

WEBVTT

NOTE duration:"00:55:21"

NOTE recognizability:0.830

NOTE language:en-us

NOTE Confidence: 0.7869173

00:00:00.000 --> 00:00:01.070 And.

NOTE Confidence: 0.934906844285714

00:00:04.160 --> 00:00:06.295 I will just pull up my slides.

NOTE Confidence: 0.7628617333333333

00:00:10.160 --> 00:00:14.310 There they are. Hopefully for all of you too.

NOTE Confidence: 0.725847555

00:00:17.880 --> 00:00:20.598 I I never knew Sidney Blatt,

NOTE Confidence: 0.725847555

00:00:20.600 --> 00:00:24.920 but I I know of him and I know his work.

NOTE Confidence: 0.725847555

00:00:24.920 --> 00:00:29.757 And among the themes that he tackled,

NOTE Confidence: 0.725847555

00:00:29.760 --> 00:00:32.145 one of them alongside self

NOTE Confidence: 0.725847555

00:00:32.145 --> 00:00:33.576 definition was relatedness.

NOTE Confidence: 0.725847555

00:00:33.580 --> 00:00:37.556 And so I I've chosen the topic accordingly,

NOTE Confidence: 0.725847555

00:00:37.560 --> 00:00:40.180 relating with the emotional brain.

NOTE Confidence: 0.725847555

00:00:40.180 --> 00:00:41.324 Here's my disclosure to

NOTE Confidence: 0.725847555

00:00:41.324 --> 00:00:43.040 get that out of the way.

NOTE Confidence: 0.725847555

00:00:43.040 --> 00:00:46.127 I'm sure you you can all just take a

NOTE Confidence: 0.725847555

00:00:46.127 --> 00:00:49.186 little snapshot of that with my move on.
NOTE Confidence: 0.725847555

00:00:49.190 --> 00:00:52.025 There's a lot of ground to cover.
NOTE Confidence: 0.725847555

00:00:52.030 --> 00:00:54.772 I'm I'm beginning with this quotation
NOTE Confidence: 0.725847555

00:00:54.772 --> 00:00:58.110 from Freud because a lot of psychoanalysts
NOTE Confidence: 0.725847555

00:00:58.110 --> 00:01:01.739 get anxious when they hear that a
NOTE Confidence: 0.725847555

00:01:01.739 --> 00:01:03.975 neuroscientist is suggesting some
NOTE Confidence: 0.725847555

00:01:03.975 --> 00:01:06.989 revisions to their beloved theory
NOTE Confidence: 0.725847555

00:01:06.989 --> 00:01:09.729 based on neuroscientific findings.
NOTE Confidence: 0.725847555

00:01:09.730 --> 00:01:12.270 And they think that this is that this is a
NOTE Confidence: 0.725847555

00:01:12.339 --> 00:01:15.069 breaching the boundaries of what is properly,
NOTE Confidence: 0.725847555

00:01:15.070 --> 00:01:18.952 properly considered evidence suitable for the
NOTE Confidence: 0.725847555

00:01:18.952 --> 00:01:21.540 development of psychoanalytical theories.
NOTE Confidence: 0.725847555

00:01:21.540 --> 00:01:25.020 I, I, I won't read the whole quotation to you
NOTE Confidence: 0.725847555

00:01:25.097 --> 00:01:28.497 as safe to refer to the parts that are bold.
NOTE Confidence: 0.725847555

00:01:28.500 --> 00:01:30.876 Freud says there that the classification
NOTE Confidence: 0.725847555

00:01:30.876 --> 00:01:33.279 of what he called the drives.

NOTE Confidence: 0.725847555
00:01:33.280 --> 00:01:35.280 He doesn't think it can be done on
NOTE Confidence: 0.725847555
00:01:35.280 --> 00:01:37.320 the basis of psychological material.
NOTE Confidence: 0.725847555
00:01:37.320 --> 00:01:39.205 He thinks it requires definite
NOTE Confidence: 0.725847555
00:01:39.205 --> 00:01:41.540 assumptions to be taken over from
NOTE Confidence: 0.725847555
00:01:41.540 --> 00:01:43.455 some other branch of knowledge.
NOTE Confidence: 0.725847555
00:01:43.460 --> 00:01:45.444 And here he makes clear what the other
NOTE Confidence: 0.725847555
00:01:45.444 --> 00:01:47.695 branch of knowledge is that he has in mind.
NOTE Confidence: 0.725847555
00:01:47.700 --> 00:01:49.722 He says it's necessary to borrow
NOTE Confidence: 0.725847555
00:01:49.722 --> 00:01:51.660 from the science of biology.
NOTE Confidence: 0.725847555
00:01:51.660 --> 00:01:54.020 When it comes to delineating
NOTE Confidence: 0.725847555
00:01:54.020 --> 00:01:56.380 the life of the drives,
NOTE Confidence: 0.725847555
00:01:56.380 --> 00:01:58.676 and he said that who knows what
NOTE Confidence: 0.725847555
00:01:58.676 --> 00:02:00.737 neurobiology will teach us in the future.
NOTE Confidence: 0.725847555
00:02:00.740 --> 00:02:03.228 It may be new information of a kind
NOTE Confidence: 0.725847555
00:02:03.228 --> 00:02:06.500 that will blow away the whole of our
NOTE Confidence: 0.725847555

00:02:06.500 --> 00:02:08.216 artificial structure of hypothesis.
NOTE Confidence: 0.725847555

00:02:08.220 --> 00:02:10.916 So I'm at least as far as Freud
NOTE Confidence: 0.725847555

00:02:10.916 --> 00:02:11.590 was concerned,
NOTE Confidence: 0.725847555

00:02:11.590 --> 00:02:14.080 what I'm doing is legitimate,
NOTE Confidence: 0.725847555

00:02:14.080 --> 00:02:16.054 especially when it comes to the
NOTE Confidence: 0.725847555

00:02:16.054 --> 00:02:18.330 aspect of mental life that I'm going
NOTE Confidence: 0.725847555

00:02:18.330 --> 00:02:20.416 to be talking to you about today,
NOTE Confidence: 0.725847555

00:02:20.420 --> 00:02:22.942 what used to be called. Drive theory.
NOTE Confidence: 0.725847555

00:02:22.942 --> 00:02:26.974 What might be more sort of descriptively
NOTE Confidence: 0.725847555

00:02:26.974 --> 00:02:30.194 termed the basic emotional needs
NOTE Confidence: 0.725847555

00:02:30.194 --> 00:02:32.838 of the human being.
NOTE Confidence: 0.725847555

00:02:32.840 --> 00:02:35.696 Here is for its definition of drive.
NOTE Confidence: 0.725847555

00:02:35.700 --> 00:02:38.124 It's a measure of the demand
NOTE Confidence: 0.725847555

00:02:38.124 --> 00:02:40.600 made upon the mind for work.
NOTE Confidence: 0.725847555

00:02:40.600 --> 00:02:41.159 And.
NOTE Confidence: 0.725847555

00:02:41.159 --> 00:02:42.836 As I proceed,

NOTE Confidence: 0.725847555

00:02:42.836 --> 00:02:46.767 hopefully you'll get a slightly better idea

NOTE Confidence: 0.725847555

00:02:46.767 --> 00:02:51.006 of what's meant by a measure of the demand.

NOTE Confidence: 0.725847555

00:02:51.010 --> 00:02:52.990 Made upon the mind for work.

NOTE Confidence: 0.725847555

00:02:52.990 --> 00:02:55.910 What sort of work does the mind perform?

NOTE Confidence: 0.725847555

00:02:55.910 --> 00:02:57.828 So with all of this in mind,

NOTE Confidence: 0.725847555

00:02:57.830 --> 00:02:59.578 and especially this quotation,

NOTE Confidence: 0.725847555

00:02:59.578 --> 00:03:03.122 I'm now going to show you a slide

NOTE Confidence: 0.725847555

00:03:03.122 --> 00:03:05.540 which sort of summarizes very

NOTE Confidence: 0.725847555

00:03:05.540 --> 00:03:08.540 abstractly how we conceptualize

NOTE Confidence: 0.725847555

00:03:08.540 --> 00:03:10.775 drive in neurobiology today.

NOTE Confidence: 0.725847555

00:03:10.775 --> 00:03:13.745 And it's all based on very

NOTE Confidence: 0.725847555

00:03:13.745 --> 00:03:16.369 simple concept of homeostasis,

NOTE Confidence: 0.725847555

00:03:16.370 --> 00:03:19.396 which I hasten to point out was a

NOTE Confidence: 0.725847555

00:03:19.396 --> 00:03:22.077 concept that fruit was not familiar with.

NOTE Confidence: 0.725847555

00:03:22.080 --> 00:03:23.828 Introduced in the 1930s,

NOTE Confidence: 0.725847555

00:03:23.828 --> 00:03:27.060 a few years before for its death,
NOTE Confidence: 0.725847555

00:03:27.060 --> 00:03:29.235 the basic idea I've used
NOTE Confidence: 0.725847555

00:03:29.235 --> 00:03:30.975 mischievously Freudian terms here,
NOTE Confidence: 0.725847555

00:03:30.980 --> 00:03:32.864 but the the basic idea is
NOTE Confidence: 0.725847555

00:03:32.864 --> 00:03:34.620 that there's a set point,
NOTE Confidence: 0.725847555

00:03:34.620 --> 00:03:37.038 there's a there's a viable range
NOTE Confidence: 0.725847555

00:03:37.038 --> 00:03:39.961 within which we have to remain in
NOTE Confidence: 0.725847555

00:03:39.961 --> 00:03:42.006 terms of our biological needs,
NOTE Confidence: 0.725847555

00:03:42.010 --> 00:03:45.405 and deviations from that viable
NOTE Confidence: 0.725847555

00:03:45.405 --> 00:03:48.800 range are demands for work.
NOTE Confidence: 0.725847555

00:03:48.800 --> 00:03:52.265 One has to do something in order to return.
NOTE Confidence: 0.550088841666667

00:03:52.270 --> 00:03:55.630 Oneself back to ones viable arms.
NOTE Confidence: 0.550088841666667

00:03:55.630 --> 00:03:59.710 That's the basic concept of homeostasis,
NOTE Confidence: 0.550088841666667

00:03:59.710 --> 00:04:02.104 and when I say we have to do something,
NOTE Confidence: 0.550088841666667

00:04:02.110 --> 00:04:05.560 we have to do it on the basis of something
NOTE Confidence: 0.550088841666667

00:04:05.642 --> 00:04:08.922 which is predicted to be be likely to

NOTE Confidence: 0.550088841666667
00:04:08.922 --> 00:04:12.130 achieve that return to our viable bounds.
NOTE Confidence: 0.550088841666667
00:04:12.130 --> 00:04:14.286 The word prediction might seem odd there,
NOTE Confidence: 0.550088841666667
00:04:14.290 --> 00:04:16.260 but hopefully it'll become clearer
NOTE Confidence: 0.550088841666667
00:04:16.260 --> 00:04:19.403 as we go along when it comes to
NOTE Confidence: 0.550088841666667
00:04:19.403 --> 00:04:21.228 most of our autonomic needs,
NOTE Confidence: 0.550088841666667
00:04:21.230 --> 00:04:22.670 all of which are regulated.
NOTE Confidence: 0.550088841666667
00:04:22.670 --> 00:04:25.200 On the aesthetically this prediction
NOTE Confidence: 0.550088841666667
00:04:25.200 --> 00:04:28.460 takes the form of a reflex.
NOTE Confidence: 0.550088841666667
00:04:28.460 --> 00:04:31.718 So for example if you overheating,
NOTE Confidence: 0.550088841666667
00:04:31.720 --> 00:04:34.720 the prediction is that perspiring and
NOTE Confidence: 0.550088841666667
00:04:34.720 --> 00:04:37.879 breathing more rapidly will cool you down.
NOTE Confidence: 0.550088841666667
00:04:37.880 --> 00:04:41.840 And the same applies to our emotional needs,
NOTE Confidence: 0.550088841666667
00:04:41.840 --> 00:04:42.810 emotional needs.
NOTE Confidence: 0.550088841666667
00:04:42.810 --> 00:04:45.235 We have emotional viable bounds
NOTE Confidence: 0.550088841666667
00:04:45.235 --> 00:04:47.992 and I will clarify what I mean
NOTE Confidence: 0.550088841666667

00:04:47.992 --> 00:04:50.560 by that as I as I proceed,
NOTE Confidence: 0.550088841666667

00:04:50.560 --> 00:04:53.160 but these are biological viable.
NOTE Confidence: 0.550088841666667

00:04:53.160 --> 00:04:54.600 Towns, as you'll see,
NOTE Confidence: 0.550088841666667

00:04:54.600 --> 00:04:57.810 and when we deviate from those viable bounds,
NOTE Confidence: 0.550088841666667

00:04:57.810 --> 00:05:02.066 we feel the the demand for work,
NOTE Confidence: 0.550088841666667

00:05:02.070 --> 00:05:05.247 the in the form of a of an unpleasant,
NOTE Confidence: 0.550088841666667

00:05:05.250 --> 00:05:06.837 distressing emotional state.
NOTE Confidence: 0.550088841666667

00:05:06.837 --> 00:05:10.998 Then we need to do something in order
NOTE Confidence: 0.550088841666667

00:05:10.998 --> 00:05:14.104 to return us to our biologically
NOTE Confidence: 0.550088841666667

00:05:14.104 --> 00:05:18.164 viable range and that prediction.
NOTE Confidence: 0.550088841666667

00:05:18.170 --> 00:05:21.068 Whereas when it comes to autonomic needs,
NOTE Confidence: 0.550088841666667

00:05:21.070 --> 00:05:23.170 it takes the form of a reflex.
NOTE Confidence: 0.550088841666667

00:05:23.170 --> 00:05:25.417 But when it comes to emotional needs,
NOTE Confidence: 0.550088841666667

00:05:25.420 --> 00:05:27.052 it takes the form,
NOTE Confidence: 0.550088841666667

00:05:27.052 --> 00:05:29.092 at least initially in development,
NOTE Confidence: 0.550088841666667

00:05:29.100 --> 00:05:30.576 it takes the form of what

NOTE Confidence: 0.550088841666667
00:05:30.576 --> 00:05:31.560 we call an instinct.
NOTE Confidence: 0.550088841666667
00:05:31.560 --> 00:05:32.664 In other words,
NOTE Confidence: 0.550088841666667
00:05:32.664 --> 00:05:34.872 some sort of stereotyped response pattern,
NOTE Confidence: 0.550088841666667
00:05:34.880 --> 00:05:36.446 and I'll illustrate all of this
NOTE Confidence: 0.550088841666667
00:05:36.446 --> 00:05:37.970 with examples as I proceed.
NOTE Confidence: 0.550088841666667
00:05:37.970 --> 00:05:41.318 I'm starting with very general abstractions,
NOTE Confidence: 0.550088841666667
00:05:41.320 --> 00:05:44.760 but the crucial point for now is to
NOTE Confidence: 0.550088841666667
00:05:44.760 --> 00:05:47.828 understand that the instincts that we
NOTE Confidence: 0.550088841666667
00:05:47.828 --> 00:05:51.377 are born with the innate predictions as
NOTE Confidence: 0.550088841666667
00:05:51.377 --> 00:05:53.850 to as to what to do when we find out.
NOTE Confidence: 0.550088841666667
00:05:53.850 --> 00:05:56.730 Solves in these in these.
NOTE Confidence: 0.550088841666667
00:05:56.730 --> 00:05:59.650 And situations of universal
NOTE Confidence: 0.550088841666667
00:05:59.650 --> 00:06:01.110 biological significance,
NOTE Confidence: 0.550088841666667
00:06:01.110 --> 00:06:03.980 that these instinctual responses are
NOTE Confidence: 0.550088841666667
00:06:03.980 --> 00:06:06.279 too stereotyped. They they don't.
NOTE Confidence: 0.550088841666667

00:06:06.279 --> 00:06:08.577 They don't work in anything other
NOTE Confidence: 0.550088841666667

00:06:08.577 --> 00:06:11.186 than the most generic of situations.
NOTE Confidence: 0.550088841666667

00:06:11.190 --> 00:06:13.857 And so the great task of mental
NOTE Confidence: 0.550088841666667

00:06:13.857 --> 00:06:16.908 development is to learn what else to do
NOTE Confidence: 0.550088841666667

00:06:16.908 --> 00:06:19.481 over and above the innate preparedness
NOTE Confidence: 0.550088841666667

00:06:19.481 --> 00:06:22.786 that comes with instinctual responses.
NOTE Confidence: 0.550088841666667

00:06:22.790 --> 00:06:25.107 So the great task of mental development,
NOTE Confidence: 0.550088841666667

00:06:25.110 --> 00:06:26.310 on the view that I'm going
NOTE Confidence: 0.550088841666667

00:06:26.310 --> 00:06:27.110 to outline for you.
NOTE Confidence: 0.550088841666667

00:06:27.110 --> 00:06:31.150 Today is to learn how to meet our
NOTE Confidence: 0.550088841666667

00:06:31.150 --> 00:06:35.168 emotional needs by way of supplementing
NOTE Confidence: 0.550088841666667

00:06:35.168 --> 00:06:37.172 supplanting our instinctual
NOTE Confidence: 0.550088841666667

00:06:37.172 --> 00:06:39.676 predictions with learned ones,
NOTE Confidence: 0.550088841666667

00:06:39.680 --> 00:06:41.660 learning from experience how
NOTE Confidence: 0.550088841666667

00:06:41.660 --> 00:06:44.135 to meet our emotional needs.
NOTE Confidence: 0.550088841666667

00:06:44.140 --> 00:06:47.514 And this learning takes the form of

NOTE Confidence: 0.550088841666667
00:06:47.514 --> 00:06:48.960 establishing better predictions.
NOTE Confidence: 0.550088841666667
00:06:48.960 --> 00:06:52.600 Memories are of course about the past,
NOTE Confidence: 0.550088841666667
00:06:52.600 --> 00:06:54.700 but they are for the future,
NOTE Confidence: 0.550088841666667
00:06:54.700 --> 00:06:58.060 learning on the basis of past experience.
NOTE Confidence: 0.550088841666667
00:06:58.060 --> 00:06:59.584 Is in order to better predict
NOTE Confidence: 0.550088841666667
00:06:59.584 --> 00:07:01.310 what to do in the future.
NOTE Confidence: 0.550088841666667
00:07:01.310 --> 00:07:03.308 And This is why I'm using
NOTE Confidence: 0.550088841666667
00:07:03.308 --> 00:07:04.307 the word prediction.
NOTE Confidence: 0.550088841666667
00:07:04.310 --> 00:07:07.770 Learning is all about predicting.
NOTE Confidence: 0.550088841666667
00:07:07.770 --> 00:07:09.366 All of this will become clearer,
NOTE Confidence: 0.550088841666667
00:07:09.370 --> 00:07:09.990 I hope,
NOTE Confidence: 0.550088841666667
00:07:09.990 --> 00:07:10.920 as we proceed.
NOTE Confidence: 0.550088841666667
00:07:10.920 --> 00:07:12.565 The function of unpleasant feelings
NOTE Confidence: 0.550088841666667
00:07:12.565 --> 00:07:14.984 is simply to tell you that what
NOTE Confidence: 0.550088841666667
00:07:14.984 --> 00:07:16.408 you're doing isn't working,
NOTE Confidence: 0.550088841666667

00:07:16.410 --> 00:07:18.474 and that you're heading in a
NOTE Confidence: 0.550088841666667

00:07:18.474 --> 00:07:19.850 in a bad direction.
NOTE Confidence: 0.550088841666667

00:07:19.850 --> 00:07:22.110 Bad in the biological sense,
NOTE Confidence: 0.550088841666667

00:07:22.110 --> 00:07:23.975 where the basic value system
NOTE Confidence: 0.550088841666667

00:07:23.975 --> 00:07:25.840 is that it's good to
NOTE Confidence: 0.877560217222222

00:07:25.921 --> 00:07:28.969 survive and to reproduce and bad to die.
NOTE Confidence: 0.877560217222222

00:07:28.970 --> 00:07:31.210 Pleasurable feelings mean the opposite,
NOTE Confidence: 0.877560217222222

