry psychotherapy.

NOTE Confidence: 0.8401951

00:46:02.740 --> 00:46:06.950 So what do we know about psychotherapy?

NOTE Confidence: 0.8401951

00:46:06.950 --> 00:46:09.350 Well, it's remarkably effective.

NOTE Confidence: 0.8401951

00:46:09.350 --> 00:46:11.754 It's demonstrated in random

NOTE Confidence: 0.8401951

00:46:11.754 --> 00:46:13.557 randomized clinical trials,

NOTE Confidence: 0.8401951

00:46:13.560 --> 00:46:15.573 comparing psychotherapy to

NOTE Confidence: 0.8401951

00:46:15.573 --> 00:46:18.928 weightless controls or to some

NOTE Confidence: 0.8401951

00:46:18.928 --> 00:46:22.339 kind of attention placebos.

NOTE Confidence: 0.8401951

00:46:22.340 --> 00:46:24.848 He is also effective in practice,

NOTE Confidence: 0.8401951

00:46:24.850 --> 00:46:28.750 so it looks like that.

NOTE Confidence: 0.8401951

00:46:28.750 --> 00:46:31.810 Psychotherapist in practice meets the

NOTE Confidence: 0.8401951

00:46:31.810 --> 00:46:34.870 debt benchmarks of randomized clinical

NOTE Confidence: 0.8401951

00:46:34.951 --> 00:46:37.847 trials achieving comparable effects.

NOTE Confidence: 0.84703237

00:46:40.000 --> 00:46:42.540 Many trials show the psychotherapies

NOTE Confidence: 0.84703237

00:46:42.540 --> 00:46:44.572 as effective as medications.

NOTE Confidence: 0.84703237

00:46:44.580 --> 00:46:46.104 You know this.

NOTE Confidence: 0.84703237

00:46:46.104 --> 00:46:48.136 This research pretty well,

NOTE Confidence: 0.84703237

00:46:48.140 --> 00:46:50.180 so psychotherapies longer lasting

NOTE Confidence: 0.84703237

00:46:50.180 --> 00:46:52.730 so after medication is withdrawn,

NOTE Confidence: 0.84703237

00:46:52.730 --> 00:46:55.270 there's a greater relapse then

NOTE Confidence: 0.84703237

00:46:55.270 --> 00:46:57.308 there isn't psychotherapy, fewer,

NOTE Confidence: 0.84703237

00:46:57.308 --> 00:47:00.356 fewer side effects, and so forth.

NOTE Confidence: 0.84947115

00:47:02.480 --> 00:47:05.205 But the question is what

NOTE Confidence: 0.84947115

00:47:05.205 --> 00:47:06.840 makes psychotherapy work?

NOTE Confidence: 0.84947115

00:47:06.840 --> 00:47:11.136 So. Will look at this just.

NOTE Confidence: 0.84947115

00:47:11.140 --> 00:47:14.818 In a few very specific areas,

NOTE Confidence: 0.84947115

00:47:14.820 --> 00:47:17.268 let's start with therapist.

NOTE Confidence: 0.84947115

00:47:17.268 --> 00:47:20.780 OK, so here's an illustration of

NOTE Confidence: 0.84947115

00:47:20.780 --> 00:47:24.436 the outcomes of therapists in the

NOTE Confidence: 0.84947115

00:47:24.436 --> 00:47:27.686 National Health Service in England,

NOTE Confidence: 0.84947115

00:47:27.690 --> 00:47:30.142 where the service measures

NOTE Confidence: 0.84947115

00:47:30.142 --> 00:47:33.820 outcomes in all of their clinics.

NOTE Confidence: 0.84947115

00:47:33.820 --> 00:47:36.670 So here's.

NOTE Confidence: 0.84947115

00:47:36.670 --> 00:47:38.678 Residuals the difference between

NOTE Confidence: 0.84947115

00:47:38.678 --> 00:47:41.690 the average outcome and the outcome

NOTE Confidence: 0.84947115

00:47:41.765 --> 00:47:43.977 for each particular therapist,

NOTE Confidence: 0.84947115

00:47:43.980 --> 00:47:47.627 and you can see the green therapist.

NOTE Confidence: 0.8606222

00:47:51.270 --> 00:47:53.945 Consistently have better outcomes than

NOTE Confidence: 0.8606222

00:47:53.945 --> 00:47:57.140 average, so the confidence intervals

NOTE Confidence: 0.8606222

00:47:57.140 --> 00:48:00.465 are relatively great because measuring

NOTE Confidence: 0.8606222

00:48:00.465 --> 00:48:03.498 therapist effectiveness has has a lot

NOTE Confidence: 0.8606222

00:48:03.498 --> 00:48:06.739 of error because much of the variance

NOTE Confidence: 0.8606222

00:48:06.739 --> 00:48:10.238 is due to the patient, but even then.

NOTE Confidence: 0.8606222

00:48:10.238 --> 00:48:13.290 We can see that the best therapist

NOTE Confidence: 0.8606222

00:48:13.388 --> 00:48:15.848 consistently get better outcomes

NOTE Confidence: 0.8606222

00:48:15.848 --> 00:48:19.538 than average and the poor therapist.

NOTE Confidence: 0.8606222

00:48:19.540 --> 00:48:22.700 The Red Therapist consistently get.

NOTE Confidence: 0.8606222

00:48:22.700 --> 00:48:24.470 Our poor outcomes.

NOTE Confidence: 0.8606222

00:48:24.470 --> 00:48:26.830 So the question is.

NOTE Confidence: 0.8606222

00:48:26.830 --> 00:48:28.470 What characterizes?

NOTE Confidence: 0.8606222

00:48:28.470 --> 00:48:31.750 The most effective therapist.

NOTE Confidence: 0.91436934

00:48:33.900 --> 00:48:37.085 Oh, I just want to mention this.

NOTE Confidence: 0.91436934

00:48:37.090 --> 00:48:40.564 And it looks like the difference

NOTE Confidence: 0.91436934

00:48:40.564 --> 00:48:42.880 between therapists becomes more

NOTE Confidence: 0.91436934

00:48:42.979 --> 00:48:46.059 pronounced the longer the therapy.

NOTE Confidence: 0.91436934

00:48:46.060 --> 00:48:47.896 So interesting Lee,

NOTE Confidence: 0.91436934

00:48:47.896 --> 00:48:52.842 the red Therapist by session 15 have recovery

NOTE Confidence: 0.91436934

00:48:52.842 --> 00:48:57.586 rate of about 0% after the 15th session.

NOTE Confidence: 0.91436934

00:48:57.586 --> 00:49:01.420 That means that none of their

NOTE Confidence: 0.91436934

00:49:01.543 --> 00:49:05.039 patients will have recovered.

NOTE Confidence: 0.91436934

00:49:05.040 --> 00:49:08.896 If they're still in therapy and session 15,

NOTE Confidence: 0.91436934

00:49:08.900 --> 00:49:12.916 and you can see that the above average

NOTE Confidence: 0.91436934

00:49:12.916 --> 00:49:15.940 therapist continue to have increasing

NOTE Confidence: 0.91436934

00:49:15.940 --> 00:49:18.508 recovery rates quite remarkable.

NOTE Confidence: 0.91436934

00:49:18.510 --> 00:49:20.910 To get you involved in this,

NOTE Confidence: 0.91436934

00:49:20.910 --> 00:49:24.110 I'm going to have you identified the best

NOTE Confidence: 0.91436934

00:49:24.110 --> 00:49:28.506 therapist, so I'm going to show you.

NOTE Confidence: 0.91436934

00:49:28.510 --> 00:49:30.865 Several therapists and I want

NOTE Confidence: 0.91436934

00:49:30.865 --> 00:49:34.443 you to identify who you think is

NOTE Confidence: 0.91436934

00:49:34.443 --> 00:49:38.390 the most effective therapist, OK?

NOTE Confidence: 0.91436934

00:49:38.390 --> 00:49:40.380 I can't see the audience,

NOTE Confidence: 0.91436934

00:49:40.380 --> 00:49:44.412 but I know you're ready to look at these

NOTE Confidence: 0.91436934

00:49:44.412 --> 00:49:47.769 therapists and tell me which one you think.

NOTE Confidence: 0.91436934

00:49:47.770 --> 00:49:50.718 Is the most effective?

NOTE Confidence: 0.91436934

00:49:50.720 --> 00:49:56.450 Ready get set. Got up.

NOTE Confidence: 0.91436934

00:49:56.450 --> 00:49:59.030 It's not therapist, it's baseball hitters.

NOTE Confidence: 0.91436934

00:49:59.030 --> 00:50:00.164 These are all.

NOTE Confidence: 0.91436934

00:50:00.164 --> 00:50:02.054 All All Stars the best

NOTE Confidence: 0.91436934

00:50:02.054 --> 00:50:04.310 hitters in the major leagues.

NOTE Confidence: 0.91436934

00:50:04.310 --> 00:50:07.047 If any of you are baseball fans,

NOTE Confidence: 0.91436934

00:50:07.050 --> 00:50:10.960 it's a few years old now 'cause you see it.

NOTE Confidence: 0.91436934

00:50:10.960 --> 00:50:14.152 Russo Suzuki in the bottom one of my

NOTE Confidence: 0.91436934

00:50:14.152 --> 00:50:17.024 favorite players 'cause I grew up in

NOTE Confidence: 0.91436934

00:50:17.024 --> 00:50:19.019 Seattle batting champion in Japan

NOTE Confidence: 0.91436934

00:50:19.099 --> 00:50:21.507 as well as in the United States.

NOTE Confidence: 0.91436934

00:50:21.510 --> 00:50:25.577 Look at his stance very different then.

NOTE Confidence: 0.91436934

00:50:25.580 --> 00:50:26.055 Stance.

NOTE Confidence: 0.91436934

00:50:26.055 --> 00:50:28.905 He's got his knees close together.

NOTE Confidence: 0.91436934

00:50:28.910 --> 00:50:31.838 Other baseball players or hitters All

NOTE Confidence: 0.91436934

00:50:31.838 --> 00:50:35.099 Stars have their knees very far apart.

NOTE Confidence: 0.91436934

00:50:35.100 --> 00:50:37.956 Some hold the bats very high,

NOTE Confidence: 0.91436934

00:50:37.960 --> 00:50:39.379 some very low.

69

NOTE Confidence: 0.8805375

00:50:41.940 --> 00:50:44.286 What characterizes the best hitters is

NOTE Confidence: 0.8805375

00:50:44.286 --> 00:50:47.199 really hard to tell by looking at them,

NOTE Confidence: 0.8805375

00:50:47.200 --> 00:50:49.839 and the same is true in psychotherapy.

NOTE Confidence: 0.8805375

00:50:49.840 --> 00:50:53.030 So I like to say.

NOTE Confidence: 0.8805375

00:50:53.030 --> 00:50:55.400 It ruins the CBT therapist.

NOTE Confidence: 0.8805375

00:50:55.400 --> 00:50:57.296 Here's the psychodynamic therapist.

NOTE Confidence: 0.8805375

00:50:57.296 --> 00:50:59.666 Here's the emotion focused therapist.

NOTE Confidence: 0.8805375

00:50:59.670 --> 00:51:01.574 Here's the act therapist.

NOTE Confidence: 0.8805375

00:51:01.574 --> 00:51:05.828 So if you just look at what they do,

NOTE Confidence: 0.8805375

00:51:05.830 --> 00:51:07.722 they are very different.

NOTE Confidence: 0.8805375

00:51:07.722 --> 00:51:10.262 You know, it's remarkable

NOTE Confidence: 0.8805375

00:51:10.262 --> 00:51:13.446 that baseball statistics and.

NOTE Confidence: 0.8805375

00:51:13.450 --> 00:51:15.650 Psychotherapy statistics are very comperable,

NOTE Confidence: 0.8805375

00:51:15.650 --> 00:51:18.520 so a good hitter gets a hit

NOTE Confidence: 0.8805375

00:51:18.520 --> 00:51:21.350 about one out of three times,

NOTE Confidence: 0.8805375

00:51:21.350 --> 00:51:23.550 and that's enough to make.

