

WEBVTT

NOTE duration:"00:43:43"

NOTE recognizability:0.826

NOTE language:en-us

NOTE Confidence: 0.2497719

00:00:00.000 --> 00:00:04.028 Much. Thank you so much Doctor Steinfeld

NOTE Confidence: 0.2497719

00:00:04.028 --> 00:00:06.289 and Doctor Crystal for these introductions.

NOTE Confidence: 0.2497719

00:00:06.290 --> 00:00:09.250 I really appreciate it.

NOTE Confidence: 0.2497719

00:00:09.250 --> 00:00:13.030 I am really honored to join all of you today

NOTE Confidence: 0.2497719

00:00:13.118 --> 00:00:16.898 on this very significant and meaningful day,

NOTE Confidence: 0.2497719

00:00:16.900 --> 00:00:20.312 the Holocaust Remembrance Day.

NOTE Confidence: 0.2497719

00:00:20.312 --> 00:00:26.272 I I also am especially grateful to to

NOTE Confidence: 0.2497719

00:00:26.272 --> 00:00:28.804 provide this lecture that honors Dr.

NOTE Confidence: 0.2497719

00:00:28.810 --> 00:00:32.066 T Byram Karasu, and I'll tell you a

NOTE Confidence: 0.2497719

00:00:32.066 --> 00:00:35.187 very short story about why actually,

NOTE Confidence: 0.2497719

00:00:35.190 --> 00:00:39.190 Doctor Karasu has meaning in my life I.

NOTE Confidence: 0.2497719

00:00:39.190 --> 00:00:41.750 Actually had a very dear supervisor of mine,

NOTE Confidence: 0.2497719

00:00:41.750 --> 00:00:44.108 Robert Webber and at Cambridge Health

NOTE Confidence: 0.2497719

00:00:44.108 --> 00:00:47.128 Alliance when I was a psychology intern.

NOTE Confidence: 0.2497719

00:00:47.130 --> 00:00:50.140 And back in 1996 when I completed

NOTE Confidence: 0.2497719

00:00:50.140 --> 00:00:51.430 my psychology internship,

NOTE Confidence: 0.2497719

00:00:51.430 --> 00:00:56.090 my supervisor gave me a book by an author and

NOTE Confidence: 0.2497719

00:00:56.090 --> 00:00:59.449 it is Doctor Karasu and he gave me a book.

NOTE Confidence: 0.2497719

00:00:59.450 --> 00:01:01.880 It was a parting gift and it was called

NOTE Confidence: 0.2497719

00:01:01.880 --> 00:01:04.146 wisdom in the practice of psychotherapy,

NOTE Confidence: 0.2497719

00:01:04.150 --> 00:01:05.958 which was published in

NOTE Confidence: 0.2497719

00:01:05.958 --> 00:01:08.670 1992 and I have to say.

NOTE Confidence: 0.2497719

00:01:08.670 --> 00:01:10.656 I have cherished this book and

NOTE Confidence: 0.2497719

00:01:10.656 --> 00:01:12.752 it's wisdom over the years and

NOTE Confidence: 0.2497719

00:01:12.752 --> 00:01:14.858 find it very meaningful to deliver

NOTE Confidence: 0.2497719

00:01:14.858 --> 00:01:16.990 a lecture honoring this author.

NOTE Confidence: 0.2497719

00:01:16.990 --> 00:01:19.160 And I want to share something that

NOTE Confidence: 0.2497719

00:01:19.160 --> 00:01:21.956 he wrote in this book that I found

NOTE Confidence: 0.2497719

00:01:21.956 --> 00:01:24.140 especially relevant to my talk today

NOTE Confidence: 0.2497719

00:01:24.140 --> 00:01:26.732 in a in a chapter that he titled

NOTE Confidence: 0.2497719

00:01:26.732 --> 00:01:28.692 Diagnosis and psychotherapy means

NOTE Confidence: 0.2497719

00:01:28.692 --> 00:01:30.868 understanding human conditions that

NOTE Confidence: 0.2497719

00:01:30.868 --> 00:01:33.590 are both unique and universal.

NOTE Confidence: 0.2497719

00:01:33.590 --> 00:01:35.990 That was the IT was really a sentence,

NOTE Confidence: 0.2497719

00:01:35.990 --> 00:01:38.519 but that was the the title of the chapter.

NOTE Confidence: 0.2497719

00:01:38.520 --> 00:01:40.776 And he wrote the following in this chapter,

NOTE Confidence: 0.2497719

00:01:40.780 --> 00:01:43.635 he said accentuating neurotic or

NOTE Confidence: 0.2497719

00:01:43.635 --> 00:01:45.919 psychotic symptomology takes the

NOTE Confidence: 0.2497719

00:01:45.919 --> 00:01:48.092 psychotherapist away from a broader

NOTE Confidence: 0.2497719

00:01:48.092 --> 00:01:50.378 and deeper look at the individual,

NOTE Confidence: 0.2497719

00:01:50.380 --> 00:01:53.100 which is necessarily more flexible

NOTE Confidence: 0.2497719

00:01:53.100 --> 00:01:54.188 and demanding.

NOTE Confidence: 0.2497719

00:01:54.190 --> 00:01:54.678 Moreover,

NOTE Confidence: 0.2497719

00:01:54.678 --> 00:01:58.094 because such a stance is skewed towards

NOTE Confidence: 0.2497719

00:01:58.094 --> 00:02:00.242 towards preconceived categories or
NOTE Confidence: 0.2497719

00:02:00.242 --> 00:02:02.430 prototypic standards of behavior,
NOTE Confidence: 0.2497719

00:02:02.430 --> 00:02:04.446 it can be dehumanizing to the
NOTE Confidence: 0.2497719

00:02:04.446 --> 00:02:06.935 extent that it fails to regard the
NOTE Confidence: 0.2497719

00:02:06.935 --> 00:02:09.077 complex and subtle nuances of the
NOTE Confidence: 0.2497719

00:02:09.077 --> 00:02:11.028 whole person whose psychodynamics
NOTE Confidence: 0.2497719

00:02:11.028 --> 00:02:13.064 are intricate and infant.
NOTE Confidence: 0.2497719

00:02:13.070 --> 00:02:13.347 Infant.
NOTE Confidence: 0.2497719

00:02:13.347 --> 00:02:15.009 I can never say this word,
NOTE Confidence: 0.2497719

00:02:15.010 --> 00:02:17.710 but infinitesimal on one level,
NOTE Confidence: 0.2497719

00:02:17.710 --> 00:02:20.710 broad and boundless on another,
NOTE Confidence: 0.2497719

00:02:20.710 --> 00:02:24.676 and you'll see why this particular.
NOTE Confidence: 0.2497719

00:02:24.680 --> 00:02:26.941 Excerpt from the book is relevant to
NOTE Confidence: 0.2497719

00:02:26.941 --> 00:02:29.498 what I'm about to share with you today.
NOTE Confidence: 0.2497719

00:02:29.500 --> 00:02:31.756 So this topic of decolonizing a
NOTE Confidence: 0.2497719

00:02:31.756 --> 00:02:33.720 theory and practice like analytic

NOTE Confidence: 0.2497719

00:02:33.720 --> 00:02:36.078 theory and practice is so broad.

NOTE Confidence: 0.2497719

00:02:36.080 --> 00:02:38.096 My focus is going to be particularly

NOTE Confidence: 0.2497719

00:02:38.096 --> 00:02:40.220 in the area of race and culture,

NOTE Confidence: 0.2497719

00:02:40.220 --> 00:02:42.794 and I come to this talk as a researcher,

NOTE Confidence: 0.2497719

00:02:42.800 --> 00:02:45.180 as a clinician and as an educator,

NOTE Confidence: 0.2497719

00:02:45.180 --> 00:02:46.476 and as an immigrant,

NOTE Confidence: 0.2497719

00:02:46.476 --> 00:02:48.096 as an Indian American immigrant.