00:07:31.210 --> 00:07:32.462 that you're heading back
NOTE Confidence: 0.877560217222222

00:07:32.462 --> 00:07:34.340 toward where you need to be,
NOTE Confidence: 0.877560217222222

00:07:34.340 --> 00:07:36.524 when you are where you need to be,
NOTE Confidence: 0.877560217222222

00:07:36.530 --> 00:07:37.734 then you're in what?
NOTE Confidence: 0.877560217222222

00:07:37.734 --> 00:07:38.637 Throat called Nirvana.
NOTE Confidence: 0.877560217222222

00:07:38.640 --> 00:07:41.475 This thing that lies beyond the pleasure
NOTE Confidence: 0.877560217222222

00:07:41.475 --> 00:07:43.800 principle, a state of quiescence,
NOTE Confidence: 0.877560217222222

00:07:43.800 --> 00:07:46.200 a state of no perturbation.
NOTE Confidence: 0.877560217222222

00:07:46.200 --> 00:07:48.924 The ideal biological state,

NOTE Confidence: 0.877560217222222
00:07:48.924 --> 00:07:51.648 as it turns out.
NOTE Confidence: 0.877560217222222
00:07:51.650 --> 00:07:56.362 So the ideal situation is to have predictions
NOTE Confidence: 0.877560217222222
00:07:56.362 --> 00:07:58.990 which automatically meet our needs,
NOTE Confidence: 0.877560217222222
00:07:58.990 --> 00:08:01.664 just as in the case of breathing
NOTE Confidence: 0.877560217222222
00:08:01.664 --> 00:08:03.248 and temperature control and
NOTE Confidence: 0.877560217222222
00:08:03.248 --> 00:08:05.068 peristalsis and all of this.
NOTE Confidence: 0.877560217222222
00:08:05.070 --> 00:08:06.714 But it's much harder to learn
NOTE Confidence: 0.877560217222222
00:08:06.714 --> 00:08:08.190 how to meet emotional needs.
NOTE Confidence: 0.877560217222222
00:08:08.190 --> 00:08:09.228 Reflexes and instincts,
NOTE Confidence: 0.877560217222222
00:08:09.228 --> 00:08:11.371 as I say, are too stereotype.
NOTE Confidence: 0.877560217222222
00:08:11.371 --> 00:08:13.940 They don't fit the bill when it
NOTE Confidence: 0.877560217222222
00:08:14.018 --> 00:08:16.826 comes to the great variety and
NOTE Confidence: 0.877560217222222
00:08:16.826 --> 00:08:18.698 complexity and unpredictability of
NOTE Confidence: 0.877560217222222
00:08:18.775 --> 00:08:21.365 the of the context that we actually.
NOTE Confidence: 0.877560217222222
00:08:21.370 --> 00:08:22.646 Find ourselves in and.
NOTE Confidence: 0.877560217222222

00:08:22.646 --> 00:08:25.559 So we have to develop far more flexible,

NOTE Confidence: 0.877560217222222

00:08:25.560 --> 00:08:28.560 nuanced ranges of responses which

NOTE Confidence: 0.877560217222222

00:08:28.560 --> 00:08:31.560 are which are context sensitive.

NOTE Confidence: 0.877560217222222

00:08:31.560 --> 00:08:34.584 So one or two more words

NOTE Confidence: 0.877560217222222

00:08:34.584 --> 00:08:36.600 about prediction and learning.

NOTE Confidence: 0.877560217222222

00:08:36.600 --> 00:08:39.911 I said that we want to automatize

NOTE Confidence: 0.877560217222222

00:08:39.911 --> 00:08:40.857 these predictions.

NOTE Confidence: 0.877560217222222

00:08:40.860 --> 00:08:43.116 We we we start with consciousness,

NOTE Confidence: 0.877560217222222

00:08:43.120 --> 00:08:45.058 now known as short term memory,

NOTE Confidence: 0.877560217222222

00:08:45.060 --> 00:08:46.260 where you're feeling your

NOTE Confidence: 0.877560217222222

00:08:46.260 --> 00:08:47.460 way through the problem,

NOTE Confidence: 0.877560217222222

00:08:47.460 --> 00:08:49.938 and then once you have resolved

NOTE Confidence: 0.877560217222222

00:08:49.938 --> 00:08:51.980 the situation and then you.

NOTE Confidence: 0.877560217222222

00:08:51.980 --> 00:08:53.318 Consolidate a memory,

NOTE Confidence: 0.877560217222222

00:08:53.318 --> 00:08:56.440 a long term memory which then becomes

NOTE Confidence: 0.877560217222222

00:08:56.523 --> 00:08:59.307 the basis of what you do until it

NOTE Confidence: 0.877560217222222

00:08:59.307 --> 00:09:02.428 doesn't work in the prediction doesn't work.

NOTE Confidence: 0.877560217222222

00:09:02.430 --> 00:09:04.920 In which case we have what's

NOTE Confidence: 0.877560217222222

00:09:04.920 --> 00:09:05.750 called reconsolidation,

NOTE Confidence: 0.877560217222222

00:09:05.750 --> 00:09:08.270 a revision of that of that prediction.

NOTE Confidence: 0.877560217222222

00:09:08.270 --> 00:09:10.478 And this is the this is the process

NOTE Confidence: 0.877560217222222

00:09:10.478 --> 00:09:12.030 of learning from experience.

NOTE Confidence: 0.877560217222222

00:09:12.030 --> 00:09:14.431 Declarative memory is just the same as

NOTE Confidence: 0.877560217222222

00:09:14.431 --> 00:09:16.569 what Freud called the preconscious.

NOTE Confidence: 0.877560217222222

00:09:16.570 --> 00:09:17.722 In other words,

NOTE Confidence: 0.877560217222222

00:09:17.722 --> 00:09:20.410 these are memory traces which can be

NOTE Confidence: 0.877560217222222

00:09:20.493 --> 00:09:23.008 retrieved back into the conscious.

NOTE Confidence: 0.877560217222222

00:09:23.010 --> 00:09:24.906 But the ideal, as I say,

NOTE Confidence: 0.877560217222222

00:09:24.910 --> 00:09:26.970 is to automatize our responses.

NOTE Confidence: 0.877560217222222

00:09:26.970 --> 00:09:28.226 The delay,

NOTE Confidence: 0.877560217222222

00:09:28.226 --> 00:09:31.244 the uncertainty involved in this sort

NOTE Confidence: 0.877560217222222

00:09:31.244 --> 00:09:33.134 of predictive process is certainly
NOTE Confidence: 0.877560217222222

00:09:33.134 --> 00:09:35.090 less desirable from a biological
NOTE Confidence: 0.877560217222222

00:09:35.090 --> 00:09:37.358 point of view than the automatized
NOTE Confidence: 0.877560217222222

00:09:37.358 --> 00:09:39.387 immediate response to a needs to be.
NOTE Confidence: 0.877560217222222

00:09:39.390 --> 00:09:40.308 When this happens.
NOTE Confidence: 0.877560217222222

00:09:40.308 --> 00:09:41.226 I do that,
NOTE Confidence: 0.877560217222222

00:09:41.230 --> 00:09:42.980 and so there's great pressure
NOTE Confidence: 0.877560217222222

00:09:42.980 --> 00:09:44.730 to consolidate into the non
NOTE Confidence: 0.877560217222222

00:09:44.792 --> 00:09:46.448 declarative memory systems,
NOTE Confidence: 0.877560217222222

00:09:46.450 --> 00:09:48.730 which are simply different from
NOTE Confidence: 0.877560217222222

00:09:48.730 --> 00:09:51.010 the preconscious ones in that
NOTE Confidence: 0.877560217222222

00:09:51.093 --> 00:09:52.889 they cannot be returned.
NOTE Confidence: 0.877560217222222

00:09:52.890 --> 00:09:53.890 With the conscious state.
NOTE Confidence: 0.877560217222222

00:09:53.890 --> 00:09:54.640 In other words,
NOTE Confidence: 0.877560217222222

00:09:54.640 --> 00:09:57.448 they're equivalent to what in Freudian
NOTE Confidence: 0.877560217222222

00:09:57.448 --> 00:10:00.370 times we called the unconscious.

NOTE Confidence: 0.877560217222222

00:10:00.370 --> 00:10:02.738 And these predictions are

NOTE Confidence: 0.877560217222222

00:10:02.738 --> 00:10:05.106 consolidated into emotional and

NOTE Confidence: 0.877560217222222

00:10:05.106 --> 00:10:07.789 procedural memory for the most part.

NOTE Confidence: 0.877560217222222

00:10:07.790 --> 00:10:11.010 If you want to see a picture of all of this,

NOTE Confidence: 0.877560217222222

00:10:11.010 --> 00:10:13.368 then declarative memories

NOTE Confidence: 0.877560217222222

00:10:13.368 --> 00:10:15.726 are cortical memories.

NOTE Confidence: 0.877560217222222

00:10:15.730 --> 00:10:17.529 These are in the form of images,

NOTE Confidence: 0.877560217222222

00:10:17.530 --> 00:10:19.448 which can be brought back to mind,

NOTE Confidence: 0.877560217222222

00:10:19.450 --> 00:10:22.692 and thoughts that can be funky, as it were.

NOTE Confidence: 0.877560217222222

00:10:22.692 --> 00:10:24.268 But it involves delay,

NOTE Confidence: 0.877560217222222

00:10:24.270 --> 00:10:26.286 with all of the attendant dangers.

NOTE Confidence: 0.877560217222222

00:10:26.290 --> 00:10:28.066 As I mentioned a moment ago,

NOTE Confidence: 0.877560217222222

00:10:28.070 --> 00:10:30.975 the ideal is to automatize these predictions.

NOTE Confidence: 0.877560217222222

00:10:30.980 --> 00:10:32.372 Into motor sequences,

NOTE Confidence: 0.877560217222222

00:10:32.372 --> 00:10:34.692 which are not thought they're

NOTE Confidence: 0.877560217222222

00:10:34.692 --> 00:10:36.999 just enacted and and so and
NOTE Confidence: 0.877560217222222

00:10:36.999 --> 00:10:38.955 this entails mainly as I said,
NOTE Confidence: 0.877560217222222

00:10:38.960 --> 00:10:41.350 procedural memory and emotional memory.
NOTE Confidence: 0.877560217222222

00:10:41.350 --> 00:10:42.800 Not exclusively the structures that
NOTE Confidence: 0.877560217222222

00:10:42.800 --> 00:10:44.991 I have on the screen here but at
NOTE Confidence: 0.877560217222222

00:10:44.991 --> 00:10:46.587 least it gives you a basic idea.
NOTE Confidence: 0.916414034

00:10:46.590 --> 00:10:48.750 So that's the basic framework.
NOTE Confidence: 0.916414034

00:10:48.750 --> 00:10:50.920 Now let's have a look at what
NOTE Confidence: 0.916414034

00:10:50.920 --> 00:10:52.160 these emotional needs are.
NOTE Confidence: 0.916414034

00:10:52.160 --> 00:10:54.386 Remember I said that their homeostatic,
NOTE Confidence: 0.916414034

00:10:54.390 --> 00:10:55.578 but they're multiple homeos.
NOTE Confidence: 0.916414034

00:10:55.578 --> 00:10:58.109 That's just as they are for bodily needs,
NOTE Confidence: 0.916414034

00:10:58.110 --> 00:11:00.365 so too for emotional needs
NOTE Confidence: 0.916414034

00:11:00.365 --> 00:11:02.169 there are multiple homesteads.
NOTE Confidence: 0.916414034

00:11:02.170 --> 00:11:04.415 Each of which regulates an
NOTE Confidence: 0.916414034

00:11:04.415 --> 00:11:06.660 individual emotional need or drive.

NOTE Confidence: 0.916414034

00:11:06.660 --> 00:11:08.319 As for it would have called it,

NOTE Confidence: 0.916414034

00:11:08.320 --> 00:11:09.844 I'm going to that.

NOTE Confidence: 0.916414034

00:11:09.844 --> 00:11:11.749 There are various disagreements about

NOTE Confidence: 0.916414034

00:11:11.749 --> 00:11:14.416 how to classify these emotional drives,

NOTE Confidence: 0.916414034

00:11:14.420 --> 00:11:17.100 but I'm going to use the mainstream taxonomy,

NOTE Confidence: 0.916414034

00:11:17.100 --> 00:11:19.740 which was the one developed by yak panksepp,

NOTE Confidence: 0.916414034

00:11:19.740 --> 00:11:22.740 just to give you a sense of how

NOTE Confidence: 0.916414034

00:11:22.740 --> 00:11:25.743 we think about this nowadays

NOTE Confidence: 0.916414034

00:11:25.743 --> 00:11:27.900 in affective neuroscience.

NOTE Confidence: 0.916414034

00:11:27.900 --> 00:11:30.918 The first drive I used this,

NOTE Confidence: 0.916414034

00:11:30.920 --> 00:11:32.120 I put this one first,

NOTE Confidence: 0.916414034

00:11:32.120 --> 00:11:34.736 not only because I'm a psychoanalyst

NOTE Confidence: 0.916414034

00:11:34.740 --> 00:11:36.414 and and because certainly this is

NOTE Confidence: 0.916414034

00:11:36.414 --> 00:11:38.210 the drive that Freud prioritized.

NOTE Confidence: 0.916414034

00:11:38.210 --> 00:11:40.436 The sexual drive,

NOTE Confidence: 0.916414034

00:11:40.436 --> 00:11:42.960 which in Panksepp's nomenclature
NOTE Confidence: 0.916414034

00:11:42.960 --> 00:11:45.264 is called lust. It's it.
NOTE Confidence: 0.916414034

00:11:45.264 --> 00:11:47.868 It is also prioritized because it is
NOTE Confidence: 0.916414034

00:11:47.868 --> 00:11:50.700 clearly of enormous biological importance.
NOTE Confidence: 0.916414034

00:11:50.700 --> 00:11:52.228 The whole, the whole,
NOTE Confidence: 0.916414034

00:11:52.228 --> 00:11:54.138 what drives the engine of
NOTE Confidence: 0.916414034

00:11:54.138 --> 00:11:55.500 natural selection is,
NOTE Confidence: 0.916414034

00:11:55.500 --> 00:11:56.276 is reproduction,
NOTE Confidence: 0.916414034

00:11:56.276 --> 00:11:58.604 and so it's not surprising that
NOTE Confidence: 0.916414034

00:11:58.604 --> 00:12:00.520 it should be so important.
NOTE Confidence: 0.916414034

00:12:00.520 --> 00:12:03.236 And where we we've advanced in all
NOTE Confidence: 0.916414034

00:12:03.236 --> 00:12:05.441 sorts of ways since Freud's day.
NOTE Confidence: 0.916414034

00:12:05.441 --> 00:12:07.176 But of course there is,
NOTE Confidence: 0.916414034

00:12:07.180 --> 00:12:09.220 and we now are in absolutely no doubt
NOTE Confidence: 0.916414034

00:12:09.220 --> 00:12:11.036 because we know the anatomy and
NOTE Confidence: 0.916414034

00:12:11.036 --> 00:12:12.914 Physiology and chemistry of the thing.

NOTE Confidence: 0.916414034

00:12:12.920 --> 00:12:14.534 There is a sexual drive at

NOTE Confidence: 0.916414034

00:12:14.534 --> 00:12:16.040 work in the human brain,

NOTE Confidence: 0.916414034

00:12:16.040 --> 00:12:18.695 just as there is in any other animal brain.

NOTE Confidence: 0.916414034

00:12:18.700 --> 00:12:21.940 It's sexually dimorphic on the average.

NOTE Confidence: 0.916414034

00:12:21.940 --> 00:12:24.592 The sexual male typical sexual circuitry

NOTE Confidence: 0.916414034

00:12:24.592 --> 00:12:27.809 coincides with the male typical body and

NOTE Confidence: 0.916414034

00:12:27.809 --> 00:12:30.099 the female typical sexual circuitry,

NOTE Confidence: 0.916414034

00:12:30.100 --> 00:12:31.272 for the most part.

NOTE Confidence: 0.916414034

00:12:31.272 --> 00:12:33.030 That with the female typical body.

NOTE Confidence: 0.916414034

00:12:33.030 --> 00:12:37.200 But there's enormous scope for variability,

NOTE Confidence: 0.916414034

00:12:37.200 --> 00:12:39.912 in large part due to the fact that

NOTE Confidence: 0.916414034

00:12:39.912 --> 00:12:42.442 the body and the brain masculinized

NOTE Confidence: 0.916414034

00:12:42.442 --> 00:12:45.094 separately in utero by by two

NOTE Confidence: 0.916414034

00:12:45.175 --> 00:12:47.619 different processes at different

NOTE Confidence: 0.916414034

00:12:47.619 --> 00:12:50.063 stages of uterine maturation.

NOTE Confidence: 0.916414034

00:12:50.070 --> 00:12:51.282 And I,
NOTE Confidence: 0.916414034

00:12:51.282 --> 00:12:51.888 I,
NOTE Confidence: 0.916414034

00:12:51.888 --> 00:12:52.494 I,
NOTE Confidence: 0.916414034

00:12:52.494 --> 00:12:56.130 I that obviously in some respects
NOTE Confidence: 0.916414034

00:12:56.265 --> 00:12:58.745 confirms Freudian ideas about
NOTE Confidence: 0.916414034

00:12:58.745 --> 00:13:01.120 bisexuality and all of that.
NOTE Confidence: 0.916414034

00:13:01.120 --> 00:13:03.508 And also disconfirms old ideas because
NOTE Confidence: 0.916414034

00:13:03.508 --> 00:13:06.947 so much of this is established in utero.
NOTE Confidence: 0.916414034

00:13:06.950 --> 00:13:07.962 So much of it,
NOTE Confidence: 0.916414034

00:13:07.962 --> 00:13:09.950 I don't mean to say all of it.
NOTE Confidence: 0.916414034

00:13:09.950 --> 00:13:12.428 I want to emphasize just one other
NOTE Confidence: 0.916414034

00:13:12.428 --> 00:13:14.749 point here about the sexual drive,
NOTE Confidence: 0.916414034

00:13:14.750 --> 00:13:16.619 which is that although I said to
NOTE Confidence: 0.916414034

00:13:16.619 --> 00:13:19.103 you that this drive is so important
NOTE Confidence: 0.916414034

00:13:19.103 --> 00:13:20.727 because it underpins reproduction,
NOTE Confidence: 0.916414034

00:13:20.730 --> 00:13:22.630 which is so important biologically,

NOTE Confidence: 0.916414034
00:13:22.630 --> 00:13:23.644 for obvious reasons,
NOTE Confidence: 0.916414034
00:13:23.644 --> 00:13:25.672 I want to draw your attention
NOTE Confidence: 0.916414034
00:13:25.672 --> 00:13:27.229 to an important fact,
NOTE Confidence: 0.916414034
00:13:27.230 --> 00:13:31.134 which is that what motivates us the subjects.
NOTE Confidence: 0.916414034
00:13:31.140 --> 00:13:31.989 Of the mind.
NOTE Confidence: 0.916414034
00:13:31.989 --> 00:13:32.838 In other words,
NOTE Confidence: 0.916414034
00:13:32.840 --> 00:13:35.591 the the thing that is studied in
NOTE Confidence: 0.916414034
00:13:35.591 --> 00:13:37.842 psychology and the the being of
NOTE Confidence: 0.916414034
00:13:37.842 --> 00:13:40.661 the brain as opposed to the to the
NOTE Confidence: 0.916414034
00:13:40.661 --> 00:13:44.013 tissues and and and circuitries of the brain.
NOTE Confidence: 0.916414034
00:13:44.020 --> 00:13:47.224 The thing that motivates us subjectively
NOTE Confidence: 0.916414034
00:13:47.224 --> 00:13:51.000 is not our biological duty to reproduce.
NOTE Confidence: 0.916414034
00:13:51.000 --> 00:13:54.208 When we when we indulge in sexual behaviors,
NOTE Confidence: 0.916414034
00:13:54.210 --> 00:13:56.565 we're not trying to fulfill
NOTE Confidence: 0.916414034
00:13:56.565 --> 00:13:57.978 these biological obligations,
NOTE Confidence: 0.916414034

00:13:57.980 --> 00:13:59.372 in fact, very often,
NOTE Confidence: 0.916414034

00:13:59.372 --> 00:14:01.460 if not for the most part.
NOTE Confidence: 0.916414034

00:14:01.460 --> 00:14:04.470 We're trying and hoping not to reproduce.
NOTE Confidence: 0.916414034

00:14:04.470 --> 00:14:06.570 So what is it that motivates us?
NOTE Confidence: 0.878721848

00:14:06.570 --> 00:14:08.530 It's not the reproductive imperative,
NOTE Confidence: 0.878721848

00:14:08.530 --> 00:14:10.756 but rather the feeling in that little
NOTE Confidence: 0.878721848

00:14:10.756 --> 00:14:12.691 diagram I showed you earlier with
NOTE Confidence: 0.878721848

00:14:12.691 --> 00:14:14.833 the Red Arrows and the blue arrows.
NOTE Confidence: 0.878721848

00:14:14.840 --> 00:14:16.448 We're looking for the blue arrow.
NOTE Confidence: 0.878721848

00:14:16.450 --> 00:14:18.886 We're looking for the pleasurable feeling,
NOTE Confidence: 0.878721848

00:14:18.890 --> 00:14:22.178 which leads to satiation.
NOTE Confidence: 0.878721848

00:14:22.180 --> 00:14:24.900 And so the subject of the mind is
NOTE Confidence: 0.878721848

00:14:24.900 --> 00:14:27.952 motivated by the feelings which announce
NOTE Confidence: 0.878721848

00:14:27.952 --> 00:14:30.244 these deviations from homeostasis,
NOTE Confidence: 0.878721848

00:14:30.250 --> 00:14:33.350 and that's terribly important.
NOTE Confidence: 0.878721848

00:14:33.350 --> 00:14:34.271 Say it's again,

NOTE Confidence: 0.878721848

00:14:34.271 --> 00:14:36.113 what motivates us is the pleasure,

NOTE Confidence: 0.878721848

00:14:36.120 --> 00:14:38.440 and whatever it is, whatever,

NOTE Confidence: 0.878721848

00:14:38.440 --> 00:14:39.920 whatever does it for us,

NOTE Confidence: 0.878721848

00:14:39.920 --> 00:14:41.720 whatever gives us that pleasure,

NOTE Confidence: 0.878721848

00:14:41.720 --> 00:14:42.908 that's what that's that's

NOTE Confidence: 0.878721848

00:14:42.908 --> 00:14:44.393 what we'll choose to do.