NOTE Confidence: 0.8805375

00:51:23.550 --> 00:51:26.202 I don't know millions of dollars

NOTE Confidence: 0.8805375

00:51:26.202 --> 00:51:28.839 each year while the NNT for

NOTE Confidence: 0.8805375

00:51:28.839 --> 00:51:31.576 psychotherapy is 3 so we get about

NOTE Confidence: 0.8805375

00:51:31.576 --> 00:51:34.519 one hit for every three patients.

NOTE Confidence: 0.8805375

00:51:34.520 --> 00:51:37.600 So if you delve into the statistics,

NOTE Confidence: 0.8805375

00:51:37.600 --> 00:51:39.352 there's remarkable analogs between

NOTE Confidence: 0.8805375

00:51:39.352 --> 00:51:40.666 baseball and psychotherapy.

NOTE Confidence: 0.8805375

00:51:40.670 --> 00:51:42.970 But the point here is.

NOTE Confidence: 0.8805375

00:51:42.970 --> 00:51:45.770 It's very difficult to examine

NOTE Confidence: 0.8805375

00:51:45.770 --> 00:51:48.570 what therapists do by watching

NOTE Confidence: 0.8805375

00:51:48.671 --> 00:51:51.367 their videotapes an identifying

NOTE Confidence: 0.8805375

00:51:51.367 --> 00:51:54.737 with the critical ingredients are.

NOTE Confidence: 0.8805375

00:51:54.740 --> 00:51:58.076 So in the last 10 years or so,

NOTE Confidence: 0.8805375

00:51:58.080 --> 00:52:01.006 we've made great effort to identify what

NOTE Confidence: 0.8805375

00:52:01.006 --> 00:52:02.260 characterizes effective therapists.

NOTE Confidence: 0.8805375

00:52:02.260 --> 00:52:04.768 Here's what does not make a

NOTE Confidence: 0.8805375

00:52:04.768 --> 00:52:06.440 difference in therapists outcomes.

NOTE Confidence: 0.8805375

00:52:06.440 --> 00:52:09.770 The theoretical approach used in treatment.

NOTE Confidence: 0.8805375

00:52:09.770 --> 00:52:10.914 Clinical trials,

NOTE Confidence: 0.8805375

00:52:10.914 --> 00:52:13.774 as well as naturalistic settings.

NOTE Confidence: 0.8805375

00:52:13.780 --> 00:52:16.996 Very small or nonexistent differences among

NOTE Confidence: 0.8805375

00:52:16.996 --> 00:52:20.080 the outcomes of different approaches.

NOTE Confidence: 0.8805375

00:52:20.080 --> 00:52:22.392 Experience actually inversely related.

NOTE Confidence: 0.8805375

00:52:22.392 --> 00:52:24.126 Psychotherapist outcomes deteriorate

NOTE Confidence: 0.8805375

00:52:24.126 --> 00:52:26.390 not by great extent,

NOTE Confidence: 0.8805375

00:52:26.390 --> 00:52:29.250 but they'd iterate over the

NOTE Confidence: 0.8805375

00:52:29.250 --> 00:52:31.538 course of the careeer.

NOTE Confidence: 0.8805375

00:52:31.540 --> 00:52:33.406 Longitudinal studies have

NOTE Confidence: 0.8805375

00:52:33.406 --> 00:52:37.138 shown this age of the therapist

NOTE Confidence: 0.8805375

00:52:37.138 --> 00:52:39.590 doesn't make a difference.

NOTE Confidence: 0.8805375

00:52:39.590 --> 00:52:44.750 Some recent studies Big 5 personality

00:52:44.750 --> 00:52:48.190 characteristics don't predict outcomes.

00:52:48.190 --> 00:52:51.046 Here's one that that I like.

00:52:51.050 --> 00:52:52.702 Self reported social skills,

00:52:52.702 --> 00:52:55.180 so if you give therapists a

00:52:55.257 --> 00:52:57.249 standard social psychology,

00:52:57.250 --> 00:52:59.570 social skills test those who

00:52:59.570 --> 00:53:01.890 score higher and social skills

00:53:01.971 --> 00:53:04.406 do not produce better outcomes.

00:53:06.500 --> 00:53:09.490 In the United States, professional

00:53:09.490 --> 00:53:11.290 degrees psychologist, psychiatrist,

00:53:11.290 --> 00:53:13.090 licensed professional counselors,

00:53:13.090 --> 00:53:14.890 clinical social workers.

00:53:17.120 --> 00:53:20.216 All in Chief, almost identical outcomes.

00:53:20.220 --> 00:53:22.795 So several studies have looked

00:53:22.795 --> 00:53:24.860 at this, no differences.

00:53:27.660 --> 00:53:30.810 One that's that's.

00:53:30.810 --> 00:53:33.274 A little bit disturbing to many of

00:53:33.274 --> 00:53:35.955 us is that interviews of therapist

00:53:35.955 --> 00:53:39.033 by experts do not predict outcomes.

00:53:39.040 --> 00:53:42.040 We all believe that we can talk to

00:53:42.040 --> 00:53:44.562 therapist and discern who's going to

00:53:44.562 --> 00:53:47.663 be a better therapist by asking them

00:53:47.663 --> 00:53:50.573 about their clinical work about their

00:53:50.573 --> 00:53:52.790 themselves and make this decision.

00:53:52.790 --> 00:53:56.790 You know, this is the way we hire therapists.

00:53:56.790 --> 00:54:00.813 We often ask them to come for an interview.

00:54:00.820 --> 00:54:02.686 Find manager clinic.

00:54:02.686 --> 00:54:05.796 I want to interview potential

00:54:05.796 --> 00:54:08.728 therapist so you know in the.

00:54:08.730 --> 00:54:11.619 Industrial organizational psychology,

00:54:11.619 --> 00:54:16.434 but also studies in psychotherapy.

NOTE Confidence: 0.8268046

00:54:16.440 --> 00:54:20.880 The scores determined by interviewers.

NOTE Confidence: 0.8268046

00:54:20.880 --> 00:54:25.815 Have therapist do not predict outcomes so.

NOTE Confidence: 0.8268046

00:54:25.820 --> 00:54:26.978 What does so?

NOTE Confidence: 0.8268046

00:54:26.978 --> 00:54:28.908 This is an ingenious study,

NOTE Confidence: 0.8268046

00:54:28.910 --> 00:54:30.454 so Tim Anderson said,

NOTE Confidence: 0.8268046

00:54:30.454 --> 00:54:31.478 well, you know,

NOTE Confidence: 0.8268046

00:54:31.478 --> 00:54:33.711 it's really hard to look at videotapes

NOTE Confidence: 0.8268046

00:54:33.711 --> 00:54:35.940 of therapists and identify who's

NOTE Confidence: 0.8268046

00:54:35.940 --> 00:54:37.784 the most effective therapist.

NOTE Confidence: 0.8268046

00:54:37.790 --> 00:54:41.165 We know a lot of what goes on in

NOTE Confidence: 0.8268046

00:54:41.165 --> 00:54:44.358 therapy is determined by the patient.

NOTE Confidence: 0.8268046

00:54:44.360 --> 00:54:46.886 Interpersonally aggressive patients.

NOTE Confidence: 0.8268046

00:54:46.886 --> 00:54:50.254 Make therapist look relatively

NOTE Confidence: 0.8268046

00:54:50.254 --> 00:54:55.249 less competent, so clinical trial.

NOTE Confidence: 0.8268046

00:54:55.250 --> 00:54:57.155 Showed that competence ratings are

NOTE Confidence: 0.8268046

00:54:57.155 --> 00:54:59.824 often more a function of the patient

NOTE Confidence: 0.8268046

00:54:59.824 --> 00:55:01.906 than they are of the therapist,

NOTE Confidence: 0.8268046

00:55:01.910 --> 00:55:05.130 so Tim said I need a standardized.

NOTE Confidence: 0.8268046

00:55:05.130 --> 00:55:08.478 Patient so that all the therapists

NOTE Confidence: 0.8268046

00:55:08.478 --> 00:55:12.160 can see exactly the same patient.

NOTE Confidence: 0.8268046

00:55:12.160 --> 00:55:15.676 So what he did is because

NOTE Confidence: 0.8268046

00:55:15.676 --> 00:55:18.020 that's impossible to do.

NOTE Confidence: 0.8268046

00:55:18.020 --> 00:55:21.590 He showed a large sample of therapist

NOTE Confidence: 0.8268046

00:55:21.590 --> 00:55:25.050 videotapes of a particular therapy,

NOTE Confidence: 0.8268046

00:55:25.050 --> 00:55:27.394 particular patient statement so

NOTE Confidence: 0.8268046

00:55:27.394 --> 00:55:29.738 these were difficult patients.

NOTE Confidence: 0.8268046

00:55:29.740 --> 00:55:33.105 Tim went around the interpersonal

NOTE Confidence: 0.8268046

00:55:33.105 --> 00:55:35.124 circle and took.

NOTE Confidence: 0.8268046

00:55:35.130 --> 00:55:37.070 Or medix.

NOTE Confidence: 0.8268046

00:55:37.070 --> 00:55:40.864 Pulls from each octant of difficult patients,

NOTE Confidence: 0.8268046

00:55:40.870 --> 00:55:43.423 either interpersonally, aggressive,

NOTE Confidence: 0.8268046

00:55:43.423 --> 00:55:45.976 withdrawn, so forth.

NOTE Confidence: 0.8268046

00:55:45.980 --> 00:55:48.245 Then he showed these vignettes

NOTE Confidence: 0.8268046

00:55:48.245 --> 00:55:51.461 to the to the therapist and said

NOTE Confidence: 0.8268046

00:55:51.461 --> 00:55:54.464 respond as if you were the therapist.

NOTE Confidence: 0.8268046

00:55:54.470 --> 00:55:56.710 He recorded the therapist responses,

NOTE Confidence: 0.8268046

00:55:56.710 --> 00:55:57.552 encoded them,

NOTE Confidence: 0.8268046

00:55:57.552 --> 00:56:00.499 and wanted to see if he could

NOTE Confidence: 0.8268046

00:56:00.499 --> 00:56:03.189 discern in their responses what

NOTE Confidence: 0.8268046

00:56:03.189 --> 00:56:05.914 predicted the outcomes of these

NOTE Confidence: 0.8268046

00:56:05.914 --> 00:56:08.774 therapists and he was able to do this.

NOTE Confidence: 0.8268046

00:56:08.780 --> 00:56:11.740 So he called this the

NOTE Confidence: 0.8268046

00:56:11.740 --> 00:56:14.170 facilitative interpersonal skills.

NOTE Confidence: 0.8268046

00:56:14.170 --> 00:56:17.908 So here's the scales that differentiated

NOTE Confidence: 0.8268046

00:56:17.908 --> 00:56:21.067 the more effective therapists than

NOTE Confidence: 0.8268046

00:56:21.067 --> 00:56:23.957 the last effective verbal fluency.

NOTE Confidence: 0.8268046

00:56:23.960 --> 00:56:27.735 How cogent and how interesting

NOTE Confidence: 0.8268046

00:56:27.735 --> 00:56:30.000 and how persuasive.

NOTE Confidence: 0.8268046

00:56:30.000 --> 00:56:34.268 Were they therapist statements?

NOTE Confidence: 0.8268046

00:56:34.270 --> 00:56:37.560 Emotional perception.

NOTE Confidence: 0.8268046

00:56:37.560 --> 00:56:41.586 Modulation of the therapist own affect

NOTE Confidence: 0.8268046

00:56:41.586 --> 00:56:45.090 and their expressiveness of affect.

NOTE Confidence: 0.8268046

00:56:45.090 --> 00:56:48.279 Warmth and acceptance.

NOTE Confidence: 0.8268046

00:56:48.280 --> 00:56:51.475 I put these in red and blue because these

NOTE Confidence: 0.8268046

00:56:51.475 --> 00:56:54.995 are the dimensions we talked about earlier.

NOTE Confidence: 0.8268046

00:56:55.000 --> 00:56:55.694 Competence.

NOTE Confidence: 0.8268046

00:56:55.694 --> 00:56:59.164 How well can you communicate

NOTE Confidence: 0.8268046

00:56:59.164 --> 00:57:01.940 information about the therapy?

NOTE Confidence: 0.8268046

00:57:01.940 --> 00:57:03.924 As well as warmth,

NOTE Confidence: 0.8268046

00:57:03.924 --> 00:57:06.900 caring and understanding so the two

NOTE Confidence: 0.8268046

00:57:06.994 --> 00:57:10.209 dimensions we talked about earlier.