NOTE Confidence: 0.2497719

00:02:48.100 --> 00:02:50.828 My family and I immigrated to the United

NOTE Confidence: 0.2497719

00:02:50.828 --> 00:02:53.502 States when I was seven years old in 1977.

NOTE Confidence: 0.2497719

00:02:53.502 --> 00:02:54.186 We lived.

NOTE Confidence: 0.2497719

00:02:54.186 --> 00:02:56.580 We first arrived to New York City.

NOTE Confidence: 0.2497719

00:02:56.580 --> 00:02:57.710 We lived in the Bronx.

NOTE Confidence: 0.2497719

00:02:57.710 --> 00:03:00.026 We moved around to New York,

NOTE Confidence: 0.2497719

00:03:00.030 --> 00:03:03.585 from New York to New Jersey to Michigan and,

NOTE Confidence: 0.2497719

00:03:03.590 --> 00:03:04.594 you know,

NOTE Confidence: 0.2497719

00:03:04.594 --> 00:03:08.108 other places since then as an adult.
NOTE Confidence: 0.2497719

00:03:08.110 --> 00:03:10.963 But I want to start with a personal anecdote,
NOTE Confidence: 0.2497719

00:03:10.970 --> 00:03:12.794 and I'm going to be shifting
NOTE Confidence: 0.2497719

00:03:12.794 --> 00:03:15.226 sort of from the personal to the
NOTE Confidence: 0.2497719

00:03:15.226 --> 00:03:17.206 academic and to the clinical.
NOTE Confidence: 0.2497719

00:03:17.210 --> 00:03:19.064 So please bear with me as you see me
NOTE Confidence: 0.2497719

00:03:19.064 --> 00:03:20.952 sort of move through these different
NOTE Confidence: 0.2497719

00:03:20.952 --> 00:03:22.582 spheres throughout my talk today.
NOTE Confidence: 0.888362392857143

00:03:22.590 --> 00:03:24.687 But let me begin with a personal. Anecdote.
NOTE Confidence: 0.888362392857143

00:03:24.687 --> 00:03:28.269 After immigrating to the United States,
NOTE Confidence: 0.888362392857143

00:03:28.270 --> 00:03:31.096 it was striking how my family and I had
NOTE Confidence: 0.888362392857143

00:03:31.096 --> 00:03:34.187 so quickly begun to absorb American
NOTE Confidence: 0.888362392857143

00:03:34.187 --> 00:03:36.347 cultural norms and expectations,
NOTE Confidence: 0.888362392857143

00:03:36.350 --> 00:03:37.766 most often unconsciously.
NOTE Confidence: 0.888362392857143

00:03:37.766 --> 00:03:40.598 1 Evening a few months after
NOTE Confidence: 0.888362392857143

00:03:40.598 --> 00:03:42.810 we arrived to New York,

NOTE Confidence: 0.888362392857143
00:03:42.810 --> 00:03:44.646 we had been eating our dinner,
NOTE Confidence: 0.888362392857143
00:03:44.650 --> 00:03:47.195 which almost always consisted of
NOTE Confidence: 0.888362392857143
00:03:47.195 --> 00:03:50.190 traditional South Indian curries and rice.
NOTE Confidence: 0.888362392857143
00:03:50.190 --> 00:03:52.605 We mix the rice with the curries,
NOTE Confidence: 0.888362392857143
00:03:52.610 --> 00:03:54.235 the delicious curries that my
NOTE Confidence: 0.888362392857143
00:03:54.235 --> 00:03:55.545 mother would make, and.
NOTE Confidence: 0.888362392857143
00:03:55.545 --> 00:03:57.555 Ate the food with our hands.
NOTE Confidence: 0.888362392857143
00:03:57.560 --> 00:03:59.780 This is customary.
NOTE Confidence: 0.888362392857143
00:03:59.780 --> 00:04:02.124 We had not learned to eat our Indian
NOTE Confidence: 0.888362392857143
00:04:02.124 --> 00:04:04.194 meals with Western utensils until we
NOTE Confidence: 0.888362392857143
00:04:04.194 --> 00:04:06.890 moved to the US that particular evening.
NOTE Confidence: 0.888362392857143
00:04:06.890 --> 00:04:10.042 The doorbell to our apartment rang and all
NOTE Confidence: 0.888362392857143
00:04:10.042 --> 00:04:13.837 four of us immediately got up from the table,
NOTE Confidence: 0.888362392857143
00:04:13.840 --> 00:04:16.030 washed our hands at the sink
NOTE Confidence: 0.888362392857143
00:04:16.030 --> 00:04:18.199 before my father opened the door.
NOTE Confidence: 0.888362392857143

00:04:18.200 --> 00:04:20.252 No one had instructed us to
NOTE Confidence: 0.888362392857143

00:04:20.252 --> 00:04:22.500 get up and wash our hands.
NOTE Confidence: 0.888362392857143

00:04:22.500 --> 00:04:24.996 Nevertheless, we knew to do so.
NOTE Confidence: 0.888362392857143

00:04:25.000 --> 00:04:28.180 We never spoke about this afterward.
NOTE Confidence: 0.888362392857143

00:04:28.180 --> 00:04:29.504 And since that time,
NOTE Confidence: 0.888362392857143

00:04:29.504 --> 00:04:31.490 I've thought about how we each
NOTE Confidence: 0.888362392857143

00:04:31.562 --> 00:04:34.152 knew to wash our hands without ever
NOTE Confidence: 0.888362392857143

00:04:34.152 --> 00:04:35.919 having a conversation about it.
NOTE Confidence: 0.888362392857143

00:04:35.920 --> 00:04:37.272 I was aware, however,
NOTE Confidence: 0.888362392857143

00:04:37.272 --> 00:04:39.733 that people at school and on TV
NOTE Confidence: 0.888362392857143

00:04:39.733 --> 00:04:41.558 would comment that's gross when
NOTE Confidence: 0.888362392857143

00:04:41.558 --> 00:04:44.080 they saw anyone eat food with their
NOTE Confidence: 0.888362392857143

00:04:44.080 --> 00:04:46.397 hands other than sort of pizza or
NOTE Confidence: 0.888362392857143

00:04:46.400 --> 00:04:48.578 a hamburger or something like that.
NOTE Confidence: 0.888362392857143

00:04:48.580 --> 00:04:50.734 This notion of eating with one's
NOTE Confidence: 0.888362392857143

00:04:50.734 --> 00:04:53.468 hands as gross was difficult for me

NOTE Confidence: 0.888362392857143
00:04:53.468 --> 00:04:55.916 to reconcile with the reality that
NOTE Confidence: 0.888362392857143
00:04:55.916 --> 00:04:58.754 eating Indian food with my hand was
NOTE Confidence: 0.888362392857143
00:04:58.754 --> 00:05:00.650 essential. To how the food tasted.
NOTE Confidence: 0.888362392857143
00:05:00.650 --> 00:05:02.778 To me it doesn't taste the same
NOTE Confidence: 0.888362392857143
00:05:02.778 --> 00:05:06.509 when I eat with a fork. Or a spoon.
NOTE Confidence: 0.888362392857143
00:05:06.510 --> 00:05:08.274 These memories raise questions
NOTE Confidence: 0.888362392857143
00:05:08.274 --> 00:05:10.479 about what we learned implicitly
NOTE Confidence: 0.888362392857143
00:05:10.479 --> 00:05:12.561 and explicitly about the presumed
NOTE Confidence: 0.888362392857143
00:05:12.561 --> 00:05:14.925 superiority of a culture and a
NOTE Confidence: 0.888362392857143
00:05:15.000 --> 00:05:17.534 nation that both allowed you to enter
NOTE Confidence: 0.888362392857143
00:05:17.534 --> 00:05:20.000 and demanded that you leave parts
NOTE Confidence: 0.888362392857143
00:05:20.000 --> 00:05:22.300 of yourself somewhere in transit.
NOTE Confidence: 0.888362392857143
00:05:22.300 --> 00:05:22.736 Enters.
NOTE Confidence: 0.888362392857143
00:05:22.736 --> 00:05:23.172 Interestingly,
NOTE Confidence: 0.888362392857143
00:05:23.172 --> 00:05:24.916 in more recent times,
NOTE Confidence: 0.888362392857143