NOTE Confidence: 0.878721848

00:14:44.400 --> 00:14:46.530 And this explains the great

NOTE Confidence: 0.878721848

00:14:46.530 --> 00:14:48.234 variety of sexual behaviors.

NOTE Confidence: 0.878721848

00:14:48.240 --> 00:14:51.166 And, and there again is an important

NOTE Confidence: 0.878721848

00:14:51.166 --> 00:14:53.560 departure from the Freudian idea,

NOTE Confidence: 0.878721848

00:14:53.560 --> 00:14:55.522 which was that the sexual function

NOTE Confidence: 0.878721848

00:14:55.522 --> 00:14:58.037 must be brought under the edges of

NOTE Confidence: 0.878721848

00:14:58.037 --> 00:14:59.660 the reproductive function, you know,

NOTE Confidence: 0.878721848

00:14:59.660 --> 00:15:01.580 in order for it to be fully mature.

NOTE Confidence: 0.878721848

00:15:01.580 --> 00:15:03.590 And this is simply not true.

NOTE Confidence: 0.878721848

00:15:03.590 --> 00:15:06.350 And all of us clinicians,
NOTE Confidence: 0.878721848

00:15:06.350 --> 00:15:08.054 unprejudiced clinicians nowadays
NOTE Confidence: 0.878721848

00:15:08.054 --> 00:15:10.894 recognise that it's perfectly possible
NOTE Confidence: 0.878721848

00:15:10.894 --> 00:15:13.554 to have mature sexual relationships
NOTE Confidence: 0.878721848

00:15:13.554 --> 00:15:16.446 which have which have no possibility
NOTE Confidence: 0.878721848

00:15:16.446 --> 00:15:18.728 of leading to reproduction.
NOTE Confidence: 0.878721848

00:15:18.730 --> 00:15:20.836 And the difficulties,
NOTE Confidence: 0.878721848

00:15:20.836 --> 00:15:22.998 the pathologizing of of,
NOTE Confidence: 0.878721848

00:15:22.998 --> 00:15:25.651 of all of this is again something
NOTE Confidence: 0.878721848

00:15:25.651 --> 00:15:28.667 that hopefully psychoanalysis will
NOTE Confidence: 0.878721848

00:15:28.667 --> 00:15:31.769 is and and and will recognize.
NOTE Confidence: 0.878721848

00:15:31.770 --> 00:15:33.548 It's hard to. It's hard to develop.
NOTE Confidence: 0.878721848

00:15:33.550 --> 00:15:35.836 Don't the the the pathologies of
NOTE Confidence: 0.878721848

00:15:35.836 --> 00:15:37.941 sexual life are revolve mainly
NOTE Confidence: 0.878721848

00:15:37.941 --> 00:15:39.957 around another important fact,
NOTE Confidence: 0.878721848

00:15:39.960 --> 00:15:41.633 which is going to become a thread

NOTE Confidence: 0.878721848

00:15:41.633 --> 00:15:43.019 through what I'm going to say,

NOTE Confidence: 0.878721848

00:15:43.020 --> 00:15:45.043 which is that we do not need

NOTE Confidence: 0.878721848

00:15:45.043 --> 00:15:47.474 to learn how to meet each one

NOTE Confidence: 0.878721848

00:15:47.474 --> 00:15:48.958 of these emotional needs.

NOTE Confidence: 0.878721848

00:15:48.960 --> 00:15:50.904 Only that's hard enough.

NOTE Confidence: 0.878721848

00:15:50.904 --> 00:15:51.876 Think about,

NOTE Confidence: 0.878721848

00:15:51.880 --> 00:15:53.380 in the case of sexuality,

NOTE Confidence: 0.878721848

00:15:53.380 --> 00:15:55.805 the reflexes and instinctual behaviors

NOTE Confidence: 0.878721848

00:15:55.805 --> 00:15:58.211 we born with the innate knowledge

NOTE Confidence: 0.878721848

00:15:58.211 --> 00:16:00.430 that the rubbing of a certain part

NOTE Confidence: 0.878721848

00:16:00.493 --> 00:16:02.628 of your anatomy at a certain rhythm

NOTE Confidence: 0.878721848

00:16:02.628 --> 00:16:04.360 and pressure will relieve that.

NOTE Confidence: 0.878721848

00:16:04.360 --> 00:16:06.535 Attention that that these behaviors

NOTE Confidence: 0.878721848

00:16:06.535 --> 00:16:09.510 like lordosis and and mounting and and

NOTE Confidence: 0.878721848

00:16:09.510 --> 00:16:11.688 intermission and trusting and so on,

NOTE Confidence: 0.878721848

00:16:11.690 --> 00:16:13.307 these things we don't need to learn.
NOTE Confidence: 0.878721848

00:16:13.310 --> 00:16:15.368 But the gap between that and what
NOTE Confidence: 0.878721848

00:16:15.368 --> 00:16:17.640 what you really need to know in order
NOTE Confidence: 0.878721848

00:16:17.640 --> 00:16:19.570 to get people to sleep with you,
NOTE Confidence: 0.878721848

00:16:19.570 --> 00:16:20.890 especially the particular individuals
NOTE Confidence: 0.878721848

00:16:20.890 --> 00:16:22.870 that you want to sleep with.
NOTE Confidence: 0.878721848

00:16:22.870 --> 00:16:24.958 The gap between that instinctual knowledge
NOTE Confidence: 0.878721848

00:16:24.958 --> 00:16:27.819 and what you really need to know is enormous.
NOTE Confidence: 0.878721848

00:16:27.820 --> 00:16:30.438 So there's an enormous amount of learning
NOTE Confidence: 0.878721848

00:16:30.438 --> 00:16:32.729 from experience how to meet this need.
NOTE Confidence: 0.878721848

00:16:32.730 --> 00:16:33.684 That's hard enough,
NOTE Confidence: 0.878721848

00:16:33.684 --> 00:16:34.956 as I was saying.
NOTE Confidence: 0.878721848

00:16:34.960 --> 00:16:37.008 But it's not only that we need to
NOTE Confidence: 0.878721848

00:16:37.008 --> 00:16:39.371 learn how to meet each one of these
NOTE Confidence: 0.878721848

00:16:39.371 --> 00:16:41.220 emotional needs in their own right,
NOTE Confidence: 0.878721848

00:16:41.220 --> 00:16:43.152 and we also need to reconcile

NOTE Confidence: 0.878721848

00:16:43.152 --> 00:16:44.440 them with each other.

NOTE Confidence: 0.878721848

00:16:44.440 --> 00:16:47.044 And so the conflict between different

NOTE Confidence: 0.878721848

00:16:47.044 --> 00:16:49.611 emotional needs is what leads to

NOTE Confidence: 0.878721848

00:16:49.611 --> 00:16:52.514 pathology in this area, that is to say,

NOTE Confidence: 0.878721848

00:16:52.514 --> 00:16:53.898 to suffering and distress.

NOTE Confidence: 0.878721848

00:16:53.900 --> 00:16:55.895 But all of this will become clearer,

NOTE Confidence: 0.878721848

00:16:55.900 --> 00:16:57.500 I hope, as I unfold.

NOTE Confidence: 0.878721848

00:16:57.500 --> 00:16:58.475 Everything I'm saying,

NOTE Confidence: 0.878721848

00:16:58.475 --> 00:16:59.775 as you can imagine,

NOTE Confidence: 0.878721848

00:16:59.780 --> 00:17:03.217 has to be said in absolutely succinct,

NOTE Confidence: 0.878721848

00:17:03.220 --> 00:17:04.050 precede form.

NOTE Confidence: 0.878721848

00:17:04.050 --> 00:17:06.125 Almost each sentence that I'm

NOTE Confidence: 0.878721848

00:17:06.125 --> 00:17:08.391 uttering here could become the basis

NOTE Confidence: 0.878721848

00:17:08.391 --> 00:17:10.603 for a lecture in its own right,

NOTE Confidence: 0.878721848

00:17:10.610 --> 00:17:14.096 so forgive me for skimming the surface.

NOTE Confidence: 0.878721848

00:17:14.100 --> 00:17:16.920 The other way in which Freudian
NOTE Confidence: 0.878721848

00:17:16.920 --> 00:17:18.800 Dr theory needs updating
NOTE Confidence: 0.854525538076923

00:17:18.885 --> 00:17:21.065 is that Freud didn't recognize
NOTE Confidence: 0.854525538076923

00:17:21.065 --> 00:17:24.088 that much of the work that's done
NOTE Confidence: 0.854525538076923

00:17:24.088 --> 00:17:26.674 by the next Dr, namely seeking.
NOTE Confidence: 0.854525538076923

00:17:26.674 --> 00:17:30.433 He conflated it with the sexual drive.
NOTE Confidence: 0.854525538076923

00:17:30.440 --> 00:17:31.625 The sexual drive,
NOTE Confidence: 0.854525538076923

00:17:31.625 --> 00:17:33.600 it's it's circuitry is clear,
NOTE Confidence: 0.854525538076923

00:17:33.600 --> 00:17:35.748 it's chemistries are clear.
NOTE Confidence: 0.854525538076923

00:17:35.748 --> 00:17:38.573 The sex hormones testosterone, estrogen,
NOTE Confidence: 0.854525538076923

00:17:38.573 --> 00:17:41.938 the peptides vasopressin and oxytocin,
NOTE Confidence: 0.854525538076923

00:17:41.940 --> 00:17:43.292 quite different from the
NOTE Confidence: 0.854525538076923

00:17:43.292 --> 00:17:44.644 circuitry of this drive.
NOTE Confidence: 0.854525538076923

00:17:44.650 --> 00:17:47.250 Um, which is the command
NOTE Confidence: 0.854525538076923

00:17:47.250 --> 00:17:49.850 neuromodulator of which is dopamine.
NOTE Confidence: 0.854525538076923

00:17:49.850 --> 00:17:51.509 In Panksepp nomenclature,

NOTE Confidence: 0.854525538076923
00:17:51.509 --> 00:17:53.168 it's called seeking.
NOTE Confidence: 0.854525538076923
00:17:53.170 --> 00:17:54.496 It's also been,
NOTE Confidence: 0.854525538076923
00:17:54.496 --> 00:17:56.706 it's probably most widely known
NOTE Confidence: 0.854525538076923
00:17:56.706 --> 00:17:59.308 as the brain reward system.
NOTE Confidence: 0.854525538076923
00:17:59.310 --> 00:18:01.872 But but we we in affective neuroscience
NOTE Confidence: 0.854525538076923
00:18:01.872 --> 00:18:04.932 have sort of moved away from that word
NOTE Confidence: 0.854525538076923
00:18:04.932 --> 00:18:07.063 because it's too, it's too generic.
NOTE Confidence: 0.854525538076923
00:18:07.063 --> 00:18:08.387 There are many different
NOTE Confidence: 0.854525538076923
00:18:08.387 --> 00:18:09.790 rewards in the brain.
NOTE Confidence: 0.854525538076923
00:18:09.790 --> 00:18:11.260 I've just showed you too.
NOTE Confidence: 0.854525538076923
00:18:11.260 --> 00:18:12.610 This is the second one.
NOTE Confidence: 0.854525538076923
00:18:12.610 --> 00:18:15.438 It's not the same as sexual reward.
NOTE Confidence: 0.854525538076923
00:18:15.440 --> 00:18:17.400 And nor is it the same as several
NOTE Confidence: 0.854525538076923
00:18:17.400 --> 00:18:19.229 other forms of reward that I'm going
NOTE Confidence: 0.854525538076923
00:18:19.229 --> 00:18:21.328 to introduce you to as we move along.
NOTE Confidence: 0.854525538076923

00:18:21.330 --> 00:18:25.770 Seeking is triggered by lust.
NOTE Confidence: 0.854525538076923

00:18:25.770 --> 00:18:28.556 It's but it's also triggered by hunger
NOTE Confidence: 0.854525538076923

00:18:28.556 --> 00:18:31.269 and triggered by separation distress.
NOTE Confidence: 0.854525538076923

00:18:31.270 --> 00:18:33.629 Because whatever it is that you need,
NOTE Confidence: 0.854525538076923

00:18:33.630 --> 00:18:36.528 whether it be of a sexual or
NOTE Confidence: 0.854525538076923

00:18:36.528 --> 00:18:38.230 nutritional or attachment kind,
NOTE Confidence: 0.854525538076923

00:18:38.230 --> 00:18:40.090 whatever it is that you need,
NOTE Confidence: 0.854525538076923

00:18:40.090 --> 00:18:41.818 it's out there in the world.
NOTE Confidence: 0.854525538076923

00:18:41.820 --> 00:18:44.930 And So what the seeking Dr does is it it,
NOTE Confidence: 0.854525538076923

00:18:44.930 --> 00:18:45.802 it engages.
NOTE Confidence: 0.854525538076923

00:18:45.802 --> 00:18:48.418 It prompts us to engage with
NOTE Confidence: 0.854525538076923

00:18:48.418 --> 00:18:51.300 the world to to it energizes us.
NOTE Confidence: 0.854525538076923

00:18:51.300 --> 00:18:54.338 It motivates us and and perhaps the
NOTE Confidence: 0.854525538076923

00:18:54.338 --> 00:18:57.640 best way to to describe the state
NOTE Confidence: 0.854525538076923

00:18:57.640 --> 00:19:01.153 of mind that is engendered by the
NOTE Confidence: 0.854525538076923

00:19:01.153 --> 00:19:04.449 seeking Dr is to is to state stated

NOTE Confidence: 0.854525538076923

00:19:04.449 --> 00:19:07.999 in its opposite that the negative.

NOTE Confidence: 0.854525538076923

00:19:08.000 --> 00:19:11.540 Lack of energy and Energia.

NOTE Confidence: 0.854525538076923

00:19:11.540 --> 00:19:13.555 Lack of expectation that something

NOTE Confidence: 0.854525538076923

00:19:13.555 --> 00:19:15.570 good is going to happen,

NOTE Confidence: 0.854525538076923

00:19:15.570 --> 00:19:16.878 lack of interest,

NOTE Confidence: 0.854525538076923

00:19:16.878 --> 00:19:19.058 lack of engagement and hedonia

NOTE Confidence: 0.854525538076923

00:19:19.058 --> 00:19:21.490 abulia and all of these things,

NOTE Confidence: 0.854525538076923

00:19:21.490 --> 00:19:24.532 which of course are the hallmarks

NOTE Confidence: 0.854525538076923

00:19:24.532 --> 00:19:27.369 of the depressive state of mind.

NOTE Confidence: 0.854525538076923

00:19:27.370 --> 00:19:29.000 The opposite of those things,

NOTE Confidence: 0.854525538076923

00:19:29.000 --> 00:19:30.864 or what seeking does.

NOTE Confidence: 0.854525538076923

00:19:30.864 --> 00:19:34.269 So in fact it's it's not an

NOTE Confidence: 0.854525538076923

00:19:34.269 --> 00:19:37.811 exaggeration to say that as the that

NOTE Confidence: 0.854525538076923

00:19:37.811 --> 00:19:41.060 seeking in the extreme is mania.

NOTE Confidence: 0.854525538076923

00:19:41.060 --> 00:19:43.000 So that the the pole,

NOTE Confidence: 0.854525538076923

00:19:43.000 --> 00:19:43.800 the polls,
NOTE Confidence: 0.854525538076923

00:19:43.800 --> 00:19:46.200 from depression to mania in mood
NOTE Confidence: 0.854525538076923

00:19:46.200 --> 00:19:48.266 disorder has everything to do
NOTE Confidence: 0.854525538076923

00:19:48.266 --> 00:19:50.648 with the operation of this tribe,
NOTE Confidence: 0.854525538076923

00:19:50.650 --> 00:19:54.350 this dopamine mediated drive.
NOTE Confidence: 0.854525538076923

00:19:54.350 --> 00:19:56.854 I said it gets triggered by these other
NOTE Confidence: 0.854525538076923

00:19:56.854 --> 00:19:59.150 basic needs because whatever you need,
NOTE Confidence: 0.854525538076923

00:19:59.150 --> 00:20:00.632 it's out there.
NOTE Confidence: 0.854525538076923

00:20:00.632 --> 00:20:02.608 But in triggering seeking,
NOTE Confidence: 0.854525538076923

00:20:02.610 --> 00:20:05.906 you're triggering a drive in its own right.
NOTE Confidence: 0.854525538076923

00:20:05.910 --> 00:20:06.708 It's a drive.
NOTE Confidence: 0.854525538076923

00:20:06.708 --> 00:20:08.570 It's a need all of its own,
NOTE Confidence: 0.854525538076923

00:20:08.570 --> 00:20:10.886 which is the need to engage
NOTE Confidence: 0.854525538076923

00:20:10.886 --> 00:20:12.430 with what is interesting,
NOTE Confidence: 0.854525538076923

00:20:12.430 --> 00:20:14.466 with what feels interesting.
NOTE Confidence: 0.854525538076923

00:20:14.466 --> 00:20:16.502 It's therefore drives us

NOTE Confidence: 0.854525538076923

00:20:16.502 --> 00:20:19.078 particularly to engage with novelty.

NOTE Confidence: 0.854525538076923

00:20:19.080 --> 00:20:22.190 And with interesting new situations

NOTE Confidence: 0.854525538076923

00:20:22.190 --> 00:20:26.314 and the way we understand this is

NOTE Confidence: 0.854525538076923

00:20:26.314 --> 00:20:28.290 scientifically is that anything

NOTE Confidence: 0.854525538076923

00:20:28.290 --> 00:20:30.760 that's interesting in other words

NOTE Confidence: 0.854525538076923

00:20:30.840 --> 00:20:33.486 novel in other words not yet known

NOTE Confidence: 0.854525538076923

00:20:33.486 --> 00:20:35.860 is biologically a dangerous thing.