NOTE Confidence: 0.8268046

00:57:10.210 --> 00:57:10.999 Again,

NOTE Confidence: 0.8268046

00:57:10.999 --> 00:57:14.944 these are interpersonal skills that

NOTE Confidence: 0.8268046

00:57:14.944 --> 00:57:18.100 are demonstrated in challenging

NOTE Confidence: 0.8268046

00:57:18.208 --> 00:57:22.258 situations where emotion is difficult.

NOTE Confidence: 0.8268046

00:57:22.260 --> 00:57:27.148 If we look at the science for this,

NOTE Confidence: 0.8268046

00:57:27.150 --> 00:57:28.983 these relationship factors

NOTE Confidence: 0.8268046

00:57:28.983 --> 00:57:31.427 produce relatively large effects.

NOTE Confidence: 0.8268046

00:57:31.430 --> 00:57:34.480 These were all meta analysis

NOTE Confidence: 0.8268046

00:57:34.480 --> 00:57:36.920 that appear in John.

NOTE Confidence: 0.8268046

00:57:36.920 --> 00:57:39.364 Norcross is book psychotherapy

NOTE Confidence: 0.8268046

00:57:39.364 --> 00:57:41.197 relationships that work.

NOTE Confidence: 0.8268046

00:57:41.200 --> 00:57:44.866 Compare those to the specific ingredients,

NOTE Confidence: 0.8268046

00:57:44.870 --> 00:57:46.090 treatment differences,

NOTE Confidence: 0.8268046

00:57:46.090 --> 00:57:47.920 adherence, rated adherence,

NOTE Confidence: 0.8268046

00:57:47.920 --> 00:57:49.162 rated competence,

NOTE Confidence: 0.8268046

00:57:49.162 --> 00:57:52.267 the relationship factors in psychotherapy.

NOTE Confidence: 0.8268046

00:57:52.270 --> 00:57:55.917 Seem to be critical to the success.

NOTE Confidence: 0.8557805

00:57:58.810 --> 00:58:01.828 So in the last few minutes,

NOTE Confidence: 0.8557805

00:58:01.830 --> 00:58:05.218 let's talk about what is it about

NOTE Confidence: 0.8557805

00:58:05.218 --> 00:58:07.360 the relationship that's health?

NOTE Confidence: 0.8557805

00:58:07.360 --> 00:58:09.880 Promoting? OK, so very briefly,

NOTE Confidence: 0.8557805

00:58:09.880 --> 00:58:13.394 because we don't have too much time.

NOTE Confidence: 0.8557805

00:58:13.400 --> 00:58:16.914 But again, as a psychology I'm interested,

NOTE Confidence: 0.8557805

00:58:16.920 --> 00:58:19.835 why should an interaction with

NOTE Confidence: 0.8557805

00:58:19.835 --> 00:58:22.167 a warm understanding healer.

NOTE Confidence: 0.8557805

00:58:22.170 --> 00:58:25.220 Who I perceive to be

NOTE Confidence: 0.8557805

00:58:25.220 --> 00:58:27.660 competent be health promoting.

NOTE Confidence: 0.8557805

00:58:27.660 --> 00:58:29.952 So four different hypothesis.

NOTE Confidence: 0.8557805

00:58:29.952 --> 00:58:32.817 One is that the relationship

NOTE Confidence: 0.8557805

00:58:32.817 --> 00:58:35.161 interacts with specific effects and

NOTE Confidence: 0.8557805

00:58:35.161 --> 00:58:38.620 this is the idea that of adherence.

NOTE Confidence: 0.8557805

00:58:38.620 --> 00:58:42.208 A second is that this relationship

00:58:42.208 --> 00:58:43.404 combats loneliness.

00:58:43.410 --> 00:58:46.290 3rd, the Interpersonal Relationship

00:58:46.290 --> 00:58:51.717 is a very potent way to create

00:58:51.717 --> 00:58:54.648 expectations for success.

00:58:54.650 --> 00:58:55.712 And finally,

00:58:55.712 --> 00:58:57.836 the relationship promotes emotional

00:58:57.836 --> 00:58:59.960 coregulation so very quickly.

00:59:02.340 --> 00:59:04.895 If we have a good relationship with

00:59:04.895 --> 00:59:08.850 the healer, more likely to head here.

00:59:08.850 --> 00:59:12.066 To the healing procedure so and

00:59:12.066 --> 00:59:15.733 there's meta analysis to these so

00:59:15.733 --> 00:59:18.569 the physician communication leads

00:59:18.569 --> 00:59:21.405 to increased patient adherence.

00:59:21.410 --> 00:59:24.686 So there's some evidence for that,

00:59:24.690 --> 00:59:28.074 but there's also some evidence that

NOTE Confidence: 0.8877726

00:59:28.074 --> 00:59:31.798 adherence to a placebo has an effect.

NOTE Confidence: 0.8877726

00:59:31.800 --> 00:59:35.148 So those people who follow through

NOTE Confidence: 0.8877726

00:59:35.148 --> 00:59:37.380 taking the placebo medications

NOTE Confidence: 0.8877726

00:59:37.471 --> 00:59:41.023 actually in one meta analysis have

NOTE Confidence: 0.8877726

00:59:41.023 --> 00:59:43.391 decreased morbidity and mortality.

NOTE Confidence: 0.8877726

00:59:43.400 --> 00:59:47.335 So this is very interesting

NOTE Confidence: 0.8877726

00:59:47.335 --> 00:59:51.270 that both adherence to the.

NOTE Confidence: 0.8877726

00:59:51.270 --> 00:59:52.486 Effective medication,

NOTE Confidence: 0.8877726

00:59:52.486 --> 00:59:56.134 but at hindrance to the placebo

NOTE Confidence: 0.8877726

00:59:56.134 --> 00:59:58.969 results in better outcomes.

NOTE Confidence: 0.87123215

01:00:01.620 --> 01:00:04.800 Let's look at this idea of

NOTE Confidence: 0.87123215

01:00:04.800 --> 01:00:08.990 loneliness, so we know that.

NOTE Confidence: 0.87123215

01:00:08.990 --> 01:00:12.125 There are several health indicators

NOTE Confidence: 0.87123215

01:00:12.125 --> 01:00:15.260 that increase risk for mortality,

NOTE Confidence: 0.87123215

01:00:15.260 --> 01:00:18.400 obesity, lack of exercise, smoking.

NOTE Confidence: 0.87123215

01:00:18.400 --> 01:00:21.530 We can include excessive drinking,

NOTE Confidence: 0.87123215

01:00:21.530 --> 01:00:24.670 environmental, pollutions and so forth.

NOTE Confidence: 0.87858665

01:00:26.680 --> 01:00:29.464 What's a greater or equal risk

NOTE Confidence: 0.87858665

01:00:29.464 --> 01:00:32.190 than any of these factors?

NOTE Confidence: 0.87858665

01:00:32.190 --> 01:00:35.700 Yeah loneliness so perceived loneliness,

NOTE Confidence: 0.87858665

01:00:35.700 --> 01:00:39.210 lack of social support increases

NOTE Confidence: 0.87858665

01:00:39.210 --> 01:00:41.316 morbidity and mortality.

NOTE Confidence: 0.87858665

01:00:41.320 --> 01:00:46.787 So one thing that a good relationship.

NOTE Confidence: 0.87858665

01:00:46.790 --> 01:00:49.800 Does with a hilarious that

NOTE Confidence: 0.87858665

01:00:49.800 --> 01:00:52.208 it decreases loneliness long.

NOTE Confidence: 0.87858665

01:00:52.210 --> 01:00:55.816 This is often exacerbated by disease

NOTE Confidence: 0.87858665

01:00:55.816 --> 01:00:59.428 and illness, so were discouraged for

NOTE Confidence: 0.87858665

01:00:59.428 --> 01:01:02.438 mental illness were often stigmatized,

NOTE Confidence: 0.87858665

01:01:02.440 --> 01:01:07.767 may be rejected from social networks so.

NOTE Confidence: 0.87858665

01:01:07.770 --> 01:01:11.202 Our loneliness is is often greatest

NOTE Confidence: 0.87858665

01:01:11.202 --> 01:01:14.529 when we're suffering from a disease.

NOTE Confidence: 0.87858665

01:01:14.530 --> 01:01:18.210 Anna relationship with a healer

NOTE Confidence: 0.87858665

01:01:18.210 --> 01:01:21.890 helps to reduce that loneliness.

NOTE Confidence: 0.87858665

01:01:21.890 --> 01:01:22.437 Interestingly,

NOTE Confidence: 0.87858665

01:01:22.437 --> 01:01:26.266 human contact is now a luxury good,

NOTE Confidence: 0.87858665

01:01:26.270 --> 01:01:29.000 and especially during the pandemic,

NOTE Confidence: 0.87858665

01:01:29.000 --> 01:01:35.350 when we're socially isolated. So.

NOTE Confidence: 0.87858665

01:01:35.350 --> 01:01:37.402 Let's look at expectations so we

NOTE Confidence: 0.87858665

01:01:37.402 --> 01:01:39.820 all learn not to do this right.

NOTE Confidence: 0.87858665

01:01:39.820 --> 01:01:42.564 Stick a metal object in a electrical plug.

NOTE Confidence: 0.87858665

01:01:42.570 --> 01:01:45.330 I want you to think for a minute.

NOTE Confidence: 0.87858665

01:01:45.330 --> 01:01:47.724 How did you learn to do this?

NOTE Confidence: 0.87858665

01:01:47.730 --> 01:01:48.762 We're in audience.

NOTE Confidence: 0.87858665

01:01:48.762 --> 01:01:51.170 I can have you raise your hands.

NOTE Confidence: 0.87858665

01:01:51.170 --> 01:01:53.240 How many learn by classical conditioning?

NOTE Confidence: 0.87858665

01:01:53.240 --> 01:01:55.928 We stuck the metal object in

NOTE Confidence: 0.87858665

01:01:55.928 --> 01:01:58.580 the socket and got shocked.

NOTE Confidence: 0.87858665

01:01:58.580 --> 01:01:59.081 Well.

NOTE Confidence: 0.87858665

01:01:59.081 --> 01:02:02.087 When I do this in workshops,

NOTE Confidence: 0.87858665

01:02:02.090 --> 01:02:05.663 it's maybe one or two people in the audience,

NOTE Confidence: 0.87858665

01:02:05.670 --> 01:02:09.276 so Pavlov winner Nobel Prize for.

NOTE Confidence: 0.87858665

01:02:09.280 --> 01:02:10.438 Examining the mechanisms

NOTE Confidence: 0.87858665

01:02:10.438 --> 01:02:11.210 classical conditioning,

NOTE Confidence: 0.87858665

01:02:11.210 --> 01:02:14.298 but that's not how we learned this behavior.

NOTE Confidence: 0.87858665

01:02:14.300 --> 01:02:15.840 What about Albert Bandura

NOTE Confidence: 0.87858665

01:02:15.840 --> 01:02:16.995 and vicarious learning?

NOTE Confidence: 0.87858665

01:02:17.000 --> 01:02:20.465 You watched a sibling or a friend do this,

NOTE Confidence: 0.87858665

01:02:20.470 --> 01:02:22.400 while the maybe there's one

NOTE Confidence: 0.87858665

01:02:22.400 --> 01:02:24.330 or two in the audience.

NOTE Confidence: 0.8946026

01:02:27.100 --> 01:02:29.032 A third possibility is that we

NOTE Confidence: 0.8946026

01:02:29.032 --> 01:02:30.820 evolved to avoid electrical sockets.

NOTE Confidence: 0.8946026

01:02:30.820 --> 01:02:33.095 We have a module in our brain

NOTE Confidence: 0.8946026

01:02:33.095 --> 01:02:34.869 makes us afraid of snakes.

NOTE Confidence: 0.8695623

01:02:37.060 --> 01:02:39.308 Spiders and so forth,

NOTE Confidence: 0.8695623

01:02:39.308 --> 01:02:42.680 but not enough time has passed.

NOTE Confidence: 0.8695623

01:02:42.680 --> 01:02:45.456 To evolve to be afraid of electrical sockets,

NOTE Confidence: 0.8695623

01:02:45.460 --> 01:02:49.478 how do the rest of us learn?