00:05:24.920 --> 00:05:26.885 eating Indian food with one's
NOTE Confidence: 0.888362392857143

00:05:26.885 --> 00:05:29.421 hands has shifted towards a blend
NOTE Confidence: 0.888362392857143

00:05:29.421 --> 00:05:31.409 of acceptance and exoticizing,
NOTE Confidence: 0.888362392857143

00:05:31.410 --> 00:05:34.147 as many non South Asian people now
NOTE Confidence: 0.888362392857143

00:05:34.147 --> 00:05:36.988 enjoy eating Indian food with their hands.
NOTE Confidence: 0.888362392857143

00:05:36.990 --> 00:05:39.454 The change in attitudes in at least
NOTE Confidence: 0.888362392857143

00:05:39.454 --> 00:05:41.966 some regions of US or some parts
NOTE Confidence: 0.888362392857143

00:05:41.966 --> 00:05:43.691 of US culture raises questions
NOTE Confidence: 0.888362392857143

00:05:43.691 --> 00:05:46.289 of who decides which practices
NOTE Confidence: 0.888362392857143

00:05:46.289 --> 00:05:48.465 shaping development are acceptable,
NOTE Confidence: 0.888362392857143

00:05:48.470 --> 00:05:52.438 desire desirable and civilized.
NOTE Confidence: 0.888362392857143

00:05:52.440 --> 00:05:54.660 Narratives on what's normal and what's
NOTE Confidence: 0.888362392857143

00:05:54.660 --> 00:05:57.100 pathological are steeped in early childhood,
NOTE Confidence: 0.888362392857143

00:05:57.100 --> 00:05:58.152 within families,
NOTE Confidence: 0.888362392857143

00:05:58.152 --> 00:05:59.204 Community Schools,
NOTE Confidence: 0.888362392857143

00:05:59.204 --> 00:06:00.256 social media,

NOTE Confidence: 0.888362392857143
00:06:00.260 --> 00:06:01.952 and just the broader context that
NOTE Confidence: 0.888362392857143
00:06:01.952 --> 00:06:03.080 we all live in.
NOTE Confidence: 0.888362392857143
00:06:03.080 --> 00:06:05.580 These narratives persist even while
NOTE Confidence: 0.888362392857143
00:06:05.580 --> 00:06:08.080 we're exposed to new conceptualizations
NOTE Confidence: 0.888362392857143
00:06:08.147 --> 00:06:10.079 of normality and abnormality.
NOTE Confidence: 0.888362392857143
00:06:10.080 --> 00:06:11.824 And in my view,
NOTE Confidence: 0.888362392857143
00:06:11.824 --> 00:06:13.568 colonization strives to strip
NOTE Confidence: 0.888362392857143
00:06:13.568 --> 00:06:15.373 subjectivity of the colonized
NOTE Confidence: 0.888362392857143
00:06:15.373 --> 00:06:17.518 and requires a narrative written
NOTE Confidence: 0.888362392857143
00:06:17.518 --> 00:06:20.134 and spoken by the colonizer to
NOTE Confidence: 0.888362392857143
00:06:20.134 --> 00:06:21.810 be fixed and unchanging.
NOTE Confidence: 0.888362392857143
00:06:21.810 --> 00:06:24.186 For racial minorities in the US,
NOTE Confidence: 0.888362392857143
00:06:24.190 --> 00:06:26.896 our narratives are too often defined
NOTE Confidence: 0.888362392857143
00:06:26.896 --> 00:06:29.450 and codified without our presence.
NOTE Confidence: 0.888362392857143
00:06:29.450 --> 00:06:31.331 Existing psychological and
NOTE Confidence: 0.888362392857143

00:06:31.331 --> 00:06:33.839 psychoanalytic theories of development
NOTE Confidence: 0.888362392857143

00:06:33.839 --> 00:06:36.130 and psychopathology most often
NOTE Confidence: 0.888362392857143

00:06:36.130 --> 00:06:38.447 rely on fantasies of who we are,
NOTE Confidence: 0.888362392857143

00:06:38.450 --> 00:06:40.166 who racial minorities are,
NOTE Confidence: 0.888362392857143

00:06:40.166 --> 00:06:42.311 rather than our diverse and
NOTE Confidence: 0.888362392857143

00:06:42.311 --> 00:06:43.850 complex subjectivities.
NOTE Confidence: 0.888362392857143

00:06:43.850 --> 00:06:45.710 These theories also have
NOTE Confidence: 0.888362392857143

00:06:45.710 --> 00:06:47.570 profound implications for people
NOTE Confidence: 0.888362392857143

00:06:47.570 --> 00:06:49.799 within and beyond the clinic.
NOTE Confidence: 0.826805055882353

00:06:49.800 --> 00:06:52.340 Juxtaposed against mainstream psychological
NOTE Confidence: 0.826805055882353

00:06:52.340 --> 00:06:54.880 theories are postcolonial theories
NOTE Confidence: 0.826805055882353

00:06:54.880 --> 00:06:57.285 that counter theoretical concepts
NOTE Confidence: 0.826805055882353

00:06:57.285 --> 00:06:59.930 rooted in Euro American context.
NOTE Confidence: 0.826805055882353

00:06:59.930 --> 00:07:02.735 These theories aim to decolonize
NOTE Confidence: 0.826805055882353

00:07:02.735 --> 00:07:04.979 psycho psychological theories by
NOTE Confidence: 0.826805055882353

00:07:04.979 --> 00:07:07.246 reclaiming the subjectivity of

NOTE Confidence: 0.826805055882353
00:07:07.246 --> 00:07:09.966 colonized people and their descendants.
NOTE Confidence: 0.826805055882353
00:07:09.970 --> 00:07:11.850 So in this presentation today,
NOTE Confidence: 0.826805055882353
00:07:11.850 --> 00:07:14.111 what I do is I will explore
NOTE Confidence: 0.826805055882353
00:07:14.111 --> 00:07:15.868 the the juxtaposition between
NOTE Confidence: 0.826805055882353
00:07:15.868 --> 00:07:18.016 psychoanalytic and postcolonial
NOTE Confidence: 0.826805055882353
00:07:18.016 --> 00:07:20.164 perspectives concerning development.
NOTE Confidence: 0.826805055882353
00:07:20.170 --> 00:07:23.530 And I will focus specifically on the
NOTE Confidence: 0.826805055882353
00:07:23.530 --> 00:07:26.516 concept of dependency and why I think
NOTE Confidence: 0.826805055882353
00:07:26.516 --> 00:07:29.420 that's such a core issue and concept
NOTE Confidence: 0.826805055882353
00:07:29.420 --> 00:07:32.570 in our theories of psychopathology
NOTE Confidence: 0.826805055882353
00:07:32.570 --> 00:07:35.090 and our psychotherapy approaches.
NOTE Confidence: 0.826805055882353
00:07:35.090 --> 00:07:37.813 So let me begin with city of
NOTE Confidence: 0.826805055882353
00:07:37.813 --> 00:07:39.478 psychoanalysis and colonized approaches
NOTE Confidence: 0.826805055882353
00:07:39.478 --> 00:07:42.016 to development and then describe some
NOTE Confidence: 0.826805055882353
00:07:42.016 --> 00:07:45.105 this issue of dependency and postcolonial
NOTE Confidence: 0.826805055882353