NOTE Confidence: 0.854525538076923

00:20:35.860 --> 00:20:37.680 Uncertainty and unpredictability and

NOTE Confidence: 0.854525538076923

00:20:37.680 --> 00:20:40.919 novelty are dangerous things and so we are,

NOTE Confidence: 0.854525538076923

00:20:40.920 --> 00:20:43.782 we believe that this drive is

NOTE Confidence: 0.854525538076923

00:20:43.782 --> 00:20:46.428 proactively seeking to to reduce

NOTE Confidence: 0.854525538076923

00:20:46.428 --> 00:20:49.000 it's engages with uncertainty.

NOTE Confidence: 0.854525538076923

00:20:49.000 --> 00:20:52.400 In advance in order to in order to reduce it,

NOTE Confidence: 0.854525538076923

00:20:52.400 --> 00:20:54.932 so that when we encounter this

NOTE Confidence: 0.854525538076923

00:20:54.932 --> 00:20:56.620 situation under more urgent

NOTE Confidence: 0.904479012727273

00:20:56.700 --> 00:20:59.480 circumstances, then we have some knowledge,

NOTE Confidence: 0.904479012727273

00:20:59.480 --> 00:21:00.660 some understanding of it.

NOTE Confidence: 0.904479012727273

00:21:00.660 --> 00:21:03.482 And so think of a dog in an open

NOTE Confidence: 0.904479012727273

00:21:03.482 --> 00:21:05.444 field doesn't just sit there and

NOTE Confidence: 0.904479012727273

00:21:05.444 --> 00:21:07.596 explores and it explores in particular

NOTE Confidence: 0.904479012727273

00:21:07.596 --> 00:21:09.735 those things that that are novel.

NOTE Confidence: 0.904479012727273

00:21:09.735 --> 00:21:12.735 In the process it learns how to satisfy

NOTE Confidence: 0.904479012727273

00:21:12.735 --> 00:21:15.875 hunger and thirst and sexual needs and so on.

NOTE Confidence: 0.904479012727273

00:21:15.880 --> 00:21:17.844 It learns where these

NOTE Confidence: 0.904479012727273

00:21:17.844 --> 00:21:19.808 things can be satisfied.

NOTE Confidence: 0.904479012727273

00:21:19.810 --> 00:21:22.540 This is the way in which all of these more

NOTE Confidence: 0.904479012727273

00:21:22.610 --> 00:21:25.148 basic needs or channel through seeking,

NOTE Confidence: 0.904479012727273

00:21:25.150 --> 00:21:26.170 but at the same time,

NOTE Confidence: 0.904479012727273

00:21:26.170 --> 00:21:27.830 it just gets to understand.

NOTE Confidence: 0.904479012727273

00:21:27.830 --> 00:21:29.750 It's an epistemic philic drive,

NOTE Confidence: 0.904479012727273

00:21:29.750 --> 00:21:32.430 a drive to know.

NOTE Confidence: 0.904479012727273

00:21:32.430 --> 00:21:33.795 I should mention,

NOTE Confidence: 0.904479012727273

00:21:33.795 --> 00:21:36.525 as probably most of you know,

NOTE Confidence: 0.904479012727273

00:21:36.530 --> 00:21:39.200 that an excessive activation of this

NOTE Confidence: 0.904479012727273

00:21:39.200 --> 00:21:41.888 drive beyond manic states of mind

NOTE Confidence: 0.904479012727273

00:21:41.888 --> 00:21:44.800 leads to megalomaniac states of mind and

NOTE Confidence: 0.904479012727273

00:21:44.800 --> 00:21:47.090 ultimately psychotic states of mind.

NOTE Confidence: 0.904479012727273

00:21:47.090 --> 00:21:49.898 So the it's a very interesting

NOTE Confidence: 0.904479012727273

00:21:49.898 --> 00:21:52.585 scientific question as to why excessive

NOTE Confidence: 0.904479012727273

00:21:52.585 --> 00:21:55.435 seeking should should lead to the

NOTE Confidence: 0.904479012727273

00:21:55.435 --> 00:21:57.670 clinical phenotype of psychosis.

NOTE Confidence: 0.904479012727273

00:21:57.670 --> 00:22:00.038 Gives us some some new points of insight

NOTE Confidence: 0.904479012727273

00:22:00.038 --> 00:22:02.358 into what the psychotic state of mind.

NOTE Confidence: 0.904479012727273

00:22:02.360 --> 00:22:03.329 Was all about.

NOTE Confidence: 0.904479012727273

00:22:03.329 --> 00:22:05.900 No, as I keep saying I have to,

NOTE Confidence: 0.904479012727273

00:22:05.900 --> 00:22:07.699 I have to just skim the surface.

NOTE Confidence: 0.904479012727273

00:22:07.700 --> 00:22:10.490 So Freud this, this drive,
NOTE Confidence: 0.904479012727273

00:22:10.490 --> 00:22:12.470 it's close to what Freud
NOTE Confidence: 0.904479012727273

00:22:12.470 --> 00:22:14.054 called the libidinal drive.
NOTE Confidence: 0.904479012727273

00:22:14.060 --> 00:22:15.245 As I said,
NOTE Confidence: 0.904479012727273

00:22:15.245 --> 00:22:17.220 this broadened idea of sexuality,
NOTE Confidence: 0.904479012727273

00:22:17.220 --> 00:22:20.568 but I it's it's clearly distinct
NOTE Confidence: 0.904479012727273

00:22:20.568 --> 00:22:22.800 from the sexual drive.
NOTE Confidence: 0.904479012727273

00:22:22.800 --> 00:22:25.112 I and I'm later on going to introduce
NOTE Confidence: 0.904479012727273

00:22:25.112 --> 00:22:27.830 you to some other drives which Freud
NOTE Confidence: 0.904479012727273

00:22:27.830 --> 00:22:30.430 incorporated under the heading of libido,
NOTE Confidence: 0.904479012727273

00:22:30.430 --> 00:22:33.822 which are again turn out to be clearly
NOTE Confidence: 0.904479012727273

00:22:33.822 --> 00:22:37.126 distinct emotional needs all of their own.
NOTE Confidence: 0.904479012727273

00:22:37.130 --> 00:22:39.974 And you see how all of this is building
NOTE Confidence: 0.904479012727273

00:22:39.974 --> 00:22:43.628 up the idea of what the basic kinds of
NOTE Confidence: 0.904479012727273

00:22:43.628 --> 00:22:46.147 human relationship are and what what
NOTE Confidence: 0.904479012727273

00:22:46.147 --> 00:22:48.589 kinds of relatedness are we seeking,

NOTE Confidence: 0.904479012727273

00:22:48.590 --> 00:22:51.390 at least at the most basic biological level.

NOTE Confidence: 0.904479012727273

00:22:51.390 --> 00:22:52.980 And I hope it's also

NOTE Confidence: 0.904479012727273

00:22:52.980 --> 00:22:54.252 beginning to become apparent.

NOTE Confidence: 0.904479012727273

00:22:54.260 --> 00:22:57.550 That a knowledge of these basic emotional

NOTE Confidence: 0.904479012727273

00:22:57.550 --> 00:23:01.102 needs and urges has implications for

NOTE Confidence: 0.904479012727273

00:23:01.102 --> 00:23:03.838 our understanding of psychopathology.

NOTE Confidence: 0.904479012727273

00:23:03.840 --> 00:23:07.752 I've spoken here, I spoke earlier

NOTE Confidence: 0.904479012727273

00:23:07.752 --> 00:23:10.360 about about sexual difficulties,

NOTE Confidence: 0.904479012727273

00:23:10.360 --> 00:23:12.770 and I'm I'm speaking here

NOTE Confidence: 0.904479012727273

00:23:12.770 --> 00:23:14.216 about mood disorders,

NOTE Confidence: 0.904479012727273

00:23:14.220 --> 00:23:16.098 as I as I've already said,

NOTE Confidence: 0.904479012727273

00:23:16.100 --> 00:23:19.185 but this this system also

NOTE Confidence: 0.904479012727273

00:23:19.185 --> 00:23:21.575 has important role to play,

NOTE Confidence: 0.904479012727273

00:23:21.575 --> 00:23:24.110 not only in psychosis, as I've also.

NOTE Confidence: 0.904479012727273

00:23:24.110 --> 00:23:24.770 Already said,

NOTE Confidence: 0.904479012727273

00:23:24.770 --> 00:23:28.634 but in addition it is a craving system,
NOTE Confidence: 0.904479012727273

00:23:28.640 --> 00:23:32.273 and the fact that it's mediated by
NOTE Confidence: 0.904479012727273

00:23:32.273 --> 00:23:35.571 dopamine has everything to do with why
NOTE Confidence: 0.904479012727273

00:23:35.571 --> 00:23:38.580 certain drugs of abuse are just that.
NOTE Confidence: 0.904479012727273

00:23:38.580 --> 00:23:39.782 They are.
NOTE Confidence: 0.904479012727273

00:23:39.782 --> 00:23:42.787 Drugs like cocaine and amphetamine
NOTE Confidence: 0.904479012727273

00:23:42.787 --> 00:23:46.079 activate this system exquisitely so.
NOTE Confidence: 0.904479012727273

00:23:46.080 --> 00:23:46.716 In fact,
NOTE Confidence: 0.904479012727273

00:23:46.716 --> 00:23:48.942 another way of illustrating what the system
NOTE Confidence: 0.904479012727273

00:23:48.942 --> 00:23:51.380 does is to just think about how people
NOTE Confidence: 0.904479012727273

00:23:51.380 --> 00:23:53.220 behave when they're snorted cocaine.
NOTE Confidence: 0.904479012727273

00:23:53.220 --> 00:23:54.234 It's kind of.
NOTE Confidence: 0.904479012727273

00:23:54.234 --> 00:23:54.910 Over optimistic.
NOTE Confidence: 0.904479012727273

00:23:54.910 --> 00:23:56.338 Over energised.
NOTE Confidence: 0.904479012727273

00:23:56.338 --> 00:23:58.480 Over interested expectation.
NOTE Confidence: 0.904479012727273

00:23:58.480 --> 00:23:59.500 Something good is gonna happen.

NOTE Confidence: 0.904479012727273

00:23:59.500 --> 00:24:00.326 I don't know what it's gonna be,

NOTE Confidence: 0.904479012727273

00:24:00.330 --> 00:24:01.070 but I'm gonna be there.

NOTE Confidence: 0.904479012727273

00:24:01.070 --> 00:24:03.506 You know that kind of irritating,

NOTE Confidence: 0.904479012727273

00:24:03.510 --> 00:24:05.598 overexcited state of mind that the

NOTE Confidence: 0.904479012727273

00:24:05.598 --> 00:24:08.270 pleasure in which I say again is

NOTE Confidence: 0.904479012727273

00:24:08.270 --> 00:24:10.285 quite different from sexual pleasure.

NOTE Confidence: 0.904479012727273

00:24:10.290 --> 00:24:11.578 It's an appetitive pride

NOTE Confidence: 0.904479012727273

00:24:11.578 --> 00:24:12.866 rather than a consumer.

NOTE Confidence: 0.904479012727273

00:24:12.870 --> 00:24:17.399 Try 1. Umm, so let's move on.

NOTE Confidence: 0.904479012727273

00:24:17.400 --> 00:24:18.992 Here's the third one.

NOTE Confidence: 0.904479012727273

00:24:18.992 --> 00:24:20.584 It's an aggressive drive,

NOTE Confidence: 0.904479012727273

00:24:20.590 --> 00:24:22.252 but we call it rage because

NOTE Confidence: 0.904479012727273

00:24:22.252 --> 00:24:23.360 there are many kinds

NOTE Confidence: 0.89623497

00:24:23.420 --> 00:24:24.980 of aggression in the brain.

NOTE Confidence: 0.89623497

00:24:24.980 --> 00:24:27.392 In fact, the drive that I

NOTE Confidence: 0.89623497

00:24:27.392 --> 00:24:29.840 mentioned earlier seeking it,
NOTE Confidence: 0.89623497

00:24:29.840 --> 00:24:33.120 it underpins predatory aggression.
NOTE Confidence: 0.89623497

00:24:33.120 --> 00:24:35.940 Cold aggression like a a
NOTE Confidence: 0.89623497

00:24:35.940 --> 00:24:38.196 lion chasing a Springbok.
NOTE Confidence: 0.89623497

00:24:38.200 --> 00:24:40.468 It's the lion is not chasing the
NOTE Confidence: 0.89623497

00:24:40.468 --> 00:24:41.980 Springbok because it's enraged.
NOTE Confidence: 0.89623497

00:24:41.980 --> 00:24:43.720 It doesn't hate the springbuck.
NOTE Confidence: 0.89623497

00:24:43.720 --> 00:24:44.806 It loves this.
NOTE Confidence: 0.89623497

00:24:44.806 --> 00:24:46.254 Spring back his lunch.
NOTE Confidence: 0.89623497

00:24:46.260 --> 00:24:47.598 And so this kind of cold,
NOTE Confidence: 0.89623497

00:24:47.600 --> 00:24:49.068 predatory aggression driven by
NOTE Confidence: 0.89623497

00:24:49.068 --> 00:24:50.903 seeking is quite different from
NOTE Confidence: 0.89623497

00:24:50.903 --> 00:24:52.758 what we are talking about here,
NOTE Confidence: 0.89623497

00:24:52.760 --> 00:24:55.120 which is hot aggression, rage.
NOTE Confidence: 0.89623497

00:24:55.120 --> 00:24:57.496 And and think about that homeostatic,
NOTE Confidence: 0.89623497

00:24:57.500 --> 00:24:58.936 the homeostatic viable bounds

NOTE Confidence: 0.89623497

00:24:58.936 --> 00:25:01.673 when it comes to rage is that

NOTE Confidence: 0.89623497

00:25:01.673 --> 00:25:03.660 there's nothing frustrate, no,

NOTE Confidence: 0.89623497

00:25:03.660 --> 00:25:05.420 no frustrating impediment standing

NOTE Confidence: 0.89623497

00:25:05.420 --> 00:25:08.060 between me and what I mean.

NOTE Confidence: 0.89623497

00:25:08.060 --> 00:25:10.370 Nothing preventing me from getting what

NOTE Confidence: 0.89623497

00:25:10.370 --> 00:25:12.980 I need, nothing standing in my way.

NOTE Confidence: 0.89623497

00:25:12.980 --> 00:25:14.492 And so this.

NOTE Confidence: 0.89623497

00:25:14.492 --> 00:25:15.500 This. This,

NOTE Confidence: 0.89623497

00:25:15.500 --> 00:25:20.030 this frustrating impeding is the demand.

NOTE Confidence: 0.89623497

00:25:20.030 --> 00:25:22.598 It's a I'm now moving out of my,

NOTE Confidence: 0.89623497

00:25:22.600 --> 00:25:23.970 out of my preferred state

NOTE Confidence: 0.89623497

00:25:23.970 --> 00:25:25.750 when it comes to this drive,

NOTE Confidence: 0.89623497

00:25:25.750 --> 00:25:27.590 and there's something I must

NOTE Confidence: 0.89623497

00:25:27.590 --> 00:25:29.062 do to return myself.

NOTE Confidence: 0.89623497

00:25:29.070 --> 00:25:32.458 That's the that's the demand for work.

NOTE Confidence: 0.89623497

00:25:32.460 --> 00:25:34.842 The innate prediction that we are
NOTE Confidence: 0.89623497

00:25:34.842 --> 00:25:37.000 born with is affective attack.
NOTE Confidence: 0.89623497

00:25:37.000 --> 00:25:38.998 In other words, bear your teeth,
NOTE Confidence: 0.89623497

00:25:39.000 --> 00:25:40.104 borrow your bra,
NOTE Confidence: 0.89623497

00:25:40.104 --> 00:25:44.430 raise your 4 limbs, and and and.
NOTE Confidence: 0.89623497

00:25:44.430 --> 00:25:47.570 Put your nails out if you can and and attack.
NOTE Confidence: 0.89623497

00:25:47.570 --> 00:25:49.856 Lunge at the at the source
NOTE Confidence: 0.89623497

00:25:49.856 --> 00:25:52.630 of the of the frustration,
NOTE Confidence: 0.89623497

00:25:52.630 --> 00:25:54.448 trying to get rid of it.
NOTE Confidence: 0.89623497

00:25:54.450 --> 00:25:58.594 And I said at the beginning that these
NOTE Confidence: 0.89623497

00:25:58.594 --> 00:26:02.089 innate instinctual predictions are too basic,
NOTE Confidence: 0.89623497

00:26:02.090 --> 00:26:03.188 they're too gross,
NOTE Confidence: 0.89623497

00:26:03.188 --> 00:26:04.286 they're too crude,
NOTE Confidence: 0.89623497

00:26:04.290 --> 00:26:08.042 they're they're too generic that you can't
NOTE Confidence: 0.89623497

00:26:08.042 --> 00:26:10.969 attack everything that frustrates you.
NOTE Confidence: 0.89623497

00:26:10.970 --> 00:26:11.906 For example,

NOTE Confidence: 0.89623497
00:26:11.906 --> 00:26:14.714 it might be bigger than you.
NOTE Confidence: 0.89623497
00:26:14.720 --> 00:26:16.019 For another example,
NOTE Confidence: 0.89623497
00:26:16.019 --> 00:26:18.617 it might be your attachment object,
NOTE Confidence: 0.89623497
00:26:18.620 --> 00:26:22.239 somebody that you need and and so
NOTE Confidence: 0.89623497
00:26:22.239 --> 00:26:24.468 the difficulties that I mentioned
NOTE Confidence: 0.89623497
00:26:24.468 --> 00:26:27.240 that the outset of of of the,
NOTE Confidence: 0.89623497
00:26:27.240 --> 00:26:27.685 the,
NOTE Confidence: 0.89623497
00:26:27.685 --> 00:26:28.130 the,
NOTE Confidence: 0.89623497
00:26:28.130 --> 00:26:30.800 the innate prediction being too simplistic,
NOTE Confidence: 0.89623497
00:26:30.800 --> 00:26:33.260 but also the difficulty I mentioned
NOTE Confidence: 0.89623497
00:26:33.260 --> 00:26:36.440 a few minutes ago of these drives
NOTE Confidence: 0.89623497
00:26:36.440 --> 00:26:38.384 conflicting with each other.
NOTE Confidence: 0.89623497
00:26:38.390 --> 00:26:41.204 I'm I'm busy illustrating that point here.
NOTE Confidence: 0.89623497
00:26:41.210 --> 00:26:43.208 So in order to get yourself
NOTE Confidence: 0.89623497
00:26:43.208 --> 00:26:44.950 back into your viable bounds
NOTE Confidence: 0.89623497

00:26:44.950 --> 00:26:46.990 when it comes to this drive,
NOTE Confidence: 0.89623497

00:26:46.990 --> 00:26:49.874 you have to learn from experience what
NOTE Confidence: 0.89623497

00:26:49.874 --> 00:26:53.127 else to do other than it's simple,
NOTE Confidence: 0.89623497

00:26:53.130 --> 00:26:55.490 effective attack.
NOTE Confidence: 0.89623497

00:26:55.490 --> 00:26:56.206 Um, the.
NOTE Confidence: 0.89623497

00:26:56.206 --> 00:26:58.354 Let me think if there's anything
NOTE Confidence: 0.89623497

00:26:58.354 --> 00:27:01.156 else I should tell you about this.
NOTE Confidence: 0.89623497

00:27:01.160 --> 00:27:01.488 Yeah,
NOTE Confidence: 0.89623497

00:27:01.488 --> 00:27:02.800 I think I should.
NOTE Confidence: 0.89623497

00:27:02.800 --> 00:27:06.272 And when I say that the this
NOTE Confidence: 0.89623497

00:27:06.272 --> 00:27:09.460 drive is triggered by impediments,
NOTE Confidence: 0.89623497

00:27:09.460 --> 00:27:11.260 by things stopping you,
NOTE Confidence: 0.89623497

00:27:11.260 --> 00:27:12.610 they're standing between
NOTE Confidence: 0.89623497

00:27:12.610 --> 00:27:14.700 you and what you need.
NOTE Confidence: 0.89623497

00:27:14.700 --> 00:27:17.094 This appoints to its its central
NOTE Confidence: 0.89623497

00:27:17.094 --> 00:27:19.504 role in what in psychoanalysis

NOTE Confidence: 0.89623497

00:27:19.504 --> 00:27:22.428 is called superego formation.