NOTE Confidence: 0.8695623

01:02:49.480 --> 01:02:52.940 Verbal persuasion via trusted other.

NOTE Confidence: 0.8695623

01:02:52.940 --> 01:02:55.720 OK, this is where expectations

NOTE Confidence: 0.8695623

01:02:55.720 --> 01:02:59.040 are created and Lieberman in the

NOTE Confidence: 0.8695623

01:02:59.040 --> 01:03:02.141 book on the neural basis of soci

NOTE Confidence: 0.8695623

01:03:02.141 --> 01:03:05.258 Ality said our brains are designed

NOTE Confidence: 0.8695623

01:03:05.258 --> 01:03:07.928 to be influenced by others.

NOTE Confidence: 0.8695623

01:03:07.930 --> 01:03:11.199 Most of what we learn and what

NOTE Confidence: 0.8695623

01:03:11.199 --> 01:03:14.764 we know comes from the verbal

NOTE Confidence: 0.8695623

01:03:14.764 --> 01:03:17.496 persuasion by trusted others.

NOTE Confidence: 0.8695623

01:03:17.500 --> 01:03:20.100 And this is what we do in psychotherapy

NOTE Confidence: 0.8695623

01:03:20.100 --> 01:03:22.516 and in medicine is that there's a

NOTE Confidence: 0.8695623

01:03:22.516 --> 01:03:25.060 lot due to the verbal persuasion.

NOTE Confidence: 0.7406955

01:03:27.150 --> 01:03:31.090 By the trusted clinician so.

NOTE Confidence: 0.7406955

01:03:31.090 --> 01:03:34.450 The final way that the relationship

NOTE Confidence: 0.7406955

01:03:34.450 --> 01:03:38.632 may be healing is this idea of

NOTE Confidence: 0.7406955

01:03:38.632 --> 01:03:41.692 emotional coregulation you know we

NOTE Confidence: 0.7406955

01:03:41.692 --> 01:03:45.458 talk often in mental health about.

NOTE Confidence: 0.7406955

01:03:45.460 --> 01:03:48.300 Disorders due to emotional dysregulation

NOTE Confidence: 0.7406955

01:03:48.300 --> 01:03:52.020 either over regulated or under regulated,

NOTE Confidence: 0.7406955

01:03:52.020 --> 01:03:56.844 and this idea that we need to teach people

NOTE Confidence: 0.7406955

01:03:56.844 --> 01:04:01.547 skills in regulating on an individual basis.

NOTE Confidence: 0.7406955

01:04:01.550 --> 01:04:05.234 Their relationship is maybe misplaced by

NOTE Confidence: 0.7406955

01:04:05.234 --> 01:04:09.919 this idea that we regulate our affect.

NOTE Confidence: 0.7406955

01:04:09.920 --> 01:04:13.320 In the presence of.

NOTE Confidence: 0.7406955

01:04:13.320 --> 01:04:16.506 People that with whom we're intimate.

NOTE Confidence: 0.7406955

01:04:16.510 --> 01:04:20.234 So this is the idea of emotional

NOTE Confidence: 0.7406955

01:04:20.234 --> 01:04:21.298 Co regulation.

NOTE Confidence: 0.7406955

01:04:21.300 --> 01:04:24.940 So this gives you some idea about

NOTE Confidence: 0.7406955

01:04:24.940 --> 01:04:27.672 different ways that we regulate

NOTE Confidence: 0.7406955

01:04:27.672 --> 01:04:30.337 in dyads or social groups.

NOTE Confidence: 0.7406955

01:04:30.340 --> 01:04:33.538 This Co regulation is the unconscious.

NOTE Confidence: 0.7406955

01:04:33.540 --> 01:04:36.200 That's not a conscious process,

NOTE Confidence: 0.7406955

01:04:36.200 --> 01:04:38.282 but unconscious regulation

NOTE Confidence: 0.7406955

01:04:38.282 --> 01:04:41.058 of two peoples affect.

NOTE Confidence: 0.7406955

01:04:41.060 --> 01:04:42.676 So in a sense,

NOTE Confidence: 0.7406955

01:04:42.676 --> 01:04:46.538 this is what we do in healing practices

NOTE Confidence: 0.7406955

01:04:46.538 --> 01:04:51.834 is that we help to regulate the patient's

NOTE Confidence: 0.7406955

01:04:51.950 --> 01:04:55.880 affect in this unconscious process.

NOTE Confidence: 0.7406955

01:04:55.880 --> 01:04:59.399 So very quickly I think we have time to

NOTE Confidence: 0.7406955

01:04:59.399 --> 01:05:02.818 talk about this study that James Cohn,

NOTE Confidence: 0.7406955

01:05:02.820 --> 01:05:05.858 who was a PhD student at Wisconsin,

NOTE Confidence: 0.7406955

01:05:05.860 --> 01:05:08.470 did with his advisor Richie Davidson,

NOTE Confidence: 0.7406955

01:05:08.470 --> 01:05:12.160 who we probably all know.

NOTE Confidence: 0.7406955

01:05:12.160 --> 01:05:17.921 So Jim work in a PTSD clinic

NOTE Confidence: 0.7406955

01:05:17.921 --> 01:05:20.390 for his predoctoral.

NOTE Confidence: 0.7406955

01:05:20.390 --> 01:05:24.786 Internship in had a patient with PTSD.

NOTE Confidence: 0.7406955

01:05:24.790 --> 01:05:28.810 Longstanding, chronic was a Vietnam

NOTE Confidence: 0.7406955

01:05:28.810 --> 01:05:33.870 era veteran who refused to do the.

NOTE Confidence: 0.7406955

01:05:33.870 --> 01:05:35.390 Prolonged exposure,

NOTE Confidence: 0.7406955

01:05:35.390 --> 01:05:38.430 that was the treatment.

NOTE Confidence: 0.7406955

01:05:38.430 --> 01:05:40.078 That was administered in

NOTE Confidence: 0.7406955

01:05:40.078 --> 01:05:42.138 the clinic at the VA,

NOTE Confidence: 0.7406955

01:05:42.140 --> 01:05:45.017 so Jim didn't know what to do.

NOTE Confidence: 0.7406955

01:05:45.020 --> 01:05:46.668 The patient absolutely refused

NOTE Confidence: 0.7406955

01:05:46.668 --> 01:05:48.316 to do the treatment,

NOTE Confidence: 0.7406955

01:05:48.320 --> 01:05:51.749 so Jim said it will look come back next

NOTE Confidence: 0.7406955

01:05:51.749 --> 01:05:54.910 week and I'll talk to my supervisor.

NOTE Confidence: 0.7406955

01:05:54.910 --> 01:05:57.376 Will figure out what to do.

NOTE Confidence: 0.7406955

01:05:57.380 --> 01:06:00.131 So Supervisor said you just have to

NOTE Confidence: 0.7406955

01:06:00.131 --> 01:06:03.150 do a better job of explaining it.

NOTE Confidence: 0.7406955

01:06:03.150 --> 01:06:05.210 Prolonged exposure is the most

NOTE Confidence: 0.7406955

01:06:05.210 --> 01:06:07.270 evidence based treatment for PTSD,

NOTE Confidence: 0.7406955

01:06:07.270 --> 01:06:10.358 so when the patient returned the next week,

NOTE Confidence: 0.7406955

01:06:10.360 --> 01:06:13.307 Jim went out to the waiting room

NOTE Confidence: 0.7406955

01:06:13.307 --> 01:06:15.360 to get him in the.

NOTE Confidence: 0.7406955

01:06:15.360 --> 01:06:18.076 Patient brought along his wife and said

NOTE Confidence: 0.7406955

01:06:18.076 --> 01:06:21.648 I want her to attend the session with me,

NOTE Confidence: 0.7406955

01:06:21.650 --> 01:06:24.008 so Jim said no to himself.

NOTE Confidence: 0.7406955

01:06:24.010 --> 01:06:27.398 I don't know much about couples therapy, but.

NOTE Confidence: 0.7406955

01:06:27.398 --> 01:06:31.864 Sure, bring your wife to the treatment.

NOTE Confidence: 0.7406955

01:06:31.870 --> 01:06:33.022 So again,

NOTE Confidence: 0.7406955

01:06:33.022 --> 01:06:37.670 Jim explained prolonged exposure, the.

NOTE Confidence: 0.7406955

01:06:37.670 --> 01:06:39.638 Patient folded their arms across their

NOTE Confidence: 0.7406955

01:06:39.638 --> 01:06:43.000 chest and said, Nope, I'm not doing it.

NOTE Confidence: 0.7406955

01:06:43.000 --> 01:06:44.960 And just at that time,

NOTE Confidence: 0.7406955

01:06:44.960 --> 01:06:48.050 the patient's wife without saying anything.

NOTE Confidence: 0.7406955

01:06:48.050 --> 01:06:48.852 Touched.

NOTE Confidence: 0.7406955

01:06:48.852 --> 01:06:52.060 The the patient's arm.

NOTE Confidence: 0.7406955

01:06:52.060 --> 01:06:55.764 Looked at him and the patient said well.

NOTE Confidence: 0.7406955

01:06:55.770 --> 01:06:59.988 Maybe I'll do it and Jim said, holding the

NOTE Confidence: 0.7406955

01:06:59.988 --> 01:07:03.740 hand of an intimate person has an effect.

NOTE Confidence: 0.7406955

01:07:03.740 --> 01:07:06.090 So we did this study.

NOTE Confidence: 0.7406955

01:07:06.090 --> 01:07:07.962 Three conditions with Maritally

NOTE Confidence: 0.7406955

01:07:07.962 --> 01:07:08.898 satisfied women.

NOTE Confidence: 0.7406955

01:07:08.900 --> 01:07:11.708 He stressed them by putting them

NOTE Confidence: 0.7406955

01:07:11.708 --> 01:07:13.112 in a scanner.

NOTE Confidence: 0.7406955

01:07:13.120 --> 01:07:16.298 He also gave them a small shock

NOTE Confidence: 0.7406955

01:07:16.298 --> 01:07:18.280 so that they were.

NOTE Confidence: 0.5491034

01:07:20.900 --> 01:07:23.978 Aroused and agitated.

NOTE Confidence: 0.5491034

01:07:23.980 --> 01:07:25.928 Three conditions, no handholding.

NOTE Confidence: 0.5491034

01:07:25.928 --> 01:07:29.381 All the women also in one condition

NOTE Confidence: 0.5491034

01:07:29.381 --> 01:07:32.069 held the hand of a stranger,

NOTE Confidence: 0.5491034

01:07:32.070 --> 01:07:32.848 the researcher,

NOTE Confidence: 0.5491034

01:07:32.848 --> 01:07:35.182 and in the third condition they

NOTE Confidence: 0.5491034

01:07:35.182 --> 01:07:37.380 held their husbands and member.

NOTE Confidence: 0.5491034

01:07:37.380 --> 01:07:39.840 These were all merely satisfied with,

NOTE Confidence: 0.5491034

01:07:39.840 --> 01:07:41.808 and it turned out.

NOTE Confidence: 0.5491034

01:07:41.808 --> 01:07:44.760 Holding the hand of the spouse

NOTE Confidence: 0.5491034

01:07:44.863 --> 01:07:48.622 reduced arousal, it was a calming

NOTE Confidence: 0.5491034

01:07:48.622 --> 01:07:50.774 influence without saying anything,

NOTE Confidence: 0.5491034

01:07:50.780 --> 01:07:55.980 and the more merrily satisfied the woman was.

NOTE Confidence: 0.5491034

01:07:55.980 --> 01:07:59.585 The greater the effect, and of course,

NOTE Confidence: 0.5491034

01:07:59.590 --> 01:08:02.170 because it's a neuroscience lab,

NOTE Confidence: 0.5491034

01:08:02.170 --> 01:08:06.298 they they verified this with the brain scans.

NOTE Confidence: 0.5491034

01:08:06.300 --> 01:08:09.532 So again, what we do and in healing

NOTE Confidence: 0.5491034

01:08:09.532 --> 01:08:13.009 settings is this metaphorical handholding.

NOTE Confidence: 0.5491034

01:08:13.010 --> 01:08:16.880 It's the coregulation of affect.

NOTE Confidence: 0.5491034

01:08:16.880 --> 01:08:18.668 In our sessions.