00:07:45.105 --> 00:07:48.010 perspectives that challenge these views.
NOTE Confidence: 0.826805055882353

00:07:48.010 --> 00:07:51.074 And I will wrap up today by sharing
NOTE Confidence: 0.826805055882353

00:07:51.074 --> 00:07:53.762 with you some some of my ideas
NOTE Confidence: 0.826805055882353

00:07:53.762 --> 00:07:57.384 on on how we might begin to move
NOTE Confidence: 0.826805055882353

00:07:57.384 --> 00:07:58.770 towards decolonizing theory,
NOTE Confidence: 0.826805055882353

00:07:58.770 --> 00:08:01.629 practice and training.
NOTE Confidence: 0.826805055882353

00:08:01.630 --> 00:08:03.514 Umm so first,
NOTE Confidence: 0.826805055882353

00:08:03.514 --> 00:08:06.026 colonization within psychoanalytic theory.
NOTE Confidence: 0.826805055882353

00:08:06.030 --> 00:08:09.068 Dian Powell recently has written about how
NOTE Confidence: 0.826805055882353

00:08:09.068 --> 00:08:10.805 psychoanalysis and clinical psychology
NOTE Confidence: 0.826805055882353

00:08:10.805 --> 00:08:13.409 have contributed to racism in the US.
NOTE Confidence: 0.826805055882353

00:08:13.410 --> 00:08:16.662 She specifically points to the problematic
NOTE Confidence: 0.826805055882353

00:08:16.662 --> 00:08:19.414 use of psychological terminology like,
NOTE Confidence: 0.826805055882353

00:08:19.414 --> 00:08:20.582 for example,
NOTE Confidence: 0.826805055882353

00:08:20.582 --> 00:08:21.166 drapetomania,
NOTE Confidence: 0.826805055882353

00:08:21.166 --> 00:08:23.502 which is literally translates

NOTE Confidence: 0.826805055882353

00:08:23.502 --> 00:08:26.219 to flight from home madness.

NOTE Confidence: 0.826805055882353

00:08:26.220 --> 00:08:28.110 This concept or this term was

NOTE Confidence: 0.826805055882353

00:08:28.110 --> 00:08:30.174 used to describe an affliction of

NOTE Confidence: 0.826805055882353

00:08:30.174 --> 00:08:32.376 slaves who attempted to run away

NOTE Confidence: 0.826805055882353

00:08:32.376 --> 00:08:34.719 from their masters to gain freedom.

NOTE Confidence: 0.826805055882353

00:08:34.720 --> 00:08:37.130 This type of terminology illustrates

NOTE Confidence: 0.826805055882353

00:08:37.130 --> 00:08:39.540 how analysts and psychologists use

NOTE Confidence: 0.826805055882353

00:08:39.616 --> 00:08:42.538 pseudoscience to subjugate people of color.

NOTE Confidence: 0.826805055882353

00:08:42.540 --> 00:08:45.162 She further notes the importance of

NOTE Confidence: 0.826805055882353

00:08:45.162 --> 00:08:46.910 recognizing the insidious quality

NOTE Confidence: 0.826805055882353

00:08:46.982 --> 00:08:49.137 of racism in early psychoanalysis,

NOTE Confidence: 0.826805055882353

00:08:49.140 --> 00:08:50.346 beginning with Freud,

NOTE Confidence: 0.826805055882353

00:08:50.346 --> 00:08:52.758 who referred to people of African

NOTE Confidence: 0.826805055882353

00:08:52.758 --> 00:08:54.669 descent as primitive and less

NOTE Confidence: 0.826805055882353

00:08:54.669 --> 00:08:56.474 and less evolved and ongoing.

NOTE Confidence: 0.826805055882353

00:08:56.480 --> 00:08:58.425 And also the ongoing reluctance
NOTE Confidence: 0.826805055882353

00:08:58.425 --> 00:09:01.014 to fully engage with race and
NOTE Confidence: 0.826805055882353

00:09:01.014 --> 00:09:03.306 psychoanalytic institutes and circles.
NOTE Confidence: 0.826805055882353

00:09:03.310 --> 00:09:06.306 As Freud aimed for his meta psychological
NOTE Confidence: 0.826805055882353

00:09:06.306 --> 00:09:08.114 conceptions of development and
NOTE Confidence: 0.826805055882353

00:09:08.114 --> 00:09:09.930 psychopathology to be universal,
NOTE Confidence: 0.826805055882353

00:09:09.930 --> 00:09:12.730 he dismissed the the sociocultural
NOTE Confidence: 0.826805055882353

00:09:12.730 --> 00:09:14.970 particulars of human experience,
NOTE Confidence: 0.826805055882353

00:09:14.970 --> 00:09:16.654 especially when they contradicted
NOTE Confidence: 0.826805055882353

00:09:16.654 --> 00:09:19.180 what he understood as more evolved
NOTE Confidence: 0.826805055882353

00:09:19.248 --> 00:09:21.168 behavior or civilized behavior.
NOTE Confidence: 0.826805055882353

00:09:21.170 --> 00:09:23.186 His correspondence with Gurinder
NOTE Confidence: 0.826805055882353

00:09:23.186 --> 00:09:25.706 Shekhar Bose illustrates this point.
NOTE Confidence: 0.826805055882353

00:09:25.710 --> 00:09:28.452 Gurinder Shekhar Boaz was an Indian
NOTE Confidence: 0.826805055882353

00:09:28.452 --> 00:09:30.800 psychiatrist who received the first
NOTE Confidence: 0.826805055882353

00:09:30.800 --> 00:09:33.499 doctoral degree in psychology in 1921.

NOTE Confidence: 0.826805055882353

00:09:33.499 --> 00:09:36.313 The first ever to be awarded

NOTE Confidence: 0.826805055882353

00:09:36.313 --> 00:09:38.330 in British occupied India.

NOTE Confidence: 0.826805055882353

00:09:38.330 --> 00:09:39.430 In 1921.

NOTE Confidence: 0.826805055882353

00:09:39.430 --> 00:09:43.280 Both began a correspondence which with Freud,

NOTE Confidence: 0.826805055882353

00:09:43.280 --> 00:09:46.950 which would last until 1937.

NOTE Confidence: 0.826805055882353

00:09:46.950 --> 00:09:49.002 And while the tone of the

NOTE Confidence: 0.826805055882353

00:09:49.002 --> 00:09:50.028 correspondence was polite,

NOTE Confidence: 0.826805055882353

00:09:50.030 --> 00:09:52.184 Freud would largely dismiss the cultural

NOTE Confidence: 0.826805055882353

00:09:52.184 --> 00:09:54.069 particulars of of the psychoanalytic

NOTE Confidence: 0.826805055882353

00:09:54.069 --> 00:09:56.757 theory that Bose had presented to him.