NOTE Confidence: 0.89623497

00:27:22.430 --> 00:27:26.574 The superego is that object which prohibits,

NOTE Confidence: 0.89623497

00:27:26.580 --> 00:27:28.412 which prevents which says.

NOTE Confidence: 0.89623497

00:27:28.412 --> 00:27:31.000 Ohh and so the activation of this

NOTE Confidence: 0.89623497

00:27:31.000 --> 00:27:33.258 drive and the objects that activate

NOTE Confidence: 0.89623497

00:27:33.258 --> 00:27:35.556 this drive have everything to do

NOTE Confidence: 0.89623497

00:27:35.556 --> 00:27:37.808 with the beginnings of superego

NOTE Confidence: 0.89623497

00:27:37.808 --> 00:27:40.640 development and also with the problem,

NOTE Confidence: 0.89623497

00:27:40.640 --> 00:27:41.729 the conflicts involved,

NOTE Confidence: 0.89623497

00:27:41.729 --> 00:27:43.181 which I've been alluding

NOTE Confidence: 0.89623497

00:27:43.181 --> 00:27:44.940 to now more than once.

NOTE Confidence: 0.89623497

00:27:44.940 --> 00:27:46.907 So when I speak of those conflicts,

NOTE Confidence: 0.89623497

00:27:46.910 --> 00:27:48.710 let me let me go on to the

NOTE Confidence: 0.89623497

00:27:48.710 --> 00:27:50.550 next of the of these drives,

NOTE Confidence: 0.89623497

00:27:50.550 --> 00:27:53.530 which we call fear anxiety.

NOTE Confidence: 0.89623497

00:27:53.530 --> 00:27:55.528 When I said that you can't
NOTE Confidence: 0.89623497

00:27:55.528 --> 00:27:56.527 just attack everyone,
NOTE Confidence: 0.807387295

00:27:56.530 --> 00:27:57.910 that frustrates you.
NOTE Confidence: 0.807387295

00:27:57.910 --> 00:27:59.290 Uh, for example,
NOTE Confidence: 0.807387295

00:27:59.290 --> 00:28:00.880 they might be bigger than you.
NOTE Confidence: 0.807387295

00:28:00.880 --> 00:28:02.292 Well, if, for example,
NOTE Confidence: 0.807387295

00:28:02.292 --> 00:28:04.057 they might be your father,
NOTE Confidence: 0.807387295

00:28:04.060 --> 00:28:07.456 your whose father never frustrated them.
NOTE Confidence: 0.807387295

00:28:07.460 --> 00:28:09.300 So the instinctual prediction
NOTE Confidence: 0.807387295

00:28:09.300 --> 00:28:11.140 is attack the *****.
NOTE Confidence: 0.807387295

00:28:11.140 --> 00:28:13.857 But of course you can't, for one thing,
NOTE Confidence: 0.807387295

00:28:13.857 --> 00:28:15.452 because he's he's bigger than
NOTE Confidence: 0.807387295

00:28:15.452 --> 00:28:17.259 you and you scared of him.
NOTE Confidence: 0.807387295

00:28:17.260 --> 00:28:19.552 And so there we have the
NOTE Confidence: 0.807387295

00:28:19.552 --> 00:28:21.540 conflict between rage and fear.
NOTE Confidence: 0.807387295

00:28:21.540 --> 00:28:23.440 And again, this contributes

NOTE Confidence: 0.807387295

00:28:23.440 --> 00:28:25.340 fundamentally to the development

NOTE Confidence: 0.807387295

00:28:25.340 --> 00:28:28.247 of what we call the superego it is.

NOTE Confidence: 0.807387295

00:28:28.250 --> 00:28:30.450 Why the superego is feared?

NOTE Confidence: 0.807387295

00:28:30.450 --> 00:28:32.605 The prohibiting object is feared

NOTE Confidence: 0.807387295

00:28:32.605 --> 00:28:35.357 to and so there's the paranoid

NOTE Confidence: 0.807387295

00:28:35.357 --> 00:28:37.912 dimension to the relationship between

NOTE Confidence: 0.807387295

00:28:37.912 --> 00:28:41.238 the self and this kind of object,

NOTE Confidence: 0.807387295

00:28:41.240 --> 00:28:43.425 the object which which which

NOTE Confidence: 0.807387295

00:28:43.425 --> 00:28:46.129 is forms the nucleus of what

NOTE Confidence: 0.807387295

00:28:46.129 --> 00:28:48.299 we call the Super regular.

NOTE Confidence: 0.807387295

00:28:48.300 --> 00:28:51.828 Before I move on to other such conflicts,

NOTE Confidence: 0.807387295

00:28:51.830 --> 00:28:53.790 let me just dwell with the fear.

NOTE Confidence: 0.807387295

00:28:53.790 --> 00:28:55.510 Drive itself for a moment

NOTE Confidence: 0.807387295

00:28:55.510 --> 00:28:57.230 and point out that here,

NOTE Confidence: 0.807387295

00:28:57.230 --> 00:28:59.654 the homeostatic settling point,

NOTE Confidence: 0.807387295

00:28:59.654 --> 00:29:02.466 the Nirvana, is I am not in danger.
NOTE Confidence: 0.807387295

00:29:02.470 --> 00:29:04.248 There's no threat to life and limb.
NOTE Confidence: 0.807387295

00:29:04.250 --> 00:29:05.846 That's where we need to be.
NOTE Confidence: 0.807387295

00:29:05.850 --> 00:29:07.506 And so for the most part,
NOTE Confidence: 0.807387295

00:29:07.510 --> 00:29:09.550 as long as we're staying out of danger,
NOTE Confidence: 0.807387295

00:29:09.550 --> 00:29:11.350 this drive is not activated.
NOTE Confidence: 0.807387295

00:29:11.350 --> 00:29:14.290 But should, should you, should you,
NOTE Confidence: 0.807387295

00:29:14.290 --> 00:29:18.315 should you move into a dangerous situation?
NOTE Confidence: 0.807387295

00:29:18.320 --> 00:29:19.660 Then there's a demand on
NOTE Confidence: 0.807387295

00:29:19.660 --> 00:29:21.000 the mind to perform work,
NOTE Confidence: 0.807387295

00:29:21.000 --> 00:29:23.280 to do something and unpleasant
NOTE Confidence: 0.807387295

00:29:23.280 --> 00:29:24.648 feeling called fear,
NOTE Confidence: 0.807387295

00:29:24.650 --> 00:29:25.985 which which motivates,
NOTE Confidence: 0.807387295

00:29:25.985 --> 00:29:29.400 which drives you to do something about it,
NOTE Confidence: 0.807387295

00:29:29.400 --> 00:29:32.096 to relieve this particular
NOTE Confidence: 0.807387295

00:29:32.096 --> 00:29:34.118 variety of unpleasure.

NOTE Confidence: 0.807387295

00:29:34.120 --> 00:29:36.220 And we have an innate prediction

NOTE Confidence: 0.807387295

00:29:36.220 --> 00:29:38.767 that we are born with an instinct

NOTE Confidence: 0.807387295

00:29:38.767 --> 00:29:42.639 which is to freeze or to flee.

NOTE Confidence: 0.807387295

00:29:42.640 --> 00:29:46.464 But if all you could do whenever you

NOTE Confidence: 0.807387295

00:29:46.464 --> 00:29:49.915 feel scared is to freeze or to flee,

NOTE Confidence: 0.807387295

00:29:49.920 --> 00:29:53.340 you would have an anxiety disorder.

NOTE Confidence: 0.807387295

00:29:53.340 --> 00:29:55.590 So we have to learn what else to do,

NOTE Confidence: 0.807387295

00:29:55.590 --> 00:29:58.308 how better to manage our anxieties.

NOTE Confidence: 0.807387295

00:29:58.310 --> 00:29:59.231 And of course,

NOTE Confidence: 0.807387295

00:29:59.231 --> 00:30:01.073 it depends a great deal on

NOTE Confidence: 0.807387295

00:30:01.073 --> 00:30:02.990 what's triggering that anxiety.

NOTE Confidence: 0.807387295

00:30:02.990 --> 00:30:04.810 You have to learn what to fear,

NOTE Confidence: 0.807387295

00:30:04.810 --> 00:30:08.418 and you have to learn what fears of,

NOTE Confidence: 0.807387295

00:30:08.418 --> 00:30:09.234 for example,

NOTE Confidence: 0.807387295

00:30:09.234 --> 00:30:11.682 an instinctual kind triggered by the

NOTE Confidence: 0.807387295

00:30:11.682 --> 00:30:14.468 innate the objects of our common phobias,

NOTE Confidence: 0.807387295

00:30:14.470 --> 00:30:16.930 things like heights and snakes and

NOTE Confidence: 0.807387295

00:30:16.930 --> 00:30:19.006 creepy crawlies and dark places

NOTE Confidence: 0.807387295

00:30:19.006 --> 00:30:21.208 and confined spaces and so on.

NOTE Confidence: 0.807387295

00:30:21.210 --> 00:30:21.728 You know,

NOTE Confidence: 0.807387295

00:30:21.728 --> 00:30:23.800 you have to learn what else to fear.

NOTE Confidence: 0.807387295

00:30:23.800 --> 00:30:24.164 Uh,

NOTE Confidence: 0.807387295

00:30:24.164 --> 00:30:26.348 and you have to learn better

NOTE Confidence: 0.807387295

00:30:26.348 --> 00:30:28.810 ways of dealing with those fears.

NOTE Confidence: 0.807387295

00:30:28.810 --> 00:30:30.085 Over and above,

NOTE Confidence: 0.807387295

00:30:30.085 --> 00:30:32.210 other than freezing and fleeing

NOTE Confidence: 0.807387295

00:30:32.210 --> 00:30:34.856 and there again, you see it.

NOTE Confidence: 0.807387295

00:30:34.856 --> 00:30:36.544 Everything depends on context.

NOTE Confidence: 0.807387295

00:30:36.550 --> 00:30:39.490 You can't just have one stereotyped response.

NOTE Confidence: 0.807387295

00:30:39.490 --> 00:30:41.455 There are different responses which

NOTE Confidence: 0.807387295

00:30:41.455 --> 00:30:43.027 apply in different situations,

NOTE Confidence: 0.807387295

00:30:43.030 --> 00:30:45.697 and the learning of how to overcome

NOTE Confidence: 0.807387295

00:30:45.697 --> 00:30:48.047 these innate predictions in relation to

NOTE Confidence: 0.807387295

00:30:48.047 --> 00:30:51.480 these innate triggers is is the great task,

NOTE Confidence: 0.807387295

00:30:51.480 --> 00:30:53.128 as I keep saying,

NOTE Confidence: 0.807387295

00:30:53.128 --> 00:30:54.364 of emotional development,

NOTE Confidence: 0.807387295

00:30:54.370 --> 00:30:56.938 learning how to meet our emotional

NOTE Confidence: 0.807387295

00:30:56.938 --> 00:30:59.619 needs and remember I've spoken here.

NOTE Confidence: 0.807387295

00:30:59.620 --> 00:31:02.847 Here we have a conflict between two

NOTE Confidence: 0.807387295

00:31:02.847 --> 00:31:05.148 emotional needs between the drive

NOTE Confidence: 0.807387295

00:31:05.148 --> 00:31:08.067 called Rage and the drive called fear.

NOTE Confidence: 0.807387295

00:31:08.070 --> 00:31:10.390 I'm about to introduce you

NOTE Confidence: 0.807387295

00:31:10.390 --> 00:31:12.246 to another such conflict,

NOTE Confidence: 0.807387295

00:31:12.250 --> 00:31:15.722 and it also will allow me to to

NOTE Confidence: 0.807387295

00:31:15.722 --> 00:31:18.924 explain why we call this drive

NOTE Confidence: 0.807387295

00:31:18.924 --> 00:31:21.148 fear rather than anxiety.

NOTE Confidence: 0.872340680909091

00:31:21.150 --> 00:31:22.880 It's because there are two
NOTE Confidence: 0.872340680909091

00:31:22.880 --> 00:31:25.100 types of anxiety in the brain.
NOTE Confidence: 0.872340680909091

00:31:25.100 --> 00:31:27.325 Panic anxiety and fear anxiety
NOTE Confidence: 0.872340680909091

00:31:27.325 --> 00:31:29.550 are not the same thing.
NOTE Confidence: 0.872340680909091

00:31:29.550 --> 00:31:32.676 Fear has to do with trepidatious
NOTE Confidence: 0.872340680909091

00:31:32.680 --> 00:31:34.243 response to threat.
NOTE Confidence: 0.872340680909091

00:31:34.243 --> 00:31:37.826 To life and limb. And as I said,
NOTE Confidence: 0.872340680909091

00:31:37.826 --> 00:31:40.070 the instinctual prediction is to escape,
NOTE Confidence: 0.872340680909091

00:31:40.070 --> 00:31:44.250 to avoid the to to to freeze or run away.
NOTE Confidence: 0.872340680909091

00:31:44.250 --> 00:31:47.814 Whereas this anxiety is an anxiety
NOTE Confidence: 0.872340680909091

00:31:47.814 --> 00:31:50.190 about separation and loss,
NOTE Confidence: 0.872340680909091

00:31:50.190 --> 00:31:52.863 and it has to do with our attachment needs.
NOTE Confidence: 0.872340680909091

00:31:52.870 --> 00:31:55.350 All mammals have this drive,
NOTE Confidence: 0.872340680909091

00:31:55.350 --> 00:31:57.360 in fact, birds have it too.
NOTE Confidence: 0.872340680909091

00:31:57.360 --> 00:32:00.200 And it's it's a drive to stay close
NOTE Confidence: 0.872340680909091

00:32:00.200 --> 00:32:03.450 to our attachment objects, that is,

NOTE Confidence: 0.872340680909091
00:32:03.450 --> 00:32:05.550 to our caregivers and whereas.
NOTE Confidence: 0.872340680909091
00:32:05.550 --> 00:32:07.020 In the case of PIA,
NOTE Confidence: 0.872340680909091
00:32:07.020 --> 00:32:09.380 the instinctual prediction is plea.
NOTE Confidence: 0.872340680909091
00:32:09.380 --> 00:32:11.000 In the case of panic,
NOTE Confidence: 0.872340680909091
00:32:11.000 --> 00:32:12.668 the instinctual prediction is
NOTE Confidence: 0.872340680909091
00:32:12.668 --> 00:32:14.753 look for the caregiver approach.
NOTE Confidence: 0.872340680909091
00:32:14.760 --> 00:32:19.268 It's quite different from fear and this
NOTE Confidence: 0.872340680909091
00:32:19.268 --> 00:32:24.660 also points to why whereas one might treat.
NOTE Confidence: 0.872340680909091
00:32:24.660 --> 00:32:29.119 Yeah, anxiety with a benzodiazepine 1 might
NOTE Confidence: 0.872340680909091
00:32:29.119 --> 00:32:33.459 treat panic anxiety with an antidepressant,
NOTE Confidence: 0.872340680909091
00:32:33.460 --> 00:32:35.035 because this has to do
NOTE Confidence: 0.872340680909091
00:32:35.035 --> 00:32:36.295 with separation and loss.
NOTE Confidence: 0.872340680909091
00:32:36.300 --> 00:32:38.040 It's a quite different system.
NOTE Confidence: 0.872340680909091
00:32:38.040 --> 00:32:40.868 As I said, a quite different need.
NOTE Confidence: 0.872340680909091
00:32:40.870 --> 00:32:43.878 And you'll notice that 2 words up here.
NOTE Confidence: 0.872340680909091

00:32:43.880 --> 00:32:45.656 I'll I'll come to the second
NOTE Confidence: 0.872340680909091

00:32:45.656 --> 00:32:46.840 word in a moment,
NOTE Confidence: 0.872340680909091

00:32:46.840 --> 00:32:48.611 but let me first of all speak
NOTE Confidence: 0.872340680909091

00:32:48.611 --> 00:32:50.378 about the panic side of things I've
NOTE Confidence: 0.872340680909091

00:32:50.378 --> 00:32:52.480 said it has to do with separation,
NOTE Confidence: 0.872340680909091

00:32:52.480 --> 00:32:52.862 distress.
NOTE Confidence: 0.872340680909091

00:32:52.862 --> 00:32:55.918 We all have to attach because we mammals
NOTE Confidence: 0.872340680909091

00:32:55.918 --> 00:32:59.039 can't look after ourselves when we're little,
NOTE Confidence: 0.872340680909091

00:32:59.040 --> 00:32:59.766 we're helpless.
NOTE Confidence: 0.872340680909091

00:32:59.766 --> 00:33:02.307 We need to be fed by somebody
NOTE Confidence: 0.872340680909091

00:33:02.307 --> 00:33:03.639 amongst other things.
NOTE Confidence: 0.872340680909091

00:33:03.640 --> 00:33:06.016 And so we attach in the case of
NOTE Confidence: 0.872340680909091

00:33:06.016 --> 00:33:08.057 human beings where with well within
NOTE Confidence: 0.872340680909091

00:33:08.057 --> 00:33:10.573 the first six months of life to
NOTE Confidence: 0.872340680909091

00:33:10.573 --> 00:33:12.463 a reliable caregiver and then
NOTE Confidence: 0.872340680909091

00:33:12.463 --> 00:33:14.428 if we become separated. Problem.