NOTE Confidence: 0.5491034

01:08:18.668 --> 01:08:21.794 So in conclusion, relationship is

NOTE Confidence: 0.5491034

01:08:21.794 --> 01:08:25.129 an important component of healing.

NOTE Confidence: 0.5491034

01:08:25.130 --> 01:08:27.970 Two aspects of the relationship,

NOTE Confidence: 0.5491034

01:08:27.970 --> 01:08:29.150 there's warmth.

NOTE Confidence: 0.5491034

01:08:29.150 --> 01:08:31.510 And there's also competence.

NOTE Confidence: 0.8882359

01:08:33.890 --> 01:08:36.680 So the healer qualities and actions

NOTE Confidence: 0.8882359

01:08:36.680 --> 01:08:38.540 are critical in psychotherapy,

NOTE Confidence: 0.8882359

01:08:38.540 --> 01:08:40.716 but also in medicine.

NOTE Confidence: 0.8882359

01:08:40.716 --> 01:08:43.980 So attention to relationship is needed.

NOTE Confidence: 0.8882359

01:08:43.980 --> 01:08:47.046 But we need much more research

NOTE Confidence: 0.8882359

01:08:47.046 --> 01:08:50.868 on this so very few studies in.

NOTE Confidence: 0.8882359

01:08:50.870 --> 01:08:53.174 Placebos and in medicine,

NOTE Confidence: 0.8882359

01:08:53.174 --> 01:08:56.222 looking at the effects. Of.

NOTE Confidence: 0.8882359

01:08:56.222 --> 01:08:59.190 Relationship with the healer.

NOTE Confidence: 0.8882359

01:08:59.190 --> 01:09:03.244 So. Hopefully we have a

NOTE Confidence: 0.8882359

01:09:03.244 --> 01:09:05.999 little time to ask questions.

NOTE Confidence: 0.8882359

01:09:06.000 --> 01:09:09.726 So I'm going to stop sharing.

NOTE Confidence: 0.8882359

01:09:09.730 --> 01:09:11.968 And I think we have some

NOTE Confidence: 0.8882359

01:09:11.968 --> 01:09:13.460 time for those questions.

NOTE Confidence: 0.87652004

01:09:14.970 --> 01:09:16.442 Great thank you Doctor

NOTE Confidence: 0.87652004

01:09:16.442 --> 01:09:17.914 Wampole that was beautiful.

NOTE Confidence: 0.87652004

01:09:17.920 --> 01:09:20.242 It really should have brought us

NOTE Confidence: 0.87652004

01:09:20.242 --> 01:09:22.921 down to sort of the key elements

NOTE Confidence: 0.87652004

01:09:22.921 --> 01:09:26.244 of what goes on in that in that

NOTE Confidence: 0.87652004

01:09:26.244 --> 01:09:28.718 therapeutic relationship. So we are.

NOTE Confidence: 0.87652004

01:09:28.718 --> 01:09:30.148 This is open for questions.

NOTE Confidence: 0.87652004

01:09:30.150 --> 01:09:32.145 I know we have a few minutes.

NOTE Confidence: 0.87652004

01:09:32.150 --> 01:09:34.075 If anybody has questions you can use

NOTE Confidence: 0.87652004

01:09:34.075 --> 01:09:36.278 the chat box or you can also just

NOTE Confidence: 0.87652004

01:09:36.278 --> 01:09:38.160 raise your hand and unmute yourself.

NOTE Confidence: 0.87652004

01:09:38.160 --> 01:09:39.870 That would be OK as well.

NOTE Confidence: 0.8438488

01:09:43.500 --> 01:09:46.524 I'm sorry I couldn't be there in person,

NOTE Confidence: 0.8438488

01:09:46.530 --> 01:09:49.394 it's it's hard not to look at the

NOTE Confidence: 0.8438488

01:09:49.394 --> 01:09:51.408 audience and get your reaction

NOTE Confidence: 0.8438488

01:09:51.408 --> 01:09:54.866 to this, so I I hope I made my

NOTE Confidence: 0.8438488

01:09:54.870 --> 01:09:58.054 my points cogently let let me start as

NOTE Confidence: 0.8438488

01:09:58.054 --> 01:10:01.048 people are typing their questions in.

NOTE Confidence: 0.8438488

01:10:01.050 --> 01:10:02.755 One thing there were two

NOTE Confidence: 0.8438488

01:10:02.755 --> 01:10:04.660 thoughts I was having. Bruce.

NOTE Confidence: 0.8438488

01:10:04.660 --> 01:10:07.900 The first was just how far?

NOTE Confidence: 0.8438488

01:10:07.900 --> 01:10:09.951 You know we still have to go

NOTE Confidence: 0.8438488

01:10:09.951 --> 01:10:11.810 not just with the research,

95

NOTE Confidence: 0.8438488

01:10:11.810 --> 01:10:13.766 but also in the clinical space.

NOTE Confidence: 0.8438488

01:10:13.770 --> 01:10:16.186 We are challenged in this covid era of

NOTE Confidence: 0.8438488

01:10:16.186 --> 01:10:18.658 the need for support and for healing.

NOTE Confidence: 0.8438488

01:10:18.660 --> 01:10:20.704 And yet there's such a drive to

NOTE Confidence: 0.8438488

01:10:20.704 --> 01:10:23.075 sort of give somebody a pill or

NOTE Confidence: 0.8438488

01:10:23.075 --> 01:10:24.850 a quick session or something,

NOTE Confidence: 0.8438488

01:10:24.850 --> 01:10:26.480 and that is of course,

NOTE Confidence: 0.8438488

01:10:26.480 --> 01:10:28.755 contrary to what what you're talking about.

NOTE Confidence: 0.8438488

01:10:28.760 --> 01:10:31.049 So that was one thought I had,

NOTE Confidence: 0.8438488

01:10:31.050 --> 01:10:33.650 and you might have a comment about that.

NOTE Confidence: 0.8438488

01:10:33.650 --> 01:10:36.188 But the second thing that I

NOTE Confidence: 0.8438488

01:10:36.188 --> 01:10:38.230 was thinking about it is.

NOTE Confidence: 0.8438488

01:10:38.230 --> 01:10:40.100 Some of this seems nonspecific,

NOTE Confidence: 0.8438488

01:10:40.100 --> 01:10:42.876 and yet some aspects of of the in

NOTE Confidence: 0.8438488

01:10:42.876 --> 01:10:44.836 key ingredients in the relationship

NOTE Confidence: 0.8438488

01:10:44.836 --> 01:10:46.826 do seem kind of specific.

NOTE Confidence: 0.8438488

01:10:46.830 --> 01:10:49.651 So what about training do are these

NOTE Confidence: 0.8438488

01:10:49.651 --> 01:10:51.952 elements that that are can be

NOTE Confidence: 0.8438488

01:10:51.952 --> 01:10:54.304 learned and or is it very natural?

NOTE Confidence: 0.8438488

01:10:54.310 --> 01:10:56.928 Some people have it, some people don't.

NOTE Confidence: 0.8438488

01:10:56.930 --> 01:10:58.800 In terms of the warmth,

NOTE Confidence: 0.8438488

01:10:58.800 --> 01:11:01.026 certainly one could say that so

NOTE Confidence: 0.8438488

01:11:01.026 --> 01:11:02.910 just your thoughts about that.

NOTE Confidence: 0.8438488

01:11:02.910 --> 01:11:03.290 Yeah,

NOTE Confidence: 0.8528431

01:11:03.290 --> 01:11:05.782 great, and I have lots of thoughts

NOTE Confidence: 0.8528431

01:11:05.782 --> 01:11:08.040 'cause there are great questions.

NOTE Confidence: 0.8528431

01:11:08.040 --> 01:11:10.445 Very quickly about the relationship

NOTE Confidence: 0.8528431

01:11:10.445 --> 01:11:13.074 and in covid times, you know,

NOTE Confidence: 0.8528431

01:11:13.074 --> 01:11:16.531 we know and I showed the graph that the

NOTE Confidence: 0.8528431

01:11:16.531 --> 01:11:19.311 therapeutic alliance or relationship are

NOTE Confidence: 0.8528431

01:11:19.311 --> 01:11:22.950 highly related to outcomes in psychotherapy.

NOTE Confidence: 0.8528431

01:11:22.950 --> 01:11:26.406 Well, it turns out that that alliances is

NOTE Confidence: 0.8528431

01:11:26.406 --> 01:11:29.688 a stronger predictor in Internet based,

NOTE Confidence: 0.8528431

01:11:29.690 --> 01:11:30.977 not Tele medicine,

NOTE Confidence: 0.8528431

01:11:30.977 --> 01:11:33.122 but Internet based treatments where

NOTE Confidence: 0.8528431

01:11:33.122 --> 01:11:35.459 there's a limited relationship.

NOTE Confidence: 0.8528431

01:11:35.460 --> 01:11:38.150 But there is a relationship.

NOTE Confidence: 0.8528431

01:11:38.150 --> 01:11:41.306 So don't discount the relationship because

NOTE Confidence: 0.8528431

01:11:41.306 --> 01:11:44.329 you're doing treatments at a distance.

NOTE Confidence: 0.8528431

01:11:44.330 --> 01:11:47.200 It's really important to think

NOTE Confidence: 0.8528431

01:11:47.200 --> 01:11:50.070 about that relationship is still.

NOTE Confidence: 0.8528431

01:11:50.070 --> 01:11:51.634 Very critical.

NOTE Confidence: 0.8528431

01:11:51.634 --> 01:11:53.980 Not only desired,

NOTE Confidence: 0.8528431

01:11:53.980 --> 01:11:57.424 but important for outcomes with patients in

NOTE Confidence: 0.8528431

01:11:57.424 --> 01:12:00.876 this covid times OK to the second point,

NOTE Confidence: 0.8528431

01:12:00.880 --> 01:12:04.100 and I know it this best from

NOTE Confidence: 0.8528431

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01:12:04.100 --> 01:12:05.480 the psychotherapy literature.

NOTE Confidence: 0.8528431

01:12:05.480 --> 01:12:08.414 It there is some basic emotional

NOTE Confidence: 0.8528431

01:12:08.414 --> 01:12:11.920 intelligence if you want to talk about it,

NOTE Confidence: 0.8528431

01:12:11.920 --> 01:12:14.220 that's necessary to be an

NOTE Confidence: 0.8528431

01:12:14.220 --> 01:12:15.140 effective therapist.

NOTE Confidence: 0.8528431

01:12:15.140 --> 01:12:18.172 Team Anderson as well as the group in

NOTE Confidence: 0.8528431

01:12:18.172 --> 01:12:20.006 Germany measured these facilitative

NOTE Confidence: 0.8528431

01:12:20.006 --> 01:12:23.000 interpersonal skills at the beginning of

NOTE Confidence: 0.8528431

01:12:23.000 --> 01:12:26.108 training of clinical psychology students.

NOTE Confidence: 0.8528431

01:12:26.110 --> 01:12:28.190 And it predicted the outcomes

NOTE Confidence: 0.8528431

01:12:28.190 --> 01:12:31.290 up to five years in the future.

NOTE Confidence: 0.8528431

01:12:31.290 --> 01:12:33.666 So this is the skills before

NOTE Confidence: 0.8528431

01:12:33.666 --> 01:12:36.050 they got any clinical training,

NOTE Confidence: 0.8528431

01:12:36.050 --> 01:12:37.343 so that's interesting.

NOTE Confidence: 0.8528431

01:12:37.343 --> 01:12:39.929 So that's kind of the substrate.

NOTE Confidence: 0.8528431

01:12:39.930 --> 01:12:43.386 Whether this is Geno type or or tutor,

NOTE Confidence: 0.8528431

01:12:43.390 --> 01:12:44.686 early childhood experiences

NOTE Confidence: 0.8528431

01:12:44.686 --> 01:12:46.846 and attachment and so forth.

NOTE Confidence: 0.8528431

01:12:46.850 --> 01:12:48.578 We don't really know,

NOTE Confidence: 0.8528431

01:12:48.578 --> 01:12:51.170 but it seems that that's important.

NOTE Confidence: 0.8528431

01:12:51.170 --> 01:12:53.756 But training also makes the difference.

NOTE Confidence: 0.8528431

01:12:53.760 --> 01:12:56.718 So we can train these skills.