NOTE Confidence: 0.826805055882353

00:09:56.760 --> 00:09:57.236 Both,

NOTE Confidence: 0.826805055882353

00:09:57.236 --> 00:09:58.188 in fact,

NOTE Confidence: 0.826805055882353

00:09:58.188 --> 00:10:00.092 had been developing psychoanalytic

NOTE Confidence: 0.826805055882353

00:10:00.092 --> 00:10:02.595 ideas that integrated Hindu and

NOTE Confidence: 0.826805055882353

00:10:02.595 --> 00:10:04.607 Indian philosophy with Western

NOTE Confidence: 0.826805055882353

00:10:04.607 --> 00:10:06.619 understandings of the unconscious.
NOTE Confidence: 0.826805055882353

00:10:06.620 --> 00:10:08.368 For example, for both,
NOTE Confidence: 0.826805055882353

00:10:08.368 --> 00:10:10.553 the delineation between the masculine
NOTE Confidence: 0.826805055882353

00:10:10.553 --> 00:10:13.039 and feminine were far less rigid,
NOTE Confidence: 0.826805055882353

00:10:13.040 --> 00:10:15.416 as he wrote about boys unconscious
NOTE Confidence: 0.826805055882353

00:10:15.416 --> 00:10:17.000 desire to be female,
NOTE Confidence: 0.826805055882353

00:10:17.000 --> 00:10:19.225 in contrast to Freud's conceptions
NOTE Confidence: 0.826805055882353

00:10:19.225 --> 00:10:20.115 of castration,
NOTE Confidence: 0.826805055882353

00:10:20.120 --> 00:10:23.585 fear among boys and penis envy among
NOTE Confidence: 0.826805055882353

00:10:23.585 --> 00:10:26.960 girls in honor of Freud's 75th birthday.
NOTE Confidence: 0.826805055882353

00:10:26.960 --> 00:10:31.184 Both sent Freud an ivory statue of Vishnu,
NOTE Confidence: 0.826805055882353

00:10:31.190 --> 00:10:32.338 who is the God,
NOTE Confidence: 0.826805055882353

00:10:32.338 --> 00:10:34.479 the Hindu God who is known as
NOTE Confidence: 0.826805055882353

00:10:34.479 --> 00:10:35.847 the preserver of life.
NOTE Confidence: 0.826805055882353

00:10:35.850 --> 00:10:38.478 And Freud responded to to boast
NOTE Confidence: 0.826805055882353

00:10:38.478 --> 00:10:40.942 by writing the following as long

NOTE Confidence: 0.826805055882353
00:10:40.942 --> 00:10:42.507 as I can enjoy life,
NOTE Confidence: 0.8809624355
00:10:42.510 --> 00:10:45.710 it will recall to my mind the progress
NOTE Confidence: 0.8809624355
00:10:45.710 --> 00:10:48.191 of psychoanalysis and the proud conquest
NOTE Confidence: 0.8809624355
00:10:48.191 --> 00:10:50.591 it has made in foreign countries.
NOTE Confidence: 0.8809624355
00:10:50.600 --> 00:10:51.932 Freud's response clearly marks
NOTE Confidence: 0.8809624355
00:10:51.932 --> 00:10:53.597 a curiosity of the foreign,
NOTE Confidence: 0.8809624355
00:10:53.600 --> 00:10:55.900 but one that's embedded within
NOTE Confidence: 0.8809624355
00:10:55.900 --> 00:10:58.697 and constrained by the wish to
NOTE Confidence: 0.8809624355
00:10:58.697 --> 00:11:00.747 to align with the colonizer.
NOTE Confidence: 0.8809624355
00:11:00.750 --> 00:11:02.886 He seemed more interested in other
NOTE Confidence: 0.8809624355
00:11:02.886 --> 00:11:04.850 words and contrast in conquering
NOTE Confidence: 0.8809624355
00:11:04.850 --> 00:11:07.676 the minds of foreigners than an
NOTE Confidence: 0.8809624355
00:11:07.676 --> 00:11:09.089 understanding their experience.
NOTE Confidence: 0.8809624355
00:11:09.090 --> 00:11:09.579 Paradoxically,
NOTE Confidence: 0.8809624355
00:11:09.579 --> 00:11:12.024 it's been widely recognized that
NOTE Confidence: 0.8809624355

00:11:12.024 --> 00:11:15.131 Freud himself was an outsider in
NOTE Confidence: 0.8809624355

00:11:15.131 --> 00:11:17.287 an anti-Semitic Viennese society.
NOTE Confidence: 0.8809624355

00:11:17.290 --> 00:11:19.168 anti-Semitism among Europeans
NOTE Confidence: 0.8809624355

00:11:19.168 --> 00:11:22.924 promulgated notions of Jews as castrated,
NOTE Confidence: 0.8809624355

00:11:22.930 --> 00:11:25.042 oriental, black, racially,
NOTE Confidence: 0.8809624355

00:11:25.042 --> 00:11:27.154 socially and psychologically
NOTE Confidence: 0.8809624355

00:11:27.154 --> 00:11:29.266 inferior and primitive.
NOTE Confidence: 0.8809624355

00:11:29.270 --> 00:11:32.091 And a major consequence of the colonial
NOTE Confidence: 0.8809624355

00:11:32.091 --> 00:11:33.300 underpinnings of psychoanalytic
NOTE Confidence: 0.8809624355

00:11:33.365 --> 00:11:34.955 theory was the separation of
NOTE Confidence: 0.8809624355

00:11:34.955 --> 00:11:36.545 the psychic and the social,
NOTE Confidence: 0.8809624355

00:11:36.550 --> 00:11:37.958 and even more aptly,
NOTE Confidence: 0.8809624355

00:11:37.958 --> 00:11:39.718 the dissociation of the social
NOTE Confidence: 0.8809624355

00:11:39.718 --> 00:11:40.830 from the psyche.
NOTE Confidence: 0.8809624355

00:11:40.830 --> 00:11:43.686 And I would argue that the most traumatic
NOTE Confidence: 0.8809624355

00:11:43.686 --> 00:11:46.504 aspect of the social remain the most

NOTE Confidence: 0.8809624355

00:11:46.504 --> 00:11:49.030 associated in our theories even today.

NOTE Confidence: 0.8809624355

00:11:49.030 --> 00:11:50.734 The effects of split and dissociation

NOTE Confidence: 0.8809624355

00:11:50.734 --> 00:11:52.267 can be seen in psychotherapy

NOTE Confidence: 0.8809624355

00:11:52.267 --> 00:11:53.623 approaches to racial minorities

NOTE Confidence: 0.8809624355

00:11:53.623 --> 00:11:56.291 in the US and in the applications

NOTE Confidence: 0.8809624355

00:11:56.291 --> 00:11:57.668 of psychoanalytic theory,

NOTE Confidence: 0.8809624355

00:11:57.670 --> 00:11:59.480 and I would say broadly

NOTE Confidence: 0.8809624355

00:11:59.480 --> 00:12:00.204 psychological theories.

NOTE Confidence: 0.8809624355

00:12:00.210 --> 00:12:02.230 To development across the world.

NOTE Confidence: 0.8809624355

00:12:02.230 --> 00:12:03.469 So for example,

NOTE Confidence: 0.8809624355

00:12:03.469 --> 00:12:05.534 cross cultural approaches have most

NOTE Confidence: 0.8809624355

00:12:05.534 --> 00:12:07.468 often framed psychological experiences

NOTE Confidence: 0.8809624355

00:12:07.468 --> 00:12:10.053 of people and quote developing

NOTE Confidence: 0.8809624355

00:12:10.053 --> 00:12:13.068 countries by separating the east from

NOTE Confidence: 0.8809624355

00:12:13.068 --> 00:12:15.393 the West and uncritically imposing

NOTE Confidence: 0.8809624355

00:12:15.393 --> 00:12:17.248 psychoanalytic concepts like the
NOTE Confidence: 0.8809624355

00:12:17.248 --> 00:12:19.543 Oedipus complex rather than asking
NOTE Confidence: 0.8809624355

00:12:19.543 --> 00:12:22.838 people what they actually think and feel.
NOTE Confidence: 0.8809624355

00:12:22.840 --> 00:12:25.836 I remember growing up with Hindu myths
NOTE Confidence: 0.8809624355

00:12:25.836 --> 00:12:29.307 in my home and the myth of Ganesha,
NOTE Confidence: 0.8809624355

00:12:29.310 --> 00:12:31.716 the elephant headed God in Hinduism
NOTE Confidence: 0.8809624355

00:12:31.716 --> 00:12:34.976 and he is known to be the remover
NOTE Confidence: 0.8809624355

00:12:34.976 --> 00:12:37.334 of obstacles and how that story,
NOTE Confidence: 0.8809624355

00:12:37.340 --> 00:12:40.260 which has deep spiritual significance,
NOTE Confidence: 0.8809624355

00:12:40.260 --> 00:12:43.085 has been interpreted in psychology
NOTE Confidence: 0.8809624355

00:12:43.085 --> 00:12:45.910 and psychoanalysis by many authors
NOTE Confidence: 0.8809624355

00:12:46.000 --> 00:12:49.075 as akin to the Oedipus complex with
NOTE Confidence: 0.8809624355

00:12:49.075 --> 00:12:52.765 no real research into how Hindus.
NOTE Confidence: 0.8809624355

00:12:52.770 --> 00:12:54.610 Actually feel about this myth.
NOTE Confidence: 0.8809624355

00:12:54.610 --> 00:12:57.496 So there's this history that we
NOTE Confidence: 0.8809624355

00:12:57.496 --> 00:13:00.010 have around imposing these ideas.