NOTE Confidence: 0.872340680909091
00:33:14.428 --> 00:33:15.772 Usually it's a.
NOTE Confidence: 0.872340680909091
00:33:15.772 --> 00:33:19.117 Then we feel this panicky state of
NOTE Confidence: 0.872340680909091
00:33:19.117 --> 00:33:21.977 anxiety which triggers an instinctual
NOTE Confidence: 0.872340680909091
00:33:21.977 --> 00:33:24.646 response, which is distress separation,
NOTE Confidence: 0.872340680909091
00:33:24.646 --> 00:33:27.266 distress vocalizations and search behavior.
NOTE Confidence: 0.872340680909091
00:33:27.270 --> 00:33:29.090 Mommy, where are you? You lost it.
NOTE Confidence: 0.872340680909091
00:33:29.090 --> 00:33:30.940 Me.
NOTE Confidence: 0.872340680909091
00:33:30.940 --> 00:33:33.964 And that, again, sadly,
NOTE Confidence: 0.872340680909091
00:33:33.964 --> 00:33:37.241 doesn't always work as, as,
NOTE Confidence: 0.872340680909091
00:33:37.241 --> 00:33:39.500 as well as we we all know we don't
NOTE Confidence: 0.872340680909091
00:33:39.575 --> 00:33:40.369 remember it.
NOTE Confidence: 0.872340680909091
00:33:40.370 --> 00:33:43.702 But we learned early on that that's
NOTE Confidence: 0.872340680909091
00:33:43.702 --> 00:33:47.669 not enough of a response to separation.
NOTE Confidence: 0.872340680909091
00:33:47.670 --> 00:33:49.722 That you need to have much
NOTE Confidence: 0.872340680909091
00:33:49.722 --> 00:33:50.875 more sophisticated, nuanced,
NOTE Confidence: 0.872340680909091

00:33:50.875 --> 00:33:53.200 flexible repertoire of responses of
NOTE Confidence: 0.872340680909091

00:33:53.200 --> 00:33:57.170 ways in which you get mummy's attention back.
NOTE Confidence: 0.872340680909091

00:33:57.170 --> 00:34:00.658 It gets get her to to, to give you the.
NOTE Confidence: 0.872340680909091

00:34:00.658 --> 00:34:02.850 The love and care that you serve,
NOTE Confidence: 0.872340680909091

00:34:02.850 --> 00:34:06.058 that you so desire.
NOTE Confidence: 0.872340680909091

00:34:06.060 --> 00:34:08.188 It's a very different type of pleasure,
NOTE Confidence: 0.872340680909091

00:34:08.190 --> 00:34:09.742 the establishment of reunion,
NOTE Confidence: 0.872340680909091

00:34:09.742 --> 00:34:11.682 very different from the other
NOTE Confidence: 0.872340680909091

00:34:11.682 --> 00:34:13.650 pleasures that I spoke about earlier.
NOTE Confidence: 0.872340680909091

00:34:13.650 --> 00:34:16.428 And it is mediated by opioids,
NOTE Confidence: 0.872340680909091

00:34:16.430 --> 00:34:17.922 new opioids.
NOTE Confidence: 0.872340680909091

00:34:17.922 --> 00:34:20.906 And having mentioned that,
NOTE Confidence: 0.872340680909091

00:34:20.910 --> 00:34:23.390 you can immediately see something
NOTE Confidence: 0.872340680909091

00:34:23.390 --> 00:34:25.374 interesting about this system
NOTE Confidence: 0.872340680909091

00:34:25.374 --> 00:34:28.046 in addition to the seeking one.
NOTE Confidence: 0.872340680909091

00:34:28.050 --> 00:34:31.340 This one also is very important in

NOTE Confidence: 0.872340680909091
00:34:31.340 --> 00:34:33.898 addiction here in the case of opiates.
NOTE Confidence: 0.842306266428571
00:34:36.080 --> 00:34:37.608 Common abuse of opiates,
NOTE Confidence: 0.842306266428571
00:34:37.608 --> 00:34:40.708 of course it's very well known in the
NOTE Confidence: 0.842306266428571
00:34:40.708 --> 00:34:42.704 United States, but, but, but also,
NOTE Confidence: 0.842306266428571
00:34:42.704 --> 00:34:45.368 you know, more extreme than just
NOTE Confidence: 0.842306266428571
00:34:45.368 --> 00:34:47.903 the painkilling types of opiates.
NOTE Confidence: 0.842306266428571
00:34:47.910 --> 00:34:49.485 You know, the, the, the, the,
NOTE Confidence: 0.842306266428571
00:34:49.485 --> 00:34:51.675 the abuse of morphine and heroin.
NOTE Confidence: 0.842306266428571
00:34:51.680 --> 00:34:55.070 It's an addictive system par
NOTE Confidence: 0.842306266428571
00:34:55.070 --> 00:34:58.852 excellence because it's made to it's,
NOTE Confidence: 0.842306266428571
00:34:58.852 --> 00:35:00.420 it's made for addiction.
NOTE Confidence: 0.842306266428571
00:35:00.420 --> 00:35:02.440 The attachment is an addiction.
NOTE Confidence: 0.842306266428571
00:35:02.440 --> 00:35:05.548 It's the primal addiction and so.
NOTE Confidence: 0.842306266428571
00:35:05.550 --> 00:35:08.590 People who are unable to satisfy this need
NOTE Confidence: 0.842306266428571
00:35:08.590 --> 00:35:11.395 through the mental work that I spoke of.
NOTE Confidence: 0.842306266428571

00:35:11.400 --> 00:35:13.020 In other words, the predictive work,
NOTE Confidence: 0.842306266428571

00:35:13.020 --> 00:35:14.396 the learning from experience,
NOTE Confidence: 0.842306266428571

00:35:14.396 --> 00:35:16.116 how to meet this need,
NOTE Confidence: 0.842306266428571

00:35:16.120 --> 00:35:18.496 which is which is jolly hard to learn.
NOTE Confidence: 0.842306266428571

00:35:18.500 --> 00:35:20.084 How to get people to love
NOTE Confidence: 0.842306266428571

00:35:20.084 --> 00:35:21.440 you and stick with you,
NOTE Confidence: 0.842306266428571

00:35:21.440 --> 00:35:22.880 stay with you and be with
NOTE Confidence: 0.842306266428571

00:35:22.880 --> 00:35:24.180 you when you need them.
NOTE Confidence: 0.842306266428571

00:35:24.180 --> 00:35:27.834 Those who fail in this fundamental task,
NOTE Confidence: 0.842306266428571

00:35:27.840 --> 00:35:31.932 one possible outcome is turning to
NOTE Confidence: 0.842306266428571

00:35:31.932 --> 00:35:36.099 artificial forms of of new opioid.
NOTE Confidence: 0.842306266428571

00:35:36.100 --> 00:35:42.860 Supplies through the abuse of of these drugs.
NOTE Confidence: 0.842306266428571

00:35:42.860 --> 00:35:45.914 So that's some of the important
NOTE Confidence: 0.842306266428571

00:35:45.914 --> 00:35:49.680 things I wanted to say about panic.
NOTE Confidence: 0.842306266428571

00:35:49.680 --> 00:35:52.319 But if you it then shifts over.
NOTE Confidence: 0.842306266428571

00:35:52.320 --> 00:35:55.897 Panic is the acute response to separation.

NOTE Confidence: 0.842306266428571

00:35:55.900 --> 00:35:58.258 If if you don't establish reunion

NOTE Confidence: 0.842306266428571

00:35:58.258 --> 00:36:00.255 within a reasonable time frame

NOTE Confidence: 0.842306266428571

00:36:00.255 --> 00:36:02.367 and then then this drive shifts

NOTE Confidence: 0.842306266428571

00:36:02.367 --> 00:36:04.380 over to what's called grief,

NOTE Confidence: 0.842306266428571

00:36:04.380 --> 00:36:05.740 or at least the instinctual.

NOTE Confidence: 0.842306266428571

00:36:05.740 --> 00:36:08.205 Response shifts over to what's

NOTE Confidence: 0.842306266428571

00:36:08.205 --> 00:36:10.670 called grief in this nomenclature.

NOTE Confidence: 0.842306266428571

00:36:10.670 --> 00:36:13.555 Symbolologies nomenclature that these two

NOTE Confidence: 0.842306266428571

00:36:13.555 --> 00:36:17.530 terms are replaced by protest and despair.

NOTE Confidence: 0.842306266428571

00:36:17.530 --> 00:36:19.270 They mean the same thing.

NOTE Confidence: 0.842306266428571

00:36:19.270 --> 00:36:23.020 That that cascade from acute separation

NOTE Confidence: 0.842306266428571

00:36:23.020 --> 00:36:27.580 distress to slump to giving up is is

NOTE Confidence: 0.842306266428571

00:36:27.580 --> 00:36:30.610 is universal in the mammalian series

NOTE Confidence: 0.842306266428571

00:36:30.610 --> 00:36:36.714 and it is the IT is the underlying.

NOTE Confidence: 0.842306266428571

00:36:36.720 --> 00:36:38.772 Undoubtedly the underlying normal

NOTE Confidence: 0.842306266428571

00:36:38.772 --> 00:36:43.104 prototype for for the for the for the
NOTE Confidence: 0.842306266428571

00:36:43.104 --> 00:36:45.440 depressive phenotype for depression
NOTE Confidence: 0.842306266428571

00:36:45.440 --> 00:36:49.402 it it's it involves whereas the panic
NOTE Confidence: 0.842306266428571

00:36:49.402 --> 00:36:52.658 component is new opioid mediated as
NOTE Confidence: 0.842306266428571

00:36:52.658 --> 00:36:56.880 I said the the the grief or despair
NOTE Confidence: 0.842306266428571

00:36:56.880 --> 00:36:59.826 phase is involved shutting down of
NOTE Confidence: 0.842306266428571

00:36:59.826 --> 00:37:02.614 seeking what I mentioned earlier so
NOTE Confidence: 0.842306266428571

00:37:02.614 --> 00:37:05.800 via a cap from the new opioids by a.
NOTE Confidence: 0.842306266428571

00:37:05.800 --> 00:37:08.712 The capo builds dynorphin through to the
NOTE Confidence: 0.842306266428571

00:37:08.712 --> 00:37:11.708 shutdown of of this dopamine circuit.
NOTE Confidence: 0.842306266428571

00:37:11.710 --> 00:37:14.290 That's our understanding of the,
NOTE Confidence: 0.842306266428571

00:37:14.290 --> 00:37:16.010 of the, the, the, the,
NOTE Confidence: 0.842306266428571

00:37:16.010 --> 00:37:19.130 the Physiology of that separation
NOTE Confidence: 0.842306266428571

00:37:19.130 --> 00:37:20.378 distress cascade.
NOTE Confidence: 0.842306266428571

00:37:20.380 --> 00:37:21.036 Um,
NOTE Confidence: 0.842306266428571

00:37:21.036 --> 00:37:25.628 so the link between these two addictive

NOTE Confidence: 0.842306266428571

00:37:25.628 --> 00:37:29.430 brain systems is is a very deep one?

NOTE Confidence: 0.842306266428571

00:37:29.430 --> 00:37:31.830 And there's a long biological story

NOTE Confidence: 0.842306266428571

00:37:31.830 --> 00:37:35.068 as to why the animal US included,

NOTE Confidence: 0.842306266428571

00:37:35.070 --> 00:37:38.460 why we shift from protest behaviour

NOTE Confidence: 0.842306266428571

00:37:38.460 --> 00:37:39.590 to despair.

NOTE Confidence: 0.842306266428571

00:37:39.590 --> 00:37:42.410 But it's it basically revolves around

NOTE Confidence: 0.842306266428571

00:37:42.410 --> 00:37:45.763 the fact that there's a cost benefit

NOTE Confidence: 0.842306266428571

00:37:45.763 --> 00:37:49.090 ratio involved in protesting in distress,

NOTE Confidence: 0.842306266428571

00:37:49.090 --> 00:37:52.090 vocalizations and and and searching.

NOTE Confidence: 0.842306266428571

00:37:52.090 --> 00:37:55.438 You announce your vulnerable state to

NOTE Confidence: 0.842306266428571

00:37:55.438 --> 00:37:59.568 predators and you wander away from home base.

NOTE Confidence: 0.842306266428571

00:37:59.570 --> 00:38:03.245 And you use up your metabolic resources

NOTE Confidence: 0.842306266428571

00:38:03.250 --> 00:38:05.546 at the time that you need the most.

NOTE Confidence: 0.842306266428571

00:38:05.550 --> 00:38:08.550 And so this is our understanding

NOTE Confidence: 0.842306266428571

00:38:08.550 --> 00:38:10.050 why this horrible,

NOTE Confidence: 0.842306266428571

00:38:10.050 --> 00:38:14.410 this horrible emotional response exists,
NOTE Confidence: 0.842306266428571

00:38:14.410 --> 00:38:17.446 which is literally to give up
NOTE Confidence: 0.842306266428571

00:38:17.450 --> 00:38:18.850 and and just lie there.
NOTE Confidence: 0.842306266428571

00:38:18.850 --> 00:38:20.954 That paradoxically or ironically
NOTE Confidence: 0.842306266428571

00:38:20.954 --> 00:38:23.058 rather maximizes the chances
NOTE Confidence: 0.842306266428571

00:38:23.058 --> 00:38:25.838 that you that you will survive,
NOTE Confidence: 0.842306266428571

00:38:25.840 --> 00:38:27.891 that you won't be gobbled up by
NOTE Confidence: 0.842306266428571

00:38:27.891 --> 00:38:29.659 predators that you will be found.
NOTE Confidence: 0.842306266428571

00:38:29.660 --> 00:38:31.760 By your caregiver, if please God,
NOTE Confidence: 0.821699684

00:38:31.760 --> 00:38:34.440 she returns. And so on.
NOTE Confidence: 0.821699684

00:38:34.440 --> 00:38:38.094 That's our understanding of the of the
NOTE Confidence: 0.821699684

00:38:38.094 --> 00:38:41.960 normal phenotype of, of despair of, of.
NOTE Confidence: 0.821699684

00:38:41.960 --> 00:38:46.378 And it has everything here nice overlaps
NOTE Confidence: 0.821699684

00:38:46.378 --> 00:38:49.392 with psychoanalytical understanding of
NOTE Confidence: 0.821699684

00:38:49.392 --> 00:38:53.536 of depression having to do with loss.
NOTE Confidence: 0.821699684

00:38:53.540 --> 00:38:56.630 For you all those years ago, of course,

NOTE Confidence: 0.821699684

00:38:56.630 --> 00:38:59.450 wrote that famous paper on mourning

NOTE Confidence: 0.821699684

00:38:59.450 --> 00:39:01.743 and Melancholia, which reminds me

NOTE Confidence: 0.821699684

00:39:01.743 --> 00:39:04.449 that I was Speaking of conflicts.

NOTE Confidence: 0.821699684

00:39:04.450 --> 00:39:08.466 So here we have another great conflict,

NOTE Confidence: 0.821699684

00:39:08.466 --> 00:39:09.915 ubiquitous conflict in

NOTE Confidence: 0.821699684

00:39:09.915 --> 00:39:11.847 in in human development,

NOTE Confidence: 0.821699684

00:39:11.850 --> 00:39:14.640 which is the conflict between rage,

NOTE Confidence: 0.821699684

00:39:14.640 --> 00:39:18.750 which I mentioned earlier, and attachment.

NOTE Confidence: 0.821699684

00:39:18.750 --> 00:39:21.417 You the one drive the rage drive

NOTE Confidence: 0.821699684

00:39:21.417 --> 00:39:24.380 is to get rid of frustrating.

NOTE Confidence: 0.821699684

00:39:24.380 --> 00:39:24.770 Impediments.

NOTE Confidence: 0.821699684

00:39:24.770 --> 00:39:27.500 And the other drive is to keep

NOTE Confidence: 0.821699684

00:39:27.500 --> 00:39:29.125 your attachment object with

NOTE Confidence: 0.821699684

00:39:29.125 --> 00:39:30.669 you forever and always.

NOTE Confidence: 0.821699684

00:39:30.670 --> 00:39:32.902 But what if your attachment object

NOTE Confidence: 0.821699684

00:39:32.902 --> 00:39:35.350 is the source of frustration?
NOTE Confidence: 0.821699684

00:39:35.350 --> 00:39:37.730 I mean whose mother never frustrated them?
NOTE Confidence: 0.821699684

00:39:37.730 --> 00:39:40.446 And so this is a ubiquitous conflict,
NOTE Confidence: 0.821699684

00:39:40.450 --> 00:39:42.090 a giving rise to guilt,
NOTE Confidence: 0.821699684

00:39:42.090 --> 00:39:44.382 guilt being the inhibition of the
NOTE Confidence: 0.821699684

00:39:44.382 --> 00:39:47.219 rage aspect in the conflict in order
NOTE Confidence: 0.821699684

00:39:47.219 --> 00:39:49.685 to preserve the attachment in order
NOTE Confidence: 0.821699684

00:39:49.685 --> 00:39:52.437 in order not to drive away and lose
NOTE Confidence: 0.821699684

00:39:52.437 --> 00:39:54.370 the love of the attachment object.
NOTE Confidence: 0.821699684

00:39:54.370 --> 00:39:56.949 That there's a need to inhibit the rage
NOTE Confidence: 0.821699684

00:39:56.949 --> 00:39:59.149 to internalize it in the form of guilt.
NOTE Confidence: 0.821699684

00:39:59.150 --> 00:40:01.600 And there we have the other major
NOTE Confidence: 0.821699684

00:40:01.600 --> 00:40:04.070 dimension of super regular development.
NOTE Confidence: 0.821699684

00:40:04.070 --> 00:40:05.935 So the conflict between rage
NOTE Confidence: 0.821699684

00:40:05.935 --> 00:40:08.270 and fear on the one hand,
NOTE Confidence: 0.821699684

00:40:08.270 --> 00:40:10.634 and rage and and and and

NOTE Confidence: 0.821699684

00:40:10.634 --> 00:40:12.210 attachment on the other,

NOTE Confidence: 0.821699684

00:40:12.210 --> 00:40:15.036 these are the foundations of the

NOTE Confidence: 0.821699684

00:40:15.036 --> 00:40:18.403 conflicts that we have with with our

NOTE Confidence: 0.821699684

00:40:18.403 --> 00:40:20.866 super regular and I I hope that I'm,

NOTE Confidence: 0.821699684

00:40:20.870 --> 00:40:25.198 I'm, I'm even in so few words able.

NOTE Confidence: 0.821699684

00:40:25.200 --> 00:40:27.112 I'm, I'm being able,

NOTE Confidence: 0.821699684

00:40:27.112 --> 00:40:29.980 I'm managing to convey something of

NOTE Confidence: 0.821699684

00:40:29.980 --> 00:40:34.084 the deep substructure that we are

NOTE Confidence: 0.821699684

00:40:34.084 --> 00:40:37.354 beginning to labor that underpins

NOTE Confidence: 0.821699684

00:40:37.354 --> 00:40:39.782 the the clinical psychological

NOTE Confidence: 0.821699684

00:40:39.782 --> 00:40:43.274 phenomena that was observed or that

NOTE Confidence: 0.821699684

00:40:43.274 --> 00:40:46.214 were observed by The Pioneers of

NOTE Confidence: 0.821699684

00:40:46.214 --> 00:40:48.780 psychoanalysis all those decades ago.

NOTE Confidence: 0.821699684

00:40:48.780 --> 00:40:51.643 And how we are beginning to attain

NOTE Confidence: 0.821699684

00:40:51.643 --> 00:40:54.256 new understanding of of of

NOTE Confidence: 0.821699684

00:40:54.256 --> 00:40:56.000 what the fundamental mechanisms.
NOTE Confidence: 0.821699684

00:40:56.000 --> 00:40:59.310 Law underpinning all these things.
NOTE Confidence: 0.821699684

00:40:59.310 --> 00:40:59.720 Now,
NOTE Confidence: 0.821699684

00:40:59.720 --> 00:41:02.590 I told you that there are two
NOTE Confidence: 0.821699684

00:41:02.590 --> 00:41:05.842 types of anxiety in the brain and
NOTE Confidence: 0.821699684

00:41:05.842 --> 00:41:10.440 that's why we don't call fear.
NOTE Confidence: 0.821699684

00:41:10.440 --> 00:41:12.340 The fear emotional need,
NOTE Confidence: 0.821699684

00:41:12.340 --> 00:41:14.715 we don't call it anxiety,
NOTE Confidence: 0.821699684

00:41:14.720 --> 00:41:17.079 we call it fear in order to
NOTE Confidence: 0.821699684

00:41:17.079 --> 00:41:18.580 differentiate it from panic.
NOTE Confidence: 0.821699684

00:41:18.580 --> 00:41:20.195 There's also two different types
NOTE Confidence: 0.821699684

00:41:20.195 --> 00:41:22.200 of attachment need in the brain,
NOTE Confidence: 0.821699684

00:41:22.200 --> 00:41:24.174 which is why we don't call this
NOTE Confidence: 0.821699684

00:41:24.174 --> 00:41:25.020 the attachment drive.
NOTE Confidence: 0.821699684

00:41:25.020 --> 00:41:27.967 And it's one of two attachment drives,
NOTE Confidence: 0.821699684

00:41:27.970 --> 00:41:29.380 and here's the other one.

NOTE Confidence: 0.821699684

00:41:29.380 --> 00:41:33.336 It's a it's a drive to to, to nurture,

NOTE Confidence: 0.821699684

00:41:33.336 --> 00:41:37.172 to take care of vulnerable little ones.

NOTE Confidence: 0.821699684

00:41:37.180 --> 00:41:38.596 Obviously, biologically,

NOTE Confidence: 0.821699684

00:41:38.596 --> 00:41:41.428 it's clearly the case.

NOTE Confidence: 0.821699684

00:41:41.430 --> 00:41:44.760 That the the the prototype of

NOTE Confidence: 0.821699684

00:41:44.760 --> 00:41:47.510 such a a vulnerable, needy,

NOTE Confidence: 0.821699684

00:41:47.510 --> 00:41:50.690 dependent object is 1's own offspring.

NOTE Confidence: 0.821699684

00:41:50.690 --> 00:41:53.579 But I put this slide on the screen in

NOTE Confidence: 0.821699684

00:41:53.579 --> 00:41:56.275 order to make the point that it's not

NOTE Confidence: 0.821699684

00:41:56.275 --> 00:41:59.658 only our own offspring that evoke this need.

NOTE Confidence: 0.821699684

00:41:59.660 --> 00:42:01.320 That's the prototype of it,

NOTE Confidence: 0.821699684

00:42:01.320 --> 00:42:04.280 but it's distressing for us

NOTE Confidence: 0.821699684

00:42:04.280 --> 00:42:08.529 who who to to come across a.