NOTE Confidence: 0.8528431

01:12:56.720 --> 01:13:00.010 So I'm involved in an others are

NOTE Confidence: 0.8528431

01:13:00.010 --> 01:13:02.470 involved to breakdown the skills.

NOTE Confidence: 0.8528431

01:13:02.470 --> 01:13:04.382 Verbal fluency affect perception,

NOTE Confidence: 0.8528431

01:13:04.382 --> 01:13:04.860 warmth,

NOTE Confidence: 0.8528431

01:13:04.860 --> 01:13:07.728 caring these are all skills that

NOTE Confidence: 0.8528431

01:13:07.728 --> 01:13:09.162 can be taught.

NOTE Confidence: 0.8528431

01:13:09.170 --> 01:13:10.610 Anna really important,

NOTE Confidence: 0.8528431

01:13:10.610 --> 01:13:13.010 you know more and more.

NOTE Confidence: 0.8528431

01:13:13.010 --> 01:13:14.886 We deemphasized the relationship

NOTE Confidence: 0.8528431

01:13:14.886 --> 01:13:16.762 because in psychotherapy we're

NOTE Confidence: 0.8528431

01:13:16.762 --> 01:13:18.750 training evidence based treatments.

NOTE Confidence: 0.8528431

01:13:18.750 --> 01:13:21.150 You gotta get trained in.

NOTE Confidence: 0.8528431

01:13:21.150 --> 01:13:23.700 CBT or whatever protocol it

NOTE Confidence: 0.8528431

01:13:23.700 --> 01:13:26.770 is and we forget that the.

NOTE Confidence: 0.8528431

01:13:26.770 --> 01:13:28.745 Therapist delivering it is what

NOTE Confidence: 0.8528431

01:13:28.745 --> 01:13:29.930 makes it effective,

NOTE Confidence: 0.8528431

01:13:29.930 --> 01:13:34.142 and these are skills we can teach and so.

NOTE Confidence: 0.8528431

01:13:34.150 --> 01:13:35.008 You know,

NOTE Confidence: 0.8528431

01:13:35.008 --> 01:13:37.153 in medical training there is

NOTE Confidence: 0.8528431

01:13:37.153 --> 01:13:38.440 attention to relationship,

NOTE Confidence: 0.8528431

01:13:38.440 --> 01:13:41.020 but it's pretty cursory in my

NOTE Confidence: 0.8528431

01:13:41.020 --> 01:13:43.659 experience and I think we need

NOTE Confidence: 0.8528431

01:13:43.659 --> 01:13:45.729 to break these skills down.

NOTE Confidence: 0.853618433333333

01:13:47.810 --> 01:13:52.490 And. Teach them. Using deliberate

NOTE Confidence: 0.853618433333333

01:13:52.490 --> 01:13:54.690 practice, you know chess Masters.

101

NOTE Confidence: 0.8334563

01:13:56.750 --> 01:13:57.586 Performance musicians,

NOTE Confidence: 0.8334563

01:13:57.586 --> 01:13:59.258 athletes all use deliberate

NOTE Confidence: 0.8334563

01:13:59.258 --> 01:14:00.930 practice to become experts,

NOTE Confidence: 0.8334563

01:14:00.930 --> 01:14:03.432 and we do the same thing

NOTE Confidence: 0.8334563

01:14:03.432 --> 01:14:04.683 with interpersonal skills.

NOTE Confidence: 0.8334563

01:14:04.690 --> 01:14:07.198 It's not just some mystery thing,

NOTE Confidence: 0.8334563

01:14:07.200 --> 01:14:08.808 either God or don't.

NOTE Confidence: 0.8334563

01:14:08.808 --> 01:14:11.800 We can teach this great well sorry,

NOTE Confidence: 0.8334563

01:14:11.800 --> 01:14:13.850 it just gets me going.

NOTE Confidence: 0.8334563

01:14:13.850 --> 01:14:15.850 Another another lecture I I'm

NOTE Confidence: 0.8334563

01:14:15.850 --> 01:14:18.898 retired so I don't have an audience,

NOTE Confidence: 0.8334563

01:14:18.900 --> 01:14:21.826 so I'm glad to be able to,

NOTE Confidence: 0.8334563

01:14:21.830 --> 01:14:25.430 to profess about any of this. Now

NOTE Confidence: 0.86532813

01:14:25.430 --> 01:14:27.460 that's that's great. Thank you.

NOTE Confidence: 0.86532813

01:14:27.460 --> 01:14:29.248 So Sandy Bakens has asked what

NOTE Confidence: 0.86532813

01:14:29.248 --> 01:14:31.028 is known about the inverse

NOTE Confidence: 0.86532813

01:14:31.028 --> 01:14:32.591 relationship between effectiveness

NOTE Confidence: 0.86532813

01:14:32.591 --> 01:14:35.196 and experience that you described.

NOTE Confidence: 0.8353176

01:14:35.810 --> 01:14:38.195 Well, we've looked at therapist

NOTE Confidence: 0.8353176

01:14:38.195 --> 01:14:41.440 over their careers up to 18 years,

NOTE Confidence: 0.8353176

01:14:41.440 --> 01:14:44.980 and it looks like.

NOTE Confidence: 0.8353176

01:14:44.980 --> 01:14:49.390 Their effects decreased slightly overtime.

NOTE Confidence: 0.8353176

01:14:49.390 --> 01:14:50.596 On average, OK.

NOTE Confidence: 0.8353176

01:14:50.596 --> 01:14:53.008 There's some therapists who get better

NOTE Confidence: 0.8353176

01:14:53.008 --> 01:14:55.386 over the course of their careers,

NOTE Confidence: 0.8353176

01:14:55.390 --> 01:14:57.390 but there's some boot deteriorate,

NOTE Confidence: 0.8353176

01:14:57.390 --> 01:14:59.790 so on average they're not improving.

NOTE Confidence: 0.8353176

01:14:59.790 --> 01:15:03.390 I would say that the decrease is so small,

NOTE Confidence: 0.8353176

01:15:03.390 --> 01:15:06.754 let's not focus on that part, but it's

NOTE Confidence: 0.8353176

01:15:06.754 --> 01:15:09.164 clear that this differentiates therapist.

NOTE Confidence: 0.8353176

01:15:09.170 --> 01:15:12.012 From experts in other fields who gradually

01:15:12.012 --> 01:15:14.947 improve over the course of their careers.

01:15:14.950 --> 01:15:17.020 OK, they ask Pablo Casals.

01:15:17.020 --> 01:15:20.316 Why do you practice three or four years?

01:15:20.320 --> 01:15:21.559 You're the best.

01:15:21.559 --> 01:15:24.454 Tell us in the world, he says,

01:15:24.454 --> 01:15:26.514 I think I'm still improving.

01:15:26.520 --> 01:15:27.687 So you know,

01:15:27.687 --> 01:15:31.060 we could talk about this in greater detail.

01:15:31.060 --> 01:15:33.898 But therapists don't get good detailed

01:15:33.898 --> 01:15:36.619 feedback on what they're doing and.

01:15:36.620 --> 01:15:39.644 I don't know so much about physicians,

01:15:39.650 --> 01:15:41.815 but very little feedback about

01:15:41.815 --> 01:15:43.980 the interpersonal part of it.

01:15:43.980 --> 01:15:46.535 Most of the feedback would be technical

01:15:46.535 --> 01:15:49.179 skill rather than interpersonal feedback,

01:15:49.180 --> 01:15:52.360 and if you do get feedback.

NOTE Confidence: 0.8353176

01:15:52.360 --> 01:15:53.832 It's often very general.

NOTE Confidence: 0.8353176

01:15:53.832 --> 01:15:57.144 You know when I go to a physician

NOTE Confidence: 0.8353176

01:15:57.144 --> 01:16:00.216 I always get the consumer surveys

NOTE Confidence: 0.8353176

01:16:00.216 --> 01:16:02.550 afterwards because it's a good

NOTE Confidence: 0.8353176

01:16:02.550 --> 01:16:04.600 faith effort to improve this.

NOTE Confidence: 0.8353176

01:16:04.600 --> 01:16:05.836 What your satisfaction.

NOTE Confidence: 0.8353176

01:16:05.836 --> 01:16:09.151 But the the the level of feedback is

NOTE Confidence: 0.8353176

01:16:09.151 --> 01:16:11.983 useless just to know on a gross level

NOTE Confidence: 0.8353176

01:16:11.983 --> 01:16:14.069 patients are relatively satisfied

NOTE Confidence: 0.8353176

01:16:14.069 --> 01:16:16.824 or dissatisfied with my interaction.

NOTE Confidence: 0.8353176

01:16:16.830 --> 01:16:20.763 That doesn't tell me what I need to do.

NOTE Confidence: 0.8353176

01:16:20.770 --> 01:16:23.674 It has to be.

NOTE Confidence: 0.8353176

01:16:23.674 --> 01:16:24.400 Observed.

NOTE Confidence: 0.8353176

01:16:24.400 --> 01:16:27.460 Identified and practiced to get better.

NOTE Confidence: 0.8749816

01:16:30.090 --> 01:16:31.419 Great thank you.

NOTE Confidence: 0.8749816

01:16:31.420 --> 01:16:33.200 These are critical questions.

NOTE Confidence: 0.8585238

01:16:34.900 --> 01:16:36.588 Other comments or questions?

NOTE Confidence: 0.9171274

01:16:41.340 --> 01:16:44.640 I'm looking here. Please jump in

NOTE Confidence: 0.9171274

01:16:44.640 --> 01:16:46.090 'cause we can't see everyone.

NOTE Confidence: 0.9171274

01:16:46.090 --> 01:16:47.818 We still have a pretty large

NOTE Confidence: 0.9171274

01:16:47.818 --> 01:16:49.570 number of folks who are here.

NOTE Confidence: 0.85256624

01:16:58.510 --> 01:17:01.550 Regina, I don't see any hands up and

NOTE Confidence: 0.85256624

01:17:01.550 --> 01:17:03.830 right now you looks like there's

NOTE Confidence: 0.85256624

01:17:03.830 --> 01:17:07.650 one more just to comment in chat.

NOTE Confidence: 0.7773184

01:17:07.650 --> 01:17:11.170 Yes, the comment is. Thank you so much.

NOTE Confidence: 0.7773184

01:17:11.170 --> 01:17:14.089 I've been introducing your work to the

NOTE Confidence: 0.7773184

01:17:14.089 --> 01:17:16.790 Pgy three psychiatry residents at the

NOTE Confidence: 0.7773184

01:17:16.790 --> 01:17:19.085 beginning of their outpatient year.

NOTE Confidence: 0.7773184

01:17:19.090 --> 01:17:21.290 For the past few years,

NOTE Confidence: 0.7773184

01:17:21.290 --> 01:17:24.370 so that's a comment in an gratitude

NOTE Confidence: 0.7773184

01:17:24.370 --> 01:17:27.990 and referring to work. Yeah.

NOTE Confidence: 0.7773184

01:17:27.990 --> 01:17:30.130 And we have another comment,

NOTE Confidence: 0.7773184

01:17:30.130 --> 01:17:33.040 a question from Amit Oren.

NOTE Confidence: 0.7773184

01:17:33.040 --> 01:17:34.219 Does conducting psychotherapy

NOTE Confidence: 0.7773184

01:17:34.219 --> 01:17:36.184 on line dilute those factors

NOTE Confidence: 0.7773184

01:17:36.184 --> 01:17:37.878 that contribute to its efficacy?

NOTE Confidence: 0.7773184

01:17:37.880 --> 01:17:40.477 I know you commented on it briefly.

NOTE Confidence: 0.8415111

01:17:40.480 --> 01:17:41.818 Yeah, you know,

NOTE Confidence: 0.8415111

01:17:41.818 --> 01:17:44.048 we're just starting to see.

NOTE Confidence: 0.8415111

01:17:44.050 --> 01:17:47.694 Some outcome data from

NOTE Confidence: 0.8415111

01:17:47.694 --> 01:17:49.516 psychotherapy delivered.

NOTE Confidence: 0.8512346

01:17:52.100 --> 01:17:56.150 Electronically mediated over zoom or other.