NOTE Confidence: 0.8809624355

00:13:00.010 --> 00:13:02.318 And together with disciplines

NOTE Confidence: 0.8809624355

00:13:02.318 --> 00:13:04.049 such as personality,

NOTE Confidence: 0.8809624355

00:13:04.050 --> 00:13:06.006 cognitive and developmental psychology,

NOTE Confidence: 0.8809624355

00:13:06.006 --> 00:13:08.451 psychoanalysis has had a global

NOTE Confidence: 0.8809624355

00:13:08.451 --> 00:13:10.799 impact on conceptualizations of

NOTE Confidence: 0.8809624355

00:13:10.799 --> 00:13:12.587 development and psychopathology.

NOTE Confidence: 0.8809624355

00:13:12.590 --> 00:13:15.050 Let me give you another example.

NOTE Confidence: 0.8809624355

00:13:15.050 --> 00:13:16.933 And this was brought forth in a

NOTE Confidence: 0.8809624355

00:13:16.933 --> 00:13:18.807 in a beautiful paper written by

NOTE Confidence: 0.8809624355

00:13:18.807 --> 00:13:20.487 Sunil Bhatia and Kumar Priya,

NOTE Confidence: 0.8809624355

00:13:20.490 --> 00:13:22.835 they explored Erik Erikson's theory

NOTE Confidence: 0.8809624355

00:13:22.835 --> 00:13:25.636 of identity to illustrate the use

NOTE Confidence: 0.8809624355

00:13:25.636 --> 00:13:27.928 of theory to mark certain cultural

NOTE Confidence: 0.8809624355

00:13:27.928 --> 00:13:30.739 groups as less evolved in particular.

NOTE Confidence: 0.8809624355

00:13:30.740 --> 00:13:33.115 Erikson's theory of identity formation

NOTE Confidence: 0.8809624355

00:13:33.115 --> 00:13:36.009 and wide you're American adolescence as
NOTE Confidence: 0.8809624355

00:13:36.009 --> 00:13:37.825 assuming responsibility in maintaining
NOTE Confidence: 0.8809624355

00:13:37.825 --> 00:13:40.660 a nation's growth contrasted with his
NOTE Confidence: 0.8809624355

00:13:40.660 --> 00:13:43.670 views of nonwhite adolescence as passive,
NOTE Confidence: 0.8809624355

00:13:43.670 --> 00:13:44.202 dependent,
NOTE Confidence: 0.8809624355

00:13:44.202 --> 00:13:45.266 and submissive.
NOTE Confidence: 0.8809624355

00:13:45.266 --> 00:13:47.926 Kumar Priya noted Erickson further
NOTE Confidence: 0.8809624355

00:13:47.926 --> 00:13:50.299 maintains that non whites are
NOTE Confidence: 0.8809624355

00:13:50.299 --> 00:13:52.777 doomed to have a submissive identity
NOTE Confidence: 0.8809624355

00:13:52.777 --> 00:13:54.814 because their parents corporeal
NOTE Confidence: 0.8809624355

00:13:54.814 --> 00:13:56.886 and bodily socialization practices
NOTE Confidence: 0.8809624355

00:13:56.886 --> 00:13:59.670 prime the child to develop a
NOTE Confidence: 0.8809624355

00:13:59.670 --> 00:14:01.720 set of primary sensory behaviors
NOTE Confidence: 0.8809624355

00:14:01.720 --> 00:14:04.457 reflected in the child's language
NOTE Confidence: 0.8809624355

00:14:04.457 --> 00:14:06.296 and interpersonal interactions.
NOTE Confidence: 0.8809624355

00:14:06.300 --> 00:14:07.912 And as we know,

NOTE Confidence: 0.8809624355

00:14:07.912 --> 00:14:09.927 Erikson's theory of identity has

NOTE Confidence: 0.8809624355

00:14:09.927 --> 00:14:12.751 deep influence in our understandings

NOTE Confidence: 0.8809624355

00:14:12.751 --> 00:14:15.900 of development and identity.

NOTE Confidence: 0.8809624355

00:14:15.900 --> 00:14:18.045 The emphasis of the cultural

NOTE Confidence: 0.8809624355

00:14:18.045 --> 00:14:19.761 assumptions of psychoanalysis that

NOTE Confidence: 0.8809624355

00:14:19.761 --> 00:14:21.642 are consciously and unconsciously

NOTE Confidence: 0.8809624355

00:14:21.642 --> 00:14:23.947 absorbed and yet unintegrated by

NOTE Confidence: 0.8809624355

00:14:23.947 --> 00:14:26.283 non white people and communities

NOTE Confidence: 0.8809624355

00:14:26.283 --> 00:14:28.075 also cannot be overstated.

NOTE Confidence: 0.918297025

00:14:28.080 --> 00:14:30.933 So let me share with you a personal anecdote

NOTE Confidence: 0.918297025

00:14:30.933 --> 00:14:33.836 that provides an illustration of this issue.

NOTE Confidence: 0.918297025

00:14:33.840 --> 00:14:36.955 Just before I began my doctoral program,

NOTE Confidence: 0.918297025

00:14:36.960 --> 00:14:39.030 I had shadowed an Indian

NOTE Confidence: 0.918297025

00:14:39.030 --> 00:14:41.100 psychiatrist who trained as a

NOTE Confidence: 0.918297025

00:14:41.179 --> 00:14:43.939 psychoanalyst in the United Kingdom.

NOTE Confidence: 0.918297025

00:14:43.940 --> 00:14:45.680 He he this was in India.
NOTE Confidence: 0.918297025

00:14:45.680 --> 00:14:49.116 So I had taken a summer um and gone to India
NOTE Confidence: 0.918297025

00:14:49.116 --> 00:14:52.086 between college and and Graduate School,
NOTE Confidence: 0.918297025

00:14:52.090 --> 00:14:55.044 and I had shadowed him this summer.
NOTE Confidence: 0.918297025

00:14:55.050 --> 00:14:57.802 He had been he had finished his training
NOTE Confidence: 0.918297025

00:14:57.802 --> 00:15:00.799 in the UK, and then he led a very busy,
NOTE Confidence: 0.918297025

00:15:00.800 --> 00:15:02.033 psychoanalytically oriented practice
NOTE Confidence: 0.918297025

00:15:02.033 --> 00:15:04.910 in a in in Hyderabad in India.
NOTE Confidence: 0.918297025

00:15:04.910 --> 00:15:07.850 That's where I'm I was born.
NOTE Confidence: 0.918297025

00:15:07.850 --> 00:15:10.802 One of the first patients whom I observed in
NOTE Confidence: 0.918297025

00:15:10.802 --> 00:15:13.733 this practice was a woman in her early 20s.
NOTE Confidence: 0.918297025

00:15:13.740 --> 00:15:15.640 And the suchiate Christ had
NOTE Confidence: 0.918297025

00:15:15.640 --> 00:15:17.948 diagnosed with diagnosed her with
NOTE Confidence: 0.918297025

00:15:17.948 --> 00:15:19.496 obsessive compulsive disorder.
NOTE Confidence: 0.918297025

00:15:19.500 --> 00:15:21.780 The patient had been washing her
NOTE Confidence: 0.918297025

00:15:21.780 --> 00:15:23.739 hands compulsively for over three

NOTE Confidence: 0.918297025

00:15:23.739 --> 00:15:25.947 years and she coped with her

NOTE Confidence: 0.918297025

00:15:25.947 --> 00:15:27.560 intense anxiety through prayer.