NOTE Confidence: 0.821699684

00:42:08.530 --> 00:42:09.700 Babies crying.

NOTE Confidence: 0.7873071125

00:42:11.840 --> 00:42:15.800 Vulnerability and and and distress of

NOTE Confidence: 0.7873071125

00:42:15.800 --> 00:42:19.464 this kind we we we want to put it right
NOTE Confidence: 0.7873071125

00:42:19.464 --> 00:42:22.456 and so that unpleasure that the demand
NOTE Confidence: 0.7873071125

00:42:22.456 --> 00:42:25.759 for work that's evoked by this drive.
NOTE Confidence: 0.7873071125

00:42:25.760 --> 00:42:27.770 I'm speaking about it in the
NOTE Confidence: 0.7873071125

00:42:27.770 --> 00:42:29.110 prototypical situation where the
NOTE Confidence: 0.7873071125

00:42:29.170 --> 00:42:31.180 parent who's whose child whose babies
NOTE Confidence: 0.7873071125

00:42:31.180 --> 00:42:33.372 crying and they're they can't put it
NOTE Confidence: 0.7873071125

00:42:33.372 --> 00:42:35.220 right there no matter what they do.
NOTE Confidence: 0.7873071125

00:42:35.220 --> 00:42:37.296 Of course we've got instinctual predictions.
NOTE Confidence: 0.7873071125

00:42:37.300 --> 00:42:39.076 Pick the baby up,
NOTE Confidence: 0.7873071125

00:42:39.076 --> 00:42:41.880 Rocket Singh Materies sort of soothing.
NOTE Confidence: 0.7873071125

00:42:41.880 --> 00:42:44.190 Sounds. But as every parent knows,
NOTE Confidence: 0.7873071125

00:42:44.190 --> 00:42:45.270 that doesn't always work.
NOTE Confidence: 0.7873071125

00:42:45.270 --> 00:42:47.223 And so you've got to learn from
NOTE Confidence: 0.7873071125

00:42:47.223 --> 00:42:48.608 experience what else to do.
NOTE Confidence: 0.7873071125

00:42:48.610 --> 00:42:50.890 And again, it's a whole business

NOTE Confidence: 0.7873071125

00:42:50.890 --> 00:42:53.123 of context of learning and learning

NOTE Confidence: 0.7873071125

00:42:53.123 --> 00:42:55.667 a lot more than just the what the

NOTE Confidence: 0.7873071125

00:42:55.741 --> 00:42:58.291 what the basic triggers that we

NOTE Confidence: 0.7873071125

00:42:58.291 --> 00:43:01.453 are born with provide us with.

NOTE Confidence: 0.7873071125

00:43:01.460 --> 00:43:04.070 Learning from experience about what this

NOTE Confidence: 0.7873071125

00:43:04.070 --> 00:43:06.979 crime might mean in this situation,

NOTE Confidence: 0.7873071125

00:43:06.980 --> 00:43:08.400 what might I do here?

NOTE Confidence: 0.7873071125

00:43:08.400 --> 00:43:09.780 What might I do there?

NOTE Confidence: 0.7873071125

00:43:09.780 --> 00:43:11.705 But I I wanted to make the

NOTE Confidence: 0.7873071125

00:43:11.705 --> 00:43:13.578 point that this very same need,

NOTE Confidence: 0.7873071125

00:43:13.580 --> 00:43:15.106 as with all of the needs that

NOTE Confidence: 0.7873071125

00:43:15.106 --> 00:43:15.760 I've spoken about,

NOTE Confidence: 0.7873071125

00:43:15.760 --> 00:43:19.612 don't apply only in the prototypical

NOTE Confidence: 0.7873071125

00:43:19.612 --> 00:43:22.164 childhood situations that that that I've,

NOTE Confidence: 0.7873071125

00:43:22.164 --> 00:43:24.820 that I've used as my main exemplars,

NOTE Confidence: 0.7873071125

00:43:24.820 --> 00:43:26.940 that they persist throughout life.
NOTE Confidence: 0.7873071125

00:43:26.940 --> 00:43:29.010 These are the basic emotional
NOTE Confidence: 0.7873071125

00:43:29.010 --> 00:43:31.779 needs of the human being we need.
NOTE Confidence: 0.7873071125

00:43:31.780 --> 00:43:34.078 There to take care of vulnerable
NOTE Confidence: 0.7873071125

00:43:34.078 --> 00:43:35.227 and distressed others.
NOTE Confidence: 0.7873071125

00:43:35.230 --> 00:43:38.070 And and if we can't put it right,
NOTE Confidence: 0.7873071125

00:43:38.070 --> 00:43:41.166 then it agitates us in the
NOTE Confidence: 0.7873071125

00:43:41.166 --> 00:43:42.198 prototypical situation.
NOTE Confidence: 0.7873071125

00:43:42.200 --> 00:43:44.876 Think of postpartum depression the the
NOTE Confidence: 0.7873071125

00:43:44.876 --> 00:43:47.468 mother who's overwhelmed and by the way,
NOTE Confidence: 0.7873071125

00:43:47.470 --> 00:43:50.368 the chemistry of this, of this drive,
NOTE Confidence: 0.7873071125

00:43:50.370 --> 00:43:54.266 it's again driven by or mediated by estrogen,
NOTE Confidence: 0.7873071125

00:43:54.270 --> 00:43:56.810 but and and oxytocin,
NOTE Confidence: 0.7873071125

00:43:56.810 --> 00:43:59.985 but also prolactin and progesterone,
NOTE Confidence: 0.7873071125

00:43:59.990 --> 00:44:02.188 all of which of course increase enormously.
NOTE Confidence: 0.7873071125

00:44:02.190 --> 00:44:05.172 During pregnancy and and and even

NOTE Confidence: 0.7873071125

00:44:05.172 --> 00:44:07.808 more so at childbirth, these,

NOTE Confidence: 0.7873071125

00:44:07.808 --> 00:44:11.696 the chemistries of of this system

NOTE Confidence: 0.7873071125

00:44:11.700 --> 00:44:13.600 mediate this kind of feeling.

NOTE Confidence: 0.7873071125

00:44:13.600 --> 00:44:15.777 And I I spoke there about postpartum

NOTE Confidence: 0.7873071125

00:44:15.777 --> 00:44:18.057 depression is an extreme version of it.

NOTE Confidence: 0.7873071125

00:44:18.060 --> 00:44:20.580 But what I was wanting to to get on to

NOTE Confidence: 0.7873071125

00:44:20.646 --> 00:44:23.100 say is that that distressing feeling,

NOTE Confidence: 0.7873071125

00:44:23.100 --> 00:44:24.684 that unpleasure of not being able

NOTE Confidence: 0.7873071125

00:44:24.684 --> 00:44:25.740 to make it right,

NOTE Confidence: 0.7873071125

00:44:25.740 --> 00:44:27.180 not knowing what to do,

NOTE Confidence: 0.7873071125

00:44:27.180 --> 00:44:30.030 not feeling confident that one can,

NOTE Confidence: 0.7873071125

00:44:30.030 --> 00:44:32.760 feeling overwhelmed by the need.

NOTE Confidence: 0.7873071125

00:44:32.760 --> 00:44:35.850 Of the of the distressed dependent.

NOTE Confidence: 0.7873071125

00:44:35.850 --> 00:44:37.722 That same sort of feeling arises

NOTE Confidence: 0.7873071125

00:44:37.722 --> 00:44:40.209 in all sorts of social situations.

NOTE Confidence: 0.7873071125

00:44:40.210 --> 00:44:44.487 I live in a very unequal society,
NOTE Confidence: 0.7873071125

00:44:44.490 --> 00:44:44.980 unfortunately,
NOTE Confidence: 0.7873071125

00:44:44.980 --> 00:44:47.920 where we all too frequently are
NOTE Confidence: 0.7873071125

00:44:47.920 --> 00:44:50.708 confronted by people in enormous need,
NOTE Confidence: 0.7873071125

00:44:50.710 --> 00:44:52.238 people who are poor,
NOTE Confidence: 0.7873071125

00:44:52.238 --> 00:44:53.384 people who starving,
NOTE Confidence: 0.7873071125

00:44:53.390 --> 00:44:55.616 coming and banging on your on your
NOTE Confidence: 0.7873071125

00:44:55.616 --> 00:44:56.692 car window, begging.
NOTE Confidence: 0.7873071125

00:44:56.692 --> 00:45:00.148 And it's distressing and we don't like it.
NOTE Confidence: 0.7873071125

00:45:00.150 --> 00:45:02.460 And it's that's again speaks
NOTE Confidence: 0.7873071125

00:45:02.460 --> 00:45:03.846 to this homeostatic.
NOTE Confidence: 0.7873071125

00:45:03.850 --> 00:45:05.265 The the the viable bounds
NOTE Confidence: 0.7873071125

00:45:05.265 --> 00:45:06.680 here is that you know,
NOTE Confidence: 0.7873071125

00:45:06.680 --> 00:45:10.929 the the vulnerable and dependent are OK.
NOTE Confidence: 0.7873071125

00:45:10.930 --> 00:45:12.778 If they're not, it distresses us.
NOTE Confidence: 0.7873071125

00:45:12.780 --> 00:45:15.839 But what do we do about that?

NOTE Confidence: 0.7873071125

00:45:15.840 --> 00:45:17.440 This is the the business

NOTE Confidence: 0.7873071125

00:45:17.440 --> 00:45:18.720 that I'm talking about.

NOTE Confidence: 0.7873071125

00:45:18.720 --> 00:45:20.805 The great emotional the great

NOTE Confidence: 0.7873071125

00:45:20.805 --> 00:45:22.473 task of mental development,

NOTE Confidence: 0.7873071125

00:45:22.480 --> 00:45:24.741 of learning how to meet these emotional

NOTE Confidence: 0.7873071125

00:45:24.741 --> 00:45:26.999 needs and and the conflicts again.

NOTE Confidence: 0.7873071125

00:45:27.000 --> 00:45:29.025 There's sadly there's a conflict

NOTE Confidence: 0.7873071125

00:45:29.025 --> 00:45:31.050 here between this attachment drive

NOTE Confidence: 0.8172414633333333

00:45:31.115 --> 00:45:33.420 and rage. Again it frequently triggers

NOTE Confidence: 0.8172414633333333

00:45:33.420 --> 00:45:36.489 irritation you know because I don't want

NOTE Confidence: 0.8172414633333333

00:45:36.489 --> 00:45:38.960 this person with all of their needs,

NOTE Confidence: 0.8172414633333333

00:45:38.960 --> 00:45:41.935 you know to be causing me this

NOTE Confidence: 0.8172414633333333

00:45:41.935 --> 00:45:45.546 unpleasant emotion and and even in the.

NOTE Confidence: 0.8172414633333333

00:45:45.550 --> 00:45:47.830 Difficult, but the baby situation.

NOTE Confidence: 0.8172414633333333

00:45:47.830 --> 00:45:49.093 Unfortunately, you clinicians

NOTE Confidence: 0.8172414633333333

00:45:49.093 --> 00:45:52.040 all know that this can lead to
NOTE Confidence: 0.8172414633333333

00:45:52.114 --> 00:45:54.150 to very unfortunate outcomes.
NOTE Confidence: 0.8172414633333333

00:45:54.150 --> 00:45:56.076 The conflict between the care need
NOTE Confidence: 0.8172414633333333

00:45:56.076 --> 00:45:58.270 and and and the and the rage,
NOTE Confidence: 0.8172414633333333

00:45:58.270 --> 00:46:00.554 the irritation and frustration
NOTE Confidence: 0.8172414633333333

00:46:00.554 --> 00:46:03.980 that that that it can arouse.
NOTE Confidence: 0.8172414633333333

00:46:03.980 --> 00:46:06.146 So that's six of the seven
NOTE Confidence: 0.8172414633333333

00:46:06.146 --> 00:46:08.559 I want to tell you about.
NOTE Confidence: 0.8172414633333333

00:46:08.560 --> 00:46:11.878 One more of the basic emotional
NOTE Confidence: 0.8172414633333333

00:46:11.880 --> 00:46:14.736 basic categories of emotional
NOTE Confidence: 0.8172414633333333

00:46:14.736 --> 00:46:17.340 relatedness in in the human brain.
NOTE Confidence: 0.8172414633333333

00:46:17.340 --> 00:46:19.020 Before I come to the last one,
NOTE Confidence: 0.8172414633333333

00:46:19.020 --> 00:46:21.495 I just want to point out that these two
NOTE Confidence: 0.8172414633333333

00:46:21.495 --> 00:46:23.536 attachment drives that are just mentioned,
NOTE Confidence: 0.8172414633333333

00:46:23.540 --> 00:46:25.730 they too were included by Freud
NOTE Confidence: 0.8172414633333333

00:46:25.730 --> 00:46:27.760 under the heading of libido.

NOTE Confidence: 0.8172414633333333
00:46:27.760 --> 00:46:30.344 So this overly generalized
NOTE Confidence: 0.8172414633333333
00:46:30.344 --> 00:46:33.574 understanding of the sexual drive.
NOTE Confidence: 0.8172414633333333
00:46:33.580 --> 00:46:36.172 We thought that all pleasures are
NOTE Confidence: 0.8172414633333333
00:46:36.172 --> 00:46:38.508 somehow ***** but clearly these are
NOTE Confidence: 0.8172414633333333
00:46:38.508 --> 00:46:41.285 these are there's a variety of quite
NOTE Confidence: 0.8172414633333333
00:46:41.285 --> 00:46:44.318 distinct forms of pleasure in the brain,
NOTE Confidence: 0.8172414633333333
00:46:44.320 --> 00:46:47.960 and they mediated by quite distinct circuits.
NOTE Confidence: 0.8172414633333333
00:46:47.960 --> 00:46:49.229 They're quite distinct,
NOTE Confidence: 0.8172414633333333
00:46:49.229 --> 00:46:50.498 quite distinct chemistries,
NOTE Confidence: 0.8172414633333333
00:46:50.500 --> 00:46:52.116 triggering quite distinct behaviors.
NOTE Confidence: 0.8172414633333333
00:46:52.116 --> 00:46:54.136 And and all of this,
NOTE Confidence: 0.8172414633333333
00:46:54.140 --> 00:46:56.723 as I hope I've been able to at least
NOTE Confidence: 0.8172414633333333
00:46:56.723 --> 00:46:58.800 indicate in this brief presentation,
NOTE Confidence: 0.8172414633333333
00:46:58.800 --> 00:47:03.560 all of this has implications for our
NOTE Confidence: 0.8172414633333333
00:47:03.560 --> 00:47:05.600 understanding of psychopathology.
NOTE Confidence: 0.8172414633333333

00:47:05.600 --> 00:47:08.896 The last of the 70s that play drive.
NOTE Confidence: 0.8172414633333333

00:47:08.900 --> 00:47:10.930 It comes as a great surprise to
NOTE Confidence: 0.8172414633333333

00:47:10.930 --> 00:47:12.919 people to learn that all mammals,
NOTE Confidence: 0.8172414633333333

00:47:12.920 --> 00:47:15.680 us included need to play.
NOTE Confidence: 0.8172414633333333

00:47:15.680 --> 00:47:18.512 It is a biological Dr and it's why
NOTE Confidence: 0.8172414633333333

00:47:18.512 --> 00:47:21.069 it's so surprising is because it's
NOTE Confidence: 0.8172414633333333

00:47:21.069 --> 00:47:24.432 easy to see why fear that is to
NOTE Confidence: 0.8172414633333333

00:47:24.432 --> 00:47:27.000 say the need to be safe or rage.
NOTE Confidence: 0.8172414633333333

00:47:27.000 --> 00:47:28.962 That is to say the need to get rid
NOTE Confidence: 0.8172414633333333

00:47:28.962 --> 00:47:31.467 of things that are that are that are
NOTE Confidence: 0.8172414633333333

00:47:31.467 --> 00:47:33.472 standing between you and and and and
NOTE Confidence: 0.8172414633333333

00:47:33.472 --> 00:47:35.424 and what you need in order to survive.
NOTE Confidence: 0.8172414633333333

00:47:35.424 --> 00:47:37.048 That you have to be able to
NOTE Confidence: 0.8172414633333333

00:47:37.048 --> 00:47:38.628 stake your claim and defend it.
NOTE Confidence: 0.8172414633333333

00:47:38.630 --> 00:47:40.334 Otherwise you've had it,
NOTE Confidence: 0.8172414633333333

00:47:40.334 --> 00:47:41.186 biologically speaking.

NOTE Confidence: 0.8172414633333333

00:47:41.190 --> 00:47:42.438 Likewise separation, distress.

NOTE Confidence: 0.8172414633333333

00:47:42.438 --> 00:47:45.350 It's clear what its biological role is.

NOTE Confidence: 0.8172414633333333

00:47:45.350 --> 00:47:48.808 But play play, by its very nature,

NOTE Confidence: 0.8172414633333333

00:47:48.810 --> 00:47:51.626 is not even real. It's just play play.

NOTE Confidence: 0.8172414633333333

00:47:51.630 --> 00:47:55.454 And so why such a apparently frivolous

NOTE Confidence: 0.8172414633333333

00:47:55.454 --> 00:47:59.366 activity should be a basic emotional

NOTE Confidence: 0.8172414633333333

00:47:59.366 --> 00:48:03.148 drive is, as I say, a great surprise.

NOTE Confidence: 0.8172414633333333

00:48:03.150 --> 00:48:06.470 So when you when we study this empirically.

NOTE Confidence: 0.8172414633333333

00:48:06.470 --> 00:48:08.550 You ask any child what's your favorite thing,

NOTE Confidence: 0.8172414633333333

00:48:08.550 --> 00:48:11.079 they say play.

NOTE Confidence: 0.8172414633333333

00:48:11.080 --> 00:48:13.229 Say why and they say it's fun.

NOTE Confidence: 0.8172414633333333

00:48:13.230 --> 00:48:14.550 That's the scientific question.

NOTE Confidence: 0.8172414633333333

00:48:14.550 --> 00:48:16.530 Why is it so much fun?

NOTE Confidence: 0.8172414633333333

00:48:16.530 --> 00:48:17.796 And Please note,

NOTE Confidence: 0.8172414633333333

00:48:17.796 --> 00:48:20.750 fun is another particular type of pleasure.

NOTE Confidence: 0.8172414633333333

00:48:20.750 --> 00:48:25.826 Not the same as as orgasm.
NOTE Confidence: 0.8172414633333333

00:48:25.830 --> 00:48:28.110 And this and the pleasure of
NOTE Confidence: 0.8172414633333333

00:48:28.110 --> 00:48:30.760 of of finding a safety from,
NOTE Confidence: 0.8172414633333333

00:48:30.760 --> 00:48:32.350 from danger and the pleasure
NOTE Confidence: 0.8172414633333333

00:48:32.350 --> 00:48:33.940 of getting rid of that,
NOTE Confidence: 0.8172414633333333

00:48:33.940 --> 00:48:35.092 of that frustrating boss,
NOTE Confidence: 0.8172414633333333

00:48:35.092 --> 00:48:37.184 that's who's getting in your way and
NOTE Confidence: 0.8172414633333333

00:48:37.184 --> 00:48:39.319 preventing you from having anything you want.
NOTE Confidence: 0.8172414633333333

00:48:39.320 --> 00:48:41.720 And the pleasure of plays is
NOTE Confidence: 0.8172414633333333

00:48:41.720 --> 00:48:42.920 something quite different.
NOTE Confidence: 0.8172414633333333

00:48:42.920 --> 00:48:45.440 But the the scientific question is why?
NOTE Confidence: 0.8172414633333333

00:48:45.440 --> 00:48:47.426 Why is there so much pleasure
NOTE Confidence: 0.8172414633333333

00:48:47.426 --> 00:48:49.380 attached to this absurd activity?
NOTE Confidence: 0.8172414633333333

00:48:49.380 --> 00:48:51.096 There is rough and tumble play,
NOTE Confidence: 0.8172414633333333

00:48:51.100 --> 00:48:55.209 which is the prototypical form of play.
NOTE Confidence: 0.827504028

00:48:55.210 --> 00:48:57.530 When you study play empirically,

NOTE Confidence: 0.827504028

00:48:57.530 --> 00:48:59.426 despite it being such fun and

NOTE Confidence: 0.827504028

00:48:59.426 --> 00:49:01.070 children loving it so much,

NOTE Confidence: 0.827504028

00:49:01.070 --> 00:49:04.718 what you observe amazingly, is the

NOTE Confidence: 0.827504028

00:49:04.718 --> 00:49:08.569 majority of play episodes end in tears.