NOTE Confidence: 0.8512346

01:17:56.150 --> 01:18:00.084 Platforms and it looks like that the

NOTE Confidence: 0.8512346

01:18:00.084 --> 01:18:03.499 efficacy of psychotherapy is not decreasing,

NOTE Confidence: 0.8512346

01:18:03.500 --> 01:18:06.950 so we all thought that the

NOTE Confidence: 0.8512346

01:18:06.950 --> 01:18:09.250 camera to camera interactions

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NOTE Confidence: 0.8512346

01:18:09.355 --> 01:18:12.535 were going to be less personal.

NOTE Confidence: 0.8512346

01:18:12.540 --> 01:18:15.968 It's more difficult to.

NOTE Confidence: 0.8512346

01:18:15.970 --> 01:18:19.054 Detect and decode affect of the

NOTE Confidence: 0.8512346

01:18:19.054 --> 01:18:21.110 patient in these circumstances,

NOTE Confidence: 0.8512346

01:18:21.110 --> 01:18:24.694 but it looks like the outcomes are

NOTE Confidence: 0.8512346

01:18:24.694 --> 01:18:28.655 comparable and it also looks like the

NOTE Confidence: 0.8512346

01:18:28.655 --> 01:18:31.560 therapeutic factors are as important

NOTE Confidence: 0.8512346

01:18:31.560 --> 01:18:34.998 or even more important because.

NOTE Confidence: 0.8512346

01:18:35.000 --> 01:18:37.035 The patient still needs the

NOTE Confidence: 0.8512346

01:18:37.035 --> 01:18:37.849 interpersonal relationship.

NOTE Confidence: 0.8512346

01:18:37.850 --> 01:18:40.304 Those factors I talked about so

NOTE Confidence: 0.8512346

01:18:40.304 --> 01:18:42.855 clearly we're going to do more

NOTE Confidence: 0.8512346

01:18:42.855 --> 01:18:45.357 research and I'm involved in some

NOTE Confidence: 0.8512346

01:18:45.357 --> 01:18:47.784 projects that are looking at data

NOTE Confidence: 0.8512346

01:18:47.784 --> 01:18:50.058 from Tele Health and this way.

NOTE Confidence: 0.8512346

01:18:50.060 --> 01:18:52.244 But my guess is that these

NOTE Confidence: 0.8512346

01:18:52.244 --> 01:18:54.540 factors are even more important.

NOTE Confidence: 0.87904936

01:18:56.250 --> 01:18:58.567 Thank you, I know some people may

NOTE Confidence: 0.87904936

01:18:58.567 --> 01:19:01.255 have to leave, but we are still here

NOTE Confidence: 0.87904936

01:19:01.255 --> 01:19:03.200 and there's some questions coming in.

NOTE Confidence: 0.87904936

01:19:03.200 --> 01:19:05.704 So those who have to go obviously will

NOTE Confidence: 0.87904936

01:19:05.704 --> 01:19:08.170 will go ahead and take that leave.

NOTE Confidence: 0.87904936

01:19:08.170 --> 01:19:10.480 But we have one comment in question.

NOTE Confidence: 0.87904936

01:19:10.480 --> 01:19:12.797 It seems like physiologic effects like pain,

NOTE Confidence: 0.87904936

01:19:12.800 --> 01:19:14.124 antihistamine, IK effect positively

NOTE Confidence: 0.87904936

01:19:14.124 --> 01:19:15.448 related to the relationship.

NOTE Confidence: 0.87904936

01:19:15.450 --> 01:19:17.655 What is your sense of general outcomes

NOTE Confidence: 0.87904936

01:19:17.655 --> 01:19:19.419 within primary care like diabetes,

NOTE Confidence: 0.87904936

01:19:19.420 --> 01:19:20.744 hypertension, and the effect

NOTE Confidence: 0.87904936

01:19:20.744 --> 01:19:22.068 of the relationship there?

NOTE Confidence: 0.87904936

01:19:22.070 --> 01:19:24.240 Yeah, well we're getting a little bit

NOTE Confidence: 0.87904936

01:19:24.240 --> 01:19:26.827 out of my area of expertise which.

NOTE Confidence: 0.87904936

01:19:26.830 --> 01:19:29.370 I don't say very often,

NOTE Confidence: 0.87904936

01:19:29.370 --> 01:19:32.436 but you know there was this idea

NOTE Confidence: 0.87904936

01:19:32.436 --> 01:19:35.315 that placebos are going to affect

NOTE Confidence: 0.87904936

01:19:35.315 --> 01:19:38.261 some kinds of disorders more than

NOTE Confidence: 0.87904936

01:19:38.261 --> 01:19:41.759 others were surprised by the placebo

NOTE Confidence: 0.87904936

01:19:41.759 --> 01:19:44.610 effect in Parkinson's disease, but.

NOTE Confidence: 0.84311885

01:19:48.320 --> 01:19:51.200 There's debate about.

NOTE Confidence: 0.84311885

01:19:51.200 --> 01:19:52.380 The effects of placebos,

NOTE Confidence: 0.84311885

01:19:52.380 --> 01:19:54.680 which is a lot due to the

NOTE Confidence: 0.84311885

01:19:54.680 --> 01:19:56.528 relationship for some disorders.

NOTE Confidence: 0.84311885

01:19:56.530 --> 01:20:00.040 I mean you think hypertension.

NOTE Confidence: 0.84311885

01:20:00.040 --> 01:20:01.387 Would be. Unrelated,

NOTE Confidence: 0.84311885

01:20:01.387 --> 01:20:04.081 but there are both cultural effects

NOTE Confidence: 0.84311885

01:20:04.081 --> 01:20:06.348 or some countries were placebos

NOTE Confidence: 0.84311885

01:20:06.348 --> 01:20:08.952 were to a greater extent and

NOTE Confidence: 0.84311885

01:20:09.031 --> 01:20:11.846 hypertension than in other countries.

NOTE Confidence: 0.84311885

01:20:11.850 --> 01:20:14.489 But I think that in many of

NOTE Confidence: 0.84311885

01:20:14.489 --> 01:20:17.034 the areas we're talking about

NOTE Confidence: 0.84311885

01:20:17.034 --> 01:20:19.670 like hypertension and diabetes,

NOTE Confidence: 0.84311885

01:20:19.670 --> 01:20:22.604 that the effect of the relationship

NOTE Confidence: 0.84311885

01:20:22.604 --> 01:20:24.560 may be through adherence,

NOTE Confidence: 0.84311885

01:20:24.560 --> 01:20:26.616 because adherence to the

NOTE Confidence: 0.84311885

01:20:26.616 --> 01:20:29.186 regiments and protocols for these

NOTE Confidence: 0.84311885

01:20:29.186 --> 01:20:31.290 disorders are really critical.

NOTE Confidence: 0.84311885

01:20:31.290 --> 01:20:32.986 In a good relationship,

NOTE Confidence: 0.84311885

01:20:32.986 --> 01:20:35.106 Anna with a persuasive position

NOTE Confidence: 0.84311885

01:20:35.106 --> 01:20:37.580 is going to make a difference.

NOTE Confidence: 0.84311885

01:20:37.580 --> 01:20:39.670 So I would say relationship.

NOTE Confidence: 0.84311885

01:20:39.670 --> 01:20:42.430 You know I talked about

NOTE Confidence: 0.84311885

01:20:42.430 --> 01:20:45.190 the four ways that that.

NOTE Confidence: 0.84311885

01:20:45.190 --> 01:20:48.106 Relationship may work in these disorders.

NOTE Confidence: 0.84311885

01:20:48.110 --> 01:20:51.362 It may be that the adherence

NOTE Confidence: 0.84311885

01:20:51.362 --> 01:20:53.530 is the primary pathway.

NOTE Confidence: 0.84311885

01:20:53.530 --> 01:20:54.930 But I wouldn't discount

NOTE Confidence: 0.84311885

01:20:54.930 --> 01:20:56.330 the other pathways either.

NOTE Confidence: 0.86859226

01:20:58.350 --> 01:21:01.174 I was really taken up with your emotion,

NOTE Confidence: 0.86859226

01:21:01.180 --> 01:21:03.124 cool regulation notion and seems to

NOTE Confidence: 0.86859226

01:21:03.124 --> 01:21:05.669 be at the heart of this therapeutic

NOTE Confidence: 0.86859226

01:21:05.669 --> 01:21:08.033 or the healing relationship and your

NOTE Confidence: 0.86859226

01:21:08.033 --> 01:21:10.143 point about it being unconscious and

NOTE Confidence: 0.86859226

01:21:10.143 --> 01:21:12.700 I was wondering if it was you know

NOTE Confidence: 0.86859226

01:21:12.700 --> 01:21:15.306 in in which way are we thinking of

NOTE Confidence: 0.86859226

01:21:15.306 --> 01:21:17.466 it as unconscious and nonconscious?

NOTE Confidence: 0.86859226

01:21:17.470 --> 01:21:20.030 'cause there seems to be also a very

NOTE Confidence: 0.86859226

01:21:20.030 --> 01:21:22.418 the way you were talking about.

NOTE Confidence: 0.86859226

01:21:22.420 --> 01:21:24.982 It seems like there's a very dynamic

NOTE Confidence: 0.86859226

01:21:24.982 --> 01:21:26.320 transactional piece going on.

NOTE Confidence: 0.86859226

01:21:26.320 --> 01:21:27.445 On one level.

NOTE Confidence: 0.86859226

01:21:27.445 --> 01:21:29.320 There's of course conscious awareness

NOTE Confidence: 0.86859226

01:21:29.320 --> 01:21:31.058 of what's being said and.

NOTE Confidence: 0.86859226

01:21:31.060 --> 01:21:33.678 And on, but there's clearly the the

NOTE Confidence: 0.86859226

01:21:33.678 --> 01:21:35.520 perceptual effects are happening,

NOTE Confidence: 0.86859226

01:21:35.520 --> 01:21:38.760 and there's a response to that that occurs.

NOTE Confidence: 0.86859226

01:21:38.760 --> 01:21:41.880 So if you could say a little bit

NOTE Confidence: 0.86859226

01:21:41.880 --> 01:21:43.210 more about that,

NOTE Confidence: 0.8900514

01:21:43.210 --> 01:21:46.348 yeah, that's interesting.

NOTE Confidence: 0.8900514

01:21:46.350 --> 01:21:49.829 The people that study emotional Co regulation

NOTE Confidence: 0.8900514

01:21:49.829 --> 01:21:54.240 and there are a number of groups who are

NOTE Confidence: 0.8900514

01:21:54.240 --> 01:21:57.140 studying this in experimental situations.

NOTE Confidence: 0.8900514

01:21:57.140 --> 01:21:58.685 They talk about.

NOTE Confidence: 0.8900514

01:21:58.685 --> 01:22:01.260 It is not unconscious process,

113

01:22:01.260 --> 01:22:04.781 so there isn't a intentional effort by

01:22:04.781 --> 01:22:09.476 one of the partners to calm or to arouse.

01:22:09.480 --> 01:22:15.249 If there there needs to be some more arousal.

01:22:15.250 --> 01:22:17.680 We've noticed this in psychotherapy.

01:22:17.680 --> 01:22:19.835 There's two studies now that

01:22:19.835 --> 01:22:23.010 shows that there is Co regulation,

01:22:23.010 --> 01:22:25.920 but I think there is also

01:22:25.920 --> 01:22:27.375 an intentional effect.

01:22:27.380 --> 01:22:29.800 So when I do workshops,

01:22:29.800 --> 01:22:33.584 one of my favorite videos is Keith Dopson

01:22:33.584 --> 01:22:38.198 doing a panic induction with a panic patient.

01:22:38.200 --> 01:22:40.850 And he intentionally uses a

01:22:40.850 --> 01:22:43.500 very calm and soothing voice,

01:22:43.500 --> 01:22:47.548 so I think that's an example of an

01:22:47.548 --> 01:22:50.227 intentional attempt at emotional

01:22:50.227 --> 01:22:53.716 coregulation He he, as he describes himself,

NOTE Confidence: 0.8900514

01:22:53.720 --> 01:22:55.970 is very anxious about it.

NOTE Confidence: 0.8900514

01:22:55.970 --> 01:22:57.299 He's being filmed,

NOTE Confidence: 0.8900514

01:22:57.299 --> 01:22:59.957 the patients being induced to have

NOTE Confidence: 0.8900514

01:22:59.957 --> 01:23:02.738 a panic attack in the session.