NOTE Confidence: 0.918297025

00:15:27.560 --> 00:15:29.480 The psychiatrist prescribed medication to

NOTE Confidence: 0.918297025

00:15:29.480 --> 00:15:32.600 help her with her hand washing compulsion,

NOTE Confidence: 0.918297025

00:15:32.600 --> 00:15:34.721 but in private shared with me that

NOTE Confidence: 0.918297025

00:15:34.721 --> 00:15:36.832 he found it difficult to conduct

NOTE Confidence: 0.918297025

00:15:36.832 --> 00:15:39.464 psychotherapy with her as he was not

NOTE Confidence: 0.918297025

00:15:39.535 --> 00:15:41.780 able to understand her religiosity

NOTE Confidence: 0.918297025

00:15:41.780 --> 00:15:43.616 and he commented that.

NOTE Confidence: 0.918297025

00:15:43.616 --> 00:15:47.457 She's a product of Indian society that is

NOTE Confidence: 0.918297025

00:15:47.457 --> 00:15:50.469 quote hyper religious and quote backward.

NOTE Confidence: 0.918297025

00:15:50.470 --> 00:15:52.810 And he went on to tell me that her

NOTE Confidence: 0.918297025

00:15:52.810 --> 00:15:54.621 parents had poisoned her mind by

NOTE Confidence: 0.918297025

00:15:54.621 --> 00:15:56.834 telling her that if she prays enough

NOTE Confidence: 0.918297025

00:15:56.834 --> 00:15:59.144 that she would find a good husband.

NOTE Confidence: 0.918297025

00:15:59.150 --> 00:16:00.710 So when I asked him to tell me
NOTE Confidence: 0.918297025

00:16:00.710 --> 00:16:02.149 more about the patient's family,
NOTE Confidence: 0.918297025

00:16:02.150 --> 00:16:04.742 he said the family was from a low
NOTE Confidence: 0.918297025

00:16:04.742 --> 00:16:07.009 income and low caste background.
NOTE Confidence: 0.918297025

00:16:07.010 --> 00:16:08.538 Later that same day,
NOTE Confidence: 0.918297025

00:16:08.538 --> 00:16:10.448 just a few hours later,
NOTE Confidence: 0.918297025

00:16:10.450 --> 00:16:13.514 the psychiatrist told me how much he missed
NOTE Confidence: 0.918297025

00:16:13.514 --> 00:16:16.447 living in India while he was in the UK.
NOTE Confidence: 0.918297025

00:16:16.450 --> 00:16:18.669 He spoke about how he missed the
NOTE Confidence: 0.918297025

00:16:18.669 --> 00:16:20.209 landscape and climate of India,
NOTE Confidence: 0.918297025

00:16:20.210 --> 00:16:22.098 the beautiful colorful clothing,
NOTE Confidence: 0.918297025

00:16:22.098 --> 00:16:25.510 and the bustling noises of Indian cities.
NOTE Confidence: 0.918297025

00:16:25.510 --> 00:16:29.246 And I left these interactions on one hand.
NOTE Confidence: 0.918297025

00:16:29.250 --> 00:16:30.000 Very confused.
NOTE Confidence: 0.918297025

00:16:30.000 --> 00:16:31.875 And on the other hand,
NOTE Confidence: 0.918297025

00:16:31.880 --> 00:16:33.315 also I would say at the same

NOTE Confidence: 0.918297025

00:16:33.315 --> 00:16:34.973 time kind of apprehensive about

NOTE Confidence: 0.918297025

00:16:34.973 --> 00:16:36.449 psychology and psychoanalysis.

NOTE Confidence: 0.918297025

00:16:36.450 --> 00:16:37.570 I thought to myself,

NOTE Confidence: 0.918297025

00:16:37.570 --> 00:16:40.498 I have no idea what I've gotten myself into,

NOTE Confidence: 0.918297025

00:16:40.500 --> 00:16:41.448 you know,

NOTE Confidence: 0.918297025

00:16:41.448 --> 00:16:44.766 as I was anticipating starting a doctoral

NOTE Confidence: 0.918297025

00:16:44.766 --> 00:16:47.416 program just a month or two later.

NOTE Confidence: 0.918297025

00:16:47.420 --> 00:16:50.738 And at the time I didn't understand.

NOTE Confidence: 0.918297025

00:16:50.740 --> 00:16:52.520 His contradictory statements about India

NOTE Confidence: 0.918297025

00:16:52.520 --> 00:16:55.116 or his negative views of the patients

NOTE Confidence: 0.918297025

00:16:55.116 --> 00:16:56.996 and her family's religious beliefs,

NOTE Confidence: 0.918297025

00:16:57.000 --> 00:16:58.950 especially since these beliefs are

NOTE Confidence: 0.918297025

00:16:58.950 --> 00:17:00.900 not uncommon in Indian society,

NOTE Confidence: 0.918297025

00:17:00.900 --> 00:17:03.498 not to mention within my family.

NOTE Confidence: 0.918297025

00:17:03.500 --> 00:17:04.204 Since then,

NOTE Confidence: 0.918297025

00:17:04.204 --> 00:17:06.316 I've learned more about the impact
NOTE Confidence: 0.918297025

00:17:06.316 --> 00:17:08.025 of colonized thinking that's
NOTE Confidence: 0.918297025

00:17:08.025 --> 00:17:10.380 that's integral to Euro American
NOTE Confidence: 0.918297025

00:17:10.380 --> 00:17:11.793 psychology and psychoanalysis,
NOTE Confidence: 0.918297025

00:17:11.800 --> 00:17:14.230 and how the internalization of
NOTE Confidence: 0.918297025

00:17:14.230 --> 00:17:16.660 a colonial mentality leaves us,
NOTE Confidence: 0.918297025

00:17:16.660 --> 00:17:19.180 those of us whose ancestors were colonized,
NOTE Confidence: 0.918297025

00:17:19.180 --> 00:17:20.046 in despair.
NOTE Confidence: 0.918297025

00:17:20.046 --> 00:17:20.912 In particular,
NOTE Confidence: 0.918297025

00:17:20.912 --> 00:17:23.510 many people who are victimized by
NOTE Confidence: 0.918297025

00:17:23.591 --> 00:17:25.931 colonization questioned their own
NOTE Confidence: 0.918297025

00:17:25.931 --> 00:17:28.271 cultural or indigenous narratives
NOTE Confidence: 0.918297025

00:17:28.271 --> 00:17:30.460 as legitimate and powerful,
NOTE Confidence: 0.918297025

00:17:30.460 --> 00:17:33.436 even while we deeply value our.
NOTE Confidence: 0.918297025

00:17:33.440 --> 00:17:35.620 Emotional connection to our families,
NOTE Confidence: 0.918297025

00:17:35.620 --> 00:17:36.285 cultural,

NOTE Confidence: 0.918297025

00:17:36.285 --> 00:17:39.610 religious communities and heritage culture.

NOTE Confidence: 0.918297025

00:17:39.610 --> 00:17:40.130 Notably,

NOTE Confidence: 0.918297025

00:17:40.130 --> 00:17:42.730 this ambivalence makes us question

NOTE Confidence: 0.918297025

00:17:42.730 --> 00:17:43.770 whose narrative,

NOTE Confidence: 0.918297025

00:17:43.770 --> 00:17:45.648 that of the colonizer or that

NOTE Confidence: 0.918297025

00:17:45.648 --> 00:17:46.587 of the colonized,

NOTE Confidence: 0.886057035

00:17:46.590 --> 00:17:48.930 is in fact the legitimate 1.