NOTE Confidence: 0.827504028

00:49:08.570 --> 00:49:11.513 So despite kids loving to do it so much,

NOTE Confidence: 0.827504028

00:49:11.520 --> 00:49:14.650 it tends to end up, it ends, it ends badly.

NOTE Confidence: 0.827504028

00:49:14.650 --> 00:49:15.870 And one of the children

NOTE Confidence: 0.827504028

00:49:15.870 --> 00:49:17.090 says to the other one,

NOTE Confidence: 0.827504028

00:49:17.090 --> 00:49:19.190 I won't play with you anymore,

NOTE Confidence: 0.827504028

00:49:19.190 --> 00:49:20.770 you are not being fair,

NOTE Confidence: 0.827504028

00:49:20.770 --> 00:49:24.847 and that word fairness has a lot to do.

NOTE Confidence: 0.827504028

00:49:24.850 --> 00:49:27.210 With why play breaks down.

NOTE Confidence: 0.827504028

00:49:27.210 --> 00:49:28.814 So in studying play,

NOTE Confidence: 0.827504028

00:49:28.814 --> 00:49:32.675 we came to to discover that there's a thing

NOTE Confidence: 0.827504028

00:49:32.675 --> 00:49:36.238 called sort of loosely called the 6040 rule.

NOTE Confidence: 0.827504028

00:49:36.238 --> 00:49:38.982 It's probably better called the 7030 rule.

NOTE Confidence: 0.827504028

00:49:38.982 --> 00:49:40.998 It varies from species to species,

NOTE Confidence: 0.827504028

00:49:41.000 --> 00:49:42.770 and it's not an exact number,

NOTE Confidence: 0.827504028

00:49:42.770 --> 00:49:44.994 but what it refers to is the fact

NOTE Confidence: 0.827504028

00:49:44.994 --> 00:49:47.190 that in play there's always one

NOTE Confidence: 0.827504028

00:49:47.190 --> 00:49:49.548 who dominates and one who submits,

NOTE Confidence: 0.827504028

00:49:49.550 --> 00:49:52.830 and that dominance submission

NOTE Confidence: 0.827504028

00:49:52.830 --> 00:49:55.468 ratio if it exceeds.

NOTE Confidence: 0.827504028

00:49:55.468 --> 00:49:58.231 Uh, roughly 6070 or so.

NOTE Confidence: 0.827504028

00:49:58.231 --> 00:50:00.816 2:30 or 40 or so.

NOTE Confidence: 0.827504028

00:50:00.820 --> 00:50:01.918 In other words,

NOTE Confidence: 0.827504028

00:50:01.918 --> 00:50:04.480 if the submissive 1 gets less than

NOTE Confidence: 0.827504028

00:50:04.560 --> 00:50:06.795 30 or 40% of turns to be able to be

NOTE Confidence: 0.827504028

00:50:06.795 --> 00:50:08.578 the one who's calling the shots,

NOTE Confidence: 0.827504028

00:50:08.580 --> 00:50:09.500 the one who's on top,

NOTE Confidence: 0.827504028

00:50:09.500 --> 00:50:11.096 the one who's doing the chasing.

NOTE Confidence: 0.827504028

00:50:11.100 --> 00:50:12.740 But then it's not fun for them anymore.

NOTE Confidence: 0.827504028

00:50:12.740 --> 00:50:14.160 And then they weren't playing,

NOTE Confidence: 0.827504028

00:50:14.160 --> 00:50:16.484 so there's a reciprocity,

NOTE Confidence: 0.827504028

00:50:16.484 --> 00:50:18.227 a turn taking.

NOTE Confidence: 0.827504028

00:50:18.230 --> 00:50:20.816 That's that seems to be fundamental

NOTE Confidence: 0.827504028

00:50:20.816 --> 00:50:23.983 to successful play and and I'm I'm

NOTE Confidence: 0.827504028

00:50:23.983 --> 00:50:25.807 using the biological prototype.

NOTE Confidence: 0.827504028

00:50:25.810 --> 00:50:27.780 You know rough and tumble.

NOTE Confidence: 0.827504028

00:50:27.780 --> 00:50:29.676 Where the one animal invites the

NOTE Confidence: 0.827504028

00:50:29.676 --> 00:50:31.898 other one to play by running it.

NOTE Confidence: 0.827504028

00:50:31.900 --> 00:50:34.497 The the invitation is accepted if if,

NOTE Confidence: 0.827504028

00:50:34.500 --> 00:50:36.453 if the if the if the runner is is

NOTE Confidence: 0.827504028

00:50:36.453 --> 00:50:38.596 chased and then they do this sort of

NOTE Confidence: 0.827504028

00:50:38.596 --> 00:50:40.219 thing you're seeing on the screen.

NOTE Confidence: 0.827504028

00:50:40.220 --> 00:50:41.785 Now there's this kind of

NOTE Confidence: 0.827504028

00:50:41.785 --> 00:50:43.350 wrestling thing that goes on,
NOTE Confidence: 0.827504028

00:50:43.350 --> 00:50:45.128 they love it and then they swap
NOTE Confidence: 0.827504028

00:50:45.128 --> 00:50:47.178 and the one that was being chased
NOTE Confidence: 0.827504028

00:50:47.178 --> 00:50:49.020 because the chaser and the one
NOTE Confidence: 0.827504028

00:50:49.081 --> 00:50:50.671 who was underneath is on top
NOTE Confidence: 0.827504028

00:50:50.671 --> 00:50:52.114 and not in equal measure.
NOTE Confidence: 0.827504028

00:50:52.114 --> 00:50:54.358 But as long as it's roughly
NOTE Confidence: 0.827504028

00:50:54.360 --> 00:50:56.780 6040 then the game persists.
NOTE Confidence: 0.827504028

00:50:56.780 --> 00:50:58.950 And it's not only in the prototypical.
NOTE Confidence: 0.827504028

00:50:58.950 --> 00:51:00.930 Think about the kinds of games
NOTE Confidence: 0.827504028

00:51:00.930 --> 00:51:03.386 that are played in in in in
NOTE Confidence: 0.827504028

00:51:03.386 --> 00:51:04.810 Western cultures games like.
NOTE Confidence: 0.827504028

00:51:04.810 --> 00:51:07.828 Mommy, baby it is mommy baby.
NOTE Confidence: 0.827504028

00:51:07.830 --> 00:51:10.278 Teacher, pupil Dr patient,
NOTE Confidence: 0.827504028

00:51:10.278 --> 00:51:11.246 cop, robber.
NOTE Confidence: 0.827504028

00:51:11.246 --> 00:51:13.382 You know there's a hierarchy in

NOTE Confidence: 0.827504028

00:51:13.382 --> 00:51:15.899 all of these games and the the

NOTE Confidence: 0.827504028

00:51:15.899 --> 00:51:17.957 the Your little brother is happy

NOTE Confidence: 0.827504028

00:51:18.027 --> 00:51:20.275 to be the robber and be locked up

NOTE Confidence: 0.827504028

00:51:20.275 --> 00:51:22.555 and you are the cop as long as he

NOTE Confidence: 0.827504028

00:51:22.555 --> 00:51:24.661 gets a turn to be the cop later

NOTE Confidence: 0.827504028

00:51:24.661 --> 00:51:27.113 or he gets the turn to to to say

NOTE Confidence: 0.827504028

00:51:27.113 --> 00:51:29.123 well now let's play you know this

NOTE Confidence: 0.827504028

00:51:29.123 --> 00:51:31.734 other game and and so there's a

NOTE Confidence: 0.827504028

00:51:31.734 --> 00:51:34.718 need for mutuality and reciprocity.

NOTE Confidence: 0.827504028

00:51:34.720 --> 00:51:37.000 And if you breach that rule,

NOTE Confidence: 0.827504028

00:51:37.000 --> 00:51:39.429 the 6040 rule, the game breaks down.

NOTE Confidence: 0.827504028

00:51:39.430 --> 00:51:41.239 And Please note,

NOTE Confidence: 0.827504028

00:51:41.239 --> 00:51:44.254 rule boundaries is another very

NOTE Confidence: 0.827504028

00:51:44.254 --> 00:51:47.277 important part of how play works.

NOTE Confidence: 0.827504028

00:51:47.280 --> 00:51:49.375 Another boundary in play that's

NOTE Confidence: 0.827504028

00:51:49.375 --> 00:51:51.974 that's very important is that the
NOTE Confidence: 0.827504028

00:51:51.974 --> 00:51:54.149 boundary between play and reality.
NOTE Confidence: 0.827504028

00:51:54.150 --> 00:51:58.344 So playing at cops and robbers is a game.
NOTE Confidence: 0.827504028

00:51:58.350 --> 00:52:00.190 And you know, as I was just saying,
NOTE Confidence: 0.911173835833333

00:52:00.190 --> 00:52:01.828 but if you lock your brother up
NOTE Confidence: 0.911173835833333

00:52:01.828 --> 00:52:03.454 and throw away the key, you know,
NOTE Confidence: 0.911173835833333

00:52:03.454 --> 00:52:04.614 then it's not play anymore.
NOTE Confidence: 0.911173835833333

00:52:04.620 --> 00:52:06.210 It's just locking up your brother.
NOTE Confidence: 0.911173835833333

00:52:06.210 --> 00:52:08.425 And that's no longer about play, it's
NOTE Confidence: 0.911173835833333

00:52:08.425 --> 00:52:10.785 about fear and rage and things like that.
NOTE Confidence: 0.911173835833333

00:52:10.790 --> 00:52:12.578 So the crossing of that boundary
NOTE Confidence: 0.911173835833333

00:52:12.578 --> 00:52:14.570 is also how play breaks down.
NOTE Confidence: 0.911173835833333

00:52:14.570 --> 00:52:16.752 So we think that play, in short,
NOTE Confidence: 0.911173835833333

00:52:16.752 --> 00:52:18.678 has everything to do with learning.
NOTE Confidence: 0.911173835833333

00:52:18.680 --> 00:52:21.497 About how to find your place in the group.
NOTE Confidence: 0.911173835833333

00:52:21.500 --> 00:52:23.150 How to meet your needs in

NOTE Confidence: 0.911173835833333
00:52:23.150 --> 00:52:24.900 relation to the needs of others.
NOTE Confidence: 0.911173835833333
00:52:24.900 --> 00:52:26.900 The negotiation and the
NOTE Confidence: 0.911173835833333
00:52:26.900 --> 00:52:28.400 development of empathy.
NOTE Confidence: 0.911173835833333
00:52:28.400 --> 00:52:30.758 The capacity to take account that.
NOTE Confidence: 0.911173835833333
00:52:30.760 --> 00:52:33.077 The need to take account of the
NOTE Confidence: 0.911173835833333
00:52:33.077 --> 00:52:35.444 feelings of the of the Playmate in
NOTE Confidence: 0.911173835833333
00:52:35.444 --> 00:52:38.099 order to sustain the fun of the game.
NOTE Confidence: 0.911173835833333
00:52:38.100 --> 00:52:39.912 And we think that social hierarchies
NOTE Confidence: 0.911173835833333
00:52:39.912 --> 00:52:41.810 the pecking order or established.
NOTE Confidence: 0.911173835833333
00:52:41.810 --> 00:52:43.931 Think back to your days on the
NOTE Confidence: 0.911173835833333
00:52:43.931 --> 00:52:46.000 playground was a serious business,
NOTE Confidence: 0.911173835833333
00:52:46.000 --> 00:52:49.224 whether you up or down high status or.
NOTE Confidence: 0.911173835833333
00:52:49.230 --> 00:52:50.798 Your status in the group or not,
NOTE Confidence: 0.911173835833333
00:52:50.800 --> 00:52:51.362 the group,
NOTE Confidence: 0.911173835833333
00:52:51.362 --> 00:52:53.890 whether anyone wants to play with you or not,
NOTE Confidence: 0.911173835833333

00:52:53.890 --> 00:52:56.386 these are things that really matter to kids.

NOTE Confidence: 0.911173835833333

00:52:56.390 --> 00:52:58.770 And this is all of this points

NOTE Confidence: 0.911173835833333

00:52:58.770 --> 00:53:01.188 to that we're a social species.

NOTE Confidence: 0.911173835833333

00:53:01.190 --> 00:53:03.770 Social group relations need to be,

NOTE Confidence: 0.911173835833333

00:53:03.770 --> 00:53:05.090 need to be modulated.

NOTE Confidence: 0.911173835833333

00:53:05.090 --> 00:53:06.740 Especially the formation of higher

NOTE Confidence: 0.911173835833333

00:53:06.740 --> 00:53:08.555 all mammal species or hierarchical

NOTE Confidence: 0.911173835833333

00:53:08.555 --> 00:53:10.697 but the most viable hierarchies of

NOTE Confidence: 0.911173835833333

00:53:10.759 --> 00:53:12.541 the one in which there's something

NOTE Confidence: 0.911173835833333

00:53:12.541 --> 00:53:14.714 in it for everybody that there's

NOTE Confidence: 0.911173835833333

00:53:14.714 --> 00:53:17.174 that there's it's not too,

NOTE Confidence: 0.911173835833333

00:53:17.180 --> 00:53:19.628 there's not a bully in charge but rather.

NOTE Confidence: 0.911173835833333

00:53:19.630 --> 00:53:21.934 Somebody who who's who's able to

NOTE Confidence: 0.911173835833333

00:53:21.934 --> 00:53:23.906 tolerate turn taking and recognize

NOTE Confidence: 0.911173835833333

00:53:23.906 --> 00:53:26.454 the the needs of the of the

NOTE Confidence: 0.911173835833333

00:53:26.454 --> 00:53:28.596 submissive party in the in the group.

NOTE Confidence: 0.911173835833333

00:53:28.600 --> 00:53:30.760 Now look there's as I told you a

NOTE Confidence: 0.911173835833333

00:53:30.760 --> 00:53:32.543 million more things I could say

NOTE Confidence: 0.911173835833333

00:53:32.543 --> 00:53:34.307 we learned through play how to

NOTE Confidence: 0.911173835833333

00:53:34.375 --> 00:53:36.295 because it's safe it's not real.

NOTE Confidence: 0.911173835833333

00:53:36.300 --> 00:53:38.996 We learn how to how to regulate our

NOTE Confidence: 0.911173835833333

00:53:38.996 --> 00:53:41.298 fears and our rages and our lusts

NOTE Confidence: 0.911173835833333

00:53:41.298 --> 00:53:44.365 and so on through games and so play

NOTE Confidence: 0.911173835833333

00:53:44.365 --> 00:53:46.972 also is terribly important for for

NOTE Confidence: 0.911173835833333

00:53:46.972 --> 00:53:49.709 for for for the learning to regulate.

NOTE Confidence: 0.911173835833333

00:53:49.710 --> 00:53:51.120 All the other emotional needs,

NOTE Confidence: 0.911173835833333

00:53:51.120 --> 00:53:54.160 but I I must, I must come to an end.

NOTE Confidence: 0.911173835833333

00:53:54.160 --> 00:53:55.880 I see I've in fact gone a few

NOTE Confidence: 0.911173835833333

00:53:55.880 --> 00:53:56.779 minutes over my time,

NOTE Confidence: 0.911173835833333

00:53:56.780 --> 00:53:59.260 so I just want to say the following.

NOTE Confidence: 0.911173835833333

00:53:59.260 --> 00:53:59.632 Remember,

NOTE Confidence: 0.911173835833333

00:53:59.632 --> 00:54:02.236 this is all remember my title and
NOTE Confidence: 0.911173835833333

00:54:02.236 --> 00:54:04.651 these are the basic categories
NOTE Confidence: 0.911173835833333

00:54:04.651 --> 00:54:06.779 of human emotional relationship.
NOTE Confidence: 0.911173835833333

00:54:06.780 --> 00:54:09.665 Unlike Freudian Dr Theory which
NOTE Confidence: 0.911173835833333

00:54:09.665 --> 00:54:10.819 was objectless,
NOTE Confidence: 0.911173835833333

00:54:10.820 --> 00:54:12.986 these drives are all object related
NOTE Confidence: 0.911173835833333

00:54:12.986 --> 00:54:16.046 and you can't speak of a of a panic
NOTE Confidence: 0.911173835833333

00:54:16.046 --> 00:54:17.591 grief drive without Speaking of
NOTE Confidence: 0.911173835833333

00:54:17.656 --> 00:54:19.756 an attachment object and a fear.
NOTE Confidence: 0.911173835833333

00:54:19.760 --> 00:54:21.686 Drive without Speaking of a dangerous
NOTE Confidence: 0.911173835833333

00:54:21.686 --> 00:54:24.075 object and a a rage drive without
NOTE Confidence: 0.911173835833333

00:54:24.075 --> 00:54:26.151 Speaking of a of a frustrating
NOTE Confidence: 0.911173835833333

00:54:26.151 --> 00:54:27.180 object and so on.
NOTE Confidence: 0.911173835833333

00:54:27.180 --> 00:54:29.100 So these are intrinsically object
NOTE Confidence: 0.911173835833333

00:54:29.100 --> 00:54:31.348 related drives and we've learned a
NOTE Confidence: 0.911173835833333

00:54:31.348 --> 00:54:33.484 hell of a lot more about the basic

NOTE Confidence: 0.911173835833333

00:54:33.484 --> 00:54:35.418 emotional needs than we knew about

NOTE Confidence: 0.911173835833333

00:54:35.418 --> 00:54:37.614 Infrared's day as he predicted we would.

NOTE Confidence: 0.911173835833333

00:54:37.614 --> 00:54:39.990 And if you want to learn more then

NOTE Confidence: 0.911173835833333

00:54:40.063 --> 00:54:42.191 please look at this paper which I

NOTE Confidence: 0.911173835833333

00:54:42.191 --> 00:54:44.729 have on the screen here at the end.

NOTE Confidence: 0.911173835833333

00:54:44.730 --> 00:54:47.010 It's an Open Access journal if

NOTE Confidence: 0.911173835833333

00:54:47.010 --> 00:54:48.530 you just Google my

NOTE Confidence: 0.819245614615385

00:54:48.617 --> 00:54:50.558 name and neurobiological.

NOTE Confidence: 0.819245614615385

00:54:50.560 --> 00:54:52.396 Underpinnings and and frontiers

NOTE Confidence: 0.819245614615385

00:54:52.396 --> 00:54:55.593 it'll come up and and and that'll

NOTE Confidence: 0.819245614615385

00:54:55.593 --> 00:54:58.127 lead you to to the the wider

NOTE Confidence: 0.819245614615385

00:54:58.130 --> 00:55:00.272 evidence base that I'm drawing on

NOTE Confidence: 0.819245614615385

00:55:00.272 --> 00:55:02.605 and and and the very interesting

NOTE Confidence: 0.819245614615385

00:55:02.605 --> 00:55:05.095 literature in this field all of

NOTE Confidence: 0.819245614615385

00:55:05.095 --> 00:55:07.262 which is of substantial clinical

NOTE Confidence: 0.819245614615385

00:55:07.262 --> 00:55:10.042 relevance both in psychotherapy and

NOTE Confidence: 0.819245614615385

00:55:10.042 --> 00:55:13.988 in and in psychiatry more generally.

NOTE Confidence: 0.819245614615385

00:55:13.990 --> 00:55:15.154 Thanks for your attention.

NOTE Confidence: 0.819245614615385

00:55:15.154 --> 00:55:18.090 I'll end there. Thank you.

NOTE Confidence: 0.819245614615385

00:55:18.090 --> 00:55:19.836 Thank you so much Doctor Solms.

NOTE Confidence: 0.819245614615385

00:55:19.840 --> 00:55:21.000 That was just a.