NOTE Confidence: 0.8900514

01:23:02.740 --> 01:23:03.930 It's scary.

NOTE Confidence: 0.8900514

01:23:03.930 --> 01:23:07.500 But his voice is very calm,

NOTE Confidence: 0.8900514

01:23:07.500 --> 01:23:10.180 so that's a more intentional

NOTE Confidence: 0.8900514

01:23:10.180 --> 01:23:12.860 emotional Co regulation I think.

NOTE Confidence: 0.8900514

01:23:12.860 --> 01:23:16.688 And that's falls under Tim Anderson's

NOTE Confidence: 0.8900514

01:23:16.688 --> 01:23:19.240 affected half active modulation.

NOTE Confidence: 0.8900514

01:23:19.240 --> 01:23:21.382 So I think it's both in awareness

NOTE Confidence: 0.8900514

01:23:21.382 --> 01:23:23.939 or out of awareness unconscious,

NOTE Confidence: 0.8900514

01:23:23.940 --> 01:23:25.116 but also intentional.

NOTE Confidence: 0.8900514

01:23:25.116 --> 01:23:25.508 Yeah,

NOTE Confidence: 0.8900514

01:23:25.508 --> 01:23:25.900 great,

NOTE Confidence: 0.8900514

01:23:25.900 --> 01:23:26.690 so we

NOTE Confidence: 0.88502157

01:23:26.690 --> 01:23:29.427 have a couple of questions about technology.

NOTE Confidence: 0.88502157

01:23:29.430 --> 01:23:32.174 Patients do not have access to technology.

NOTE Confidence: 0.88502157

01:23:32.180 --> 01:23:34.140 How do you maintain a

NOTE Confidence: 0.88502157

01:23:34.140 --> 01:23:36.100 relationship based on voice only?

NOTE Confidence: 0.88502157

01:23:36.100 --> 01:23:38.404 I think your point just now

NOTE Confidence: 0.88502157

01:23:38.404 --> 01:23:40.410 is relevant there and then.

NOTE Confidence: 0.88502157

01:23:40.410 --> 01:23:42.635 Similarly, is there any difference

NOTE Confidence: 0.88502157

01:23:42.635 --> 01:23:44.415 in therapeutic alliance for

NOTE Confidence: 0.88502157

01:23:44.415 --> 01:23:45.615 psychotherapists who provide

NOTE Confidence: 0.88502157

01:23:45.615 --> 01:23:47.360 treatment using audio only or

NOTE Confidence: 0.88502157

01:23:47.360 --> 01:23:49.029 combination of video and audio?

NOTE Confidence: 0.90779006

01:23:49.650 --> 01:23:51.666 I haven't seen any studies of that.

NOTE Confidence: 0.90779006

01:23:51.670 --> 01:23:54.330 I mean, we're just starting to collect.

NOTE Confidence: 0.90779006

01:23:54.330 --> 01:23:58.186 Data I'm involved in a clinic in Calgary,

NOTE Confidence: 0.90779006

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01:23:58.190 --> 01:24:02.646 which is the biggest provider in in Alberta?

NOTE Confidence: 0.90779006

01:24:02.650 --> 01:24:07.844 And. They're doing most of it video.

NOTE Confidence: 0.90779006

01:24:07.850 --> 01:24:12.630 I'm going to ask them if they do some audio,

NOTE Confidence: 0.90779006

01:24:12.630 --> 01:24:15.612 but it's interesting we adapt as

NOTE Confidence: 0.90779006

01:24:15.612 --> 01:24:18.741 humans to these technological ways of

NOTE Confidence: 0.90779006

01:24:18.741 --> 01:24:21.376 having a relationship remarkably well.

NOTE Confidence: 0.90779006

01:24:21.380 --> 01:24:24.362 I mean, it's surprising to many

NOTE Confidence: 0.90779006

01:24:24.362 --> 01:24:27.220 people that you know there's.

NOTE Confidence: 0.90779006

01:24:27.220 --> 01:24:33.180 Relationship using text video audio.

NOTE Confidence: 0.90779006

01:24:33.180 --> 01:24:36.276 Isn't it remarkable how adaptive we

NOTE Confidence: 0.90779006

01:24:36.276 --> 01:24:39.800 are in our social relationships?

NOTE Confidence: 0.8389001

01:24:41.180 --> 01:24:43.745 Yeah, it's as if there is a hunger for

NOTE Confidence: 0.8389001

01:24:43.745 --> 01:24:46.733 it and as we get limited one way or the

NOTE Confidence: 0.8389001

01:24:46.733 --> 01:24:49.271 other that we find alternate ways and

NOTE Confidence: 0.8389001

01:24:49.271 --> 01:24:52.630 then we explore them to the to the Max. We

NOTE Confidence: 0.8389001

01:24:52.630 --> 01:24:53.575 have another question,

NOTE Confidence: 0.8389001

01:24:53.575 --> 01:24:56.130 let me just one more thing about that.

NOTE Confidence: 0.8389001

01:24:56.130 --> 01:24:57.720 You know, there's this literary

NOTE Confidence: 0.8389001

01:24:57.720 --> 01:24:59.662 theory about the relationship we form

NOTE Confidence: 0.8389001

01:24:59.662 --> 01:25:02.192 with authors, and so even though.

NOTE Confidence: 0.8389001

01:25:02.192 --> 01:25:05.090 We don't have a relationship with

NOTE Confidence: 0.8389001

01:25:05.181 --> 01:25:08.367 the author by reading their novels,

NOTE Confidence: 0.8389001

01:25:08.370 --> 01:25:11.670 we put ourselves in that relationship

NOTE Confidence: 0.8389001

01:25:11.670 --> 01:25:14.420 and it's an interesting idea.

NOTE Confidence: 0.8389001

01:25:14.420 --> 01:25:16.420 About how we form.

NOTE Confidence: 0.90416926

01:25:18.500 --> 01:25:21.320 Not just relationships in the moment,

NOTE Confidence: 0.90416926

01:25:21.320 --> 01:25:24.610 but in our minds in various ways,

NOTE Confidence: 0.90416926

01:25:24.610 --> 01:25:28.840 we need more, more work in that area, yeah.

NOTE Confidence: 0.8598997

01:25:29.770 --> 01:25:32.056 With one more question, Clement Hill,

NOTE Confidence: 0.8598997

01:25:32.060 --> 01:25:34.604 what is the lowest hanging fruit in terms

NOTE Confidence: 0.8598997

01:25:34.604 --> 01:25:37.008 of improving clinical relationship skills?

NOTE Confidence: 0.8598997

01:25:37.010 --> 01:25:39.530 In other words, what one or two things

NOTE Confidence: 0.8598997

01:25:39.530 --> 01:25:42.429 could you recommend that could be most

NOTE Confidence: 0.8598997

01:25:42.429 --> 01:25:44.629 easily implemented with best efficacy?

NOTE Confidence: 0.8560085

01:25:45.480 --> 01:25:47.690 Well I contact is 1,

NOTE Confidence: 0.8560085

01:25:47.690 --> 01:25:50.330 so that's a relatively easy one.

NOTE Confidence: 0.8560085

01:25:50.330 --> 01:25:53.032 You got to be a little careful

NOTE Confidence: 0.8560085

01:25:53.032 --> 01:25:55.172 'cause there's some cultural groups

NOTE Confidence: 0.8560085

01:25:55.172 --> 01:25:57.860 where I contact in some diagnosis

NOTE Confidence: 0.8560085

01:25:57.860 --> 01:26:00.725 for some autism spectrum patients I

NOTE Confidence: 0.8560085

01:26:00.725 --> 01:26:03.551 contact must might be too intense,

NOTE Confidence: 0.8560085

01:26:03.560 --> 01:26:06.647 but eye contact is 1 to monitor.

NOTE Confidence: 0.8560085

01:26:06.650 --> 01:26:09.296 One for me is when critical

NOTE Confidence: 0.8560085

01:26:09.296 --> 01:26:10.619 points in treatment.

NOTE Confidence: 0.8560085

01:26:10.620 --> 01:26:12.820 I used the patients name.

NOTE Confidence: 0.8560085

01:26:12.820 --> 01:26:15.790 I never thought of this before.

NOTE Confidence: 0.8560085

01:26:15.790 --> 01:26:18.174 But it's a very intentional thing you can

NOTE Confidence: 0.8560085

01:26:18.174 --> 01:26:20.827 do and something that's very impactful.

NOTE Confidence: 0.8560085

01:26:20.830 --> 01:26:23.548 I've noticed it and patient responses.

NOTE Confidence: 0.8560085

01:26:23.550 --> 01:26:26.147 So those are two very quick ones.

NOTE Confidence: 0.91551477

01:26:28.800 --> 01:26:33.170 Great. Well, thank you so much.

NOTE Confidence: 0.91551477

01:26:33.170 --> 01:26:35.183 This is very fascinating, important,

NOTE Confidence: 0.91551477

01:26:35.183 --> 01:26:38.080 very much part of the bread and

NOTE Confidence: 0.91551477

01:26:38.080 --> 01:26:40.819 butter of the work that we do.

NOTE Confidence: 0.91551477

01:26:40.820 --> 01:26:43.844 It was also critical in terms of as

NOTE Confidence: 0.91551477

01:26:43.844 --> 01:26:46.794 I think about said, an acids work.

NOTE Confidence: 0.91551477

01:26:46.794 --> 01:26:48.684 There were elements in his

NOTE Confidence: 0.91551477

01:26:48.684 --> 01:26:50.966 interactions with students, but it,

NOTE Confidence: 0.91551477

01:26:50.966 --> 01:26:52.718 particularly in the therapeutic

NOTE Confidence: 0.91551477

01:26:52.718 --> 01:26:55.330 relationship which you know as you said,

NOTE Confidence: 0.91551477

01:26:55.330 --> 01:26:57.748 came naturally for him there was

NOTE Confidence: 0.91551477

01:26:57.748 --> 01:26:59.360 substrates that were natural,

NOTE Confidence: 0.91551477

01:26:59.360 --> 01:27:01.460 his warmth, his compassion in.

NOTE Confidence: 0.91551477

01:27:01.460 --> 01:27:02.904 Reaching out verbal fluency.

NOTE Confidence: 0.91551477

01:27:02.904 --> 01:27:03.987 Putting things together,

NOTE Confidence: 0.91551477

01:27:03.990 --> 01:27:05.790 which he did so brilliantly.

NOTE Confidence: 0.91551477

01:27:05.790 --> 01:27:08.303 But the skill with which he obviously

NOTE Confidence: 0.91551477

01:27:08.303 --> 01:27:11.323 then built on that it just it just

NOTE Confidence: 0.91551477

01:27:11.323 --> 01:27:13.188 comes together beautifully in in

NOTE Confidence: 0.91551477

01:27:13.268 --> 01:27:15.460 the way that you have, of course,

NOTE Confidence: 0.91551477

01:27:15.460 --> 01:27:17.060 broad data and quantified these

NOTE Confidence: 0.91551477

01:27:17.060 --> 01:27:18.973 really important elements of the

NOTE Confidence: 0.91551477

01:27:18.973 --> 01:27:19.869 psychotherapeutic relationship.

NOTE Confidence: 0.91551477

01:27:19.870 --> 01:27:21.680 So it was very apropos.

NOTE Confidence: 0.91551477

01:27:21.680 --> 01:27:24.929 I think Sid would have loved to hear this,

NOTE Confidence: 0.91551477

01:27:24.930 --> 01:27:27.810 and would have had a lot to say.

NOTE Confidence: 0.91551477

01:27:27.810 --> 01:27:29.254 Thank you so much,

NOTE Confidence: 0.91551477

01:27:29.254 --> 01:27:29.976 Doctor Wampold,

NOTE Confidence: 0.91551477

01:27:29.980 --> 01:27:32.605 for your presentation for getting us too.

NOTE Confidence: 0.91551477

01:27:32.610 --> 01:27:34.806 To think about these really critical

NOTE Confidence: 0.91551477

01:27:34.806 --> 01:27:36.270 elements of psychotherapy and

NOTE Confidence: 0.91551477

01:27:36.329 --> 01:27:38.044 for all of you to attend today.

NOTE Confidence: 0.91551477

01:27:38.050 --> 01:27:39.646 Thank you again.