NOTE Confidence: 0.886057035

00:17:48.930 --> 00:17:52.038 Which, of course, has important implications

NOTE Confidence: 0.886057035

00:17:52.038 --> 00:17:54.110 for the therapeutic relationship.

NOTE Confidence: 0.886057035

00:17:54.110 --> 00:17:56.132 Maybe even more significant on a

NOTE Confidence: 0.886057035

00:17:56.132 --> 00:17:58.702 global scale is the impact of this

NOTE Confidence: 0.886057035

00:17:58.702 --> 00:18:00.617 ambivalence on who holds power

NOTE Confidence: 0.886057035

00:18:00.617 --> 00:18:02.620 in developing and disseminating

NOTE Confidence: 0.886057035

00:18:02.620 --> 00:18:04.956 theoretical concepts of development,

NOTE Confidence: 0.886057035

00:18:04.960 --> 00:18:06.865 health and psychopathology.

NOTE Confidence: 0.886057035

00:18:06.865 --> 00:18:10.434 Within the US, this ambivalence and despair

NOTE Confidence: 0.886057035

00:18:10.434 --> 00:18:12.930 are evident in mental healthcare systems,

NOTE Confidence: 0.886057035

00:18:12.930 --> 00:18:14.535 as racial minorities continue to

NOTE Confidence: 0.886057035

00:18:14.535 --> 00:18:16.969 struggle with how much of their stories,

NOTE Confidence: 0.886057035

00:18:16.970 --> 00:18:19.230 indigenous to their families, communities,

NOTE Confidence: 0.886057035

00:18:19.230 --> 00:18:21.756 and at times countries of origin

NOTE Confidence: 0.886057035

00:18:21.756 --> 00:18:23.998 will be legitimate and considered

NOTE Confidence: 0.886057035

00:18:23.998 --> 00:18:27.344 civilized in the mind of the therapist.

NOTE Confidence: 0.886057035

00:18:27.350 --> 00:18:29.750 For example, my my patient Jacqueline,

NOTE Confidence: 0.886057035

00:18:29.750 --> 00:18:31.988 who's an African American sis woman.

NOTE Confidence: 0.886057035

00:18:31.990 --> 00:18:34.678 She's in her 40s.

NOTE Confidence: 0.886057035

00:18:34.680 --> 00:18:36.542 She had told me in one in

NOTE Confidence: 0.886057035

00:18:36.542 --> 00:18:38.320 actually in our first session,

NOTE Confidence: 0.886057035

00:18:38.320 --> 00:18:40.060 that she's not sure how

NOTE Confidence: 0.886057035

00:18:40.060 --> 00:18:41.452 psychotherapy could help her.

NOTE Confidence: 0.886057035

00:18:41.460 --> 00:18:43.284 She had met briefly with a

NOTE Confidence: 0.886057035

00:18:43.284 --> 00:18:45.019 therapist prior to working with me,

NOTE Confidence: 0.886057035

00:18:45.020 --> 00:18:46.946 and she said that while she

NOTE Confidence: 0.886057035

00:18:46.946 --> 00:18:48.625 expected her white therapist to

NOTE Confidence: 0.886057035

00:18:48.625 --> 00:18:50.295 not fully understand her family,

NOTE Confidence: 0.886057035

00:18:50.300 --> 00:18:51.962 she was disappointed by having to

NOTE Confidence: 0.886057035

00:18:51.962 --> 00:18:54.116 pay to see a therapist who doesn't

NOTE Confidence: 0.886057035

00:18:54.116 --> 00:18:56.398 really know what it's like to be

NOTE Confidence: 0.886057035

00:18:56.458 --> 00:18:58.986 black in one of her sessions when

NOTE Confidence: 0.886057035

00:18:58.986 --> 00:19:01.290 she described a family gathering.

NOTE Confidence: 0.886057035

00:19:01.290 --> 00:19:03.789 To this therapist,

NOTE Confidence: 0.886057035

00:19:03.790 --> 00:19:06.010 the family gathering included her

NOTE Confidence: 0.886057035

00:19:06.010 --> 00:19:08.726 former husband and his children and.

NOTE Confidence: 0.886057035

00:19:08.726 --> 00:19:11.215 And so the client, Jacqueline,

NOTE Confidence: 0.886057035

00:19:11.215 --> 00:19:13.235 was describing this family

NOTE Confidence: 0.886057035

00:19:13.235 --> 00:19:14.750 gathering and session.

NOTE Confidence: 0.886057035

00:19:14.750 --> 00:19:16.580 That therapist remarked that she

NOTE Confidence: 0.886057035

00:19:16.580 --> 00:19:18.410 needed to have better boundaries

NOTE Confidence: 0.886057035

00:19:18.468 --> 00:19:19.820 from her former husband.

NOTE Confidence: 0.886057035

00:19:19.820 --> 00:19:21.518 And Jacqueline then told me that

NOTE Confidence: 0.886057035

00:19:21.518 --> 00:19:23.299 she was not concerned about the

NOTE Confidence: 0.886057035

00:19:23.299 --> 00:19:25.063 presence of her former husband or

NOTE Confidence: 0.886057035

00:19:25.063 --> 00:19:26.598 his children at the Gathering,

NOTE Confidence: 0.886057035

00:19:26.600 --> 00:19:28.532 but that what had upset her at

NOTE Confidence: 0.886057035

00:19:28.532 --> 00:19:30.350 the gathering was that she missed

NOTE Confidence: 0.886057035

00:19:30.350 --> 00:19:31.895 the presence of her mother,

NOTE Confidence: 0.886057035

00:19:31.900 --> 00:19:34.480 who had died the previous year,

NOTE Confidence: 0.886057035

00:19:34.480 --> 00:19:35.226 Jacqueline said.

NOTE Confidence: 0.886057035

00:19:35.226 --> 00:19:37.837 I just stopped going to see her

NOTE Confidence: 0.886057035

00:19:37.840 --> 00:19:40.395 because I didn't want to have to

NOTE Confidence: 0.886057035

00:19:40.395 --> 00:19:42.030 explain black families to her.

NOTE Confidence: 0.886057035

00:19:42.030 --> 00:19:42.429 Jacqueline,

NOTE Confidence: 0.886057035

00:19:42.429 --> 00:19:44.424 in conveying this in this

NOTE Confidence: 0.886057035

00:19:44.424 --> 00:19:46.020 particular incident to me,

NOTE Confidence: 0.886057035

00:19:46.020 --> 00:19:49.275 was of course implicitly asking me if

NOTE Confidence: 0.886057035

00:19:49.275 --> 00:19:53.239 I too could understand black families.

NOTE Confidence: 0.886057035

00:19:53.240 --> 00:19:56.867 So let me shift a bit here to talking

NOTE Confidence: 0.886057035

00:19:56.867 --> 00:19:59.270 about post colonial challenges

NOTE Confidence: 0.886057035

00:19:59.270 --> 00:20:02.435 to some of this colonization,

NOTE Confidence: 0.886057035

00:20:02.440 --> 00:20:05.569 the colonized pieces that I'm talking about.

NOTE Confidence: 0.886057035

00:20:05.570 --> 00:20:08.734 In an effort to challenge the imposition

NOTE Confidence: 0.886057035

00:20:08.734 --> 00:20:11.487 of traditional paradigms on people of color,

NOTE Confidence: 0.886057035

00:20:11.490 --> 00:20:13.365 the discipline of psychology since

NOTE Confidence: 0.886057035

00:20:13.365 --> 00:20:15.240 the 1980s has supported unique

NOTE Confidence: 0.886057035

00:20:15.307 --> 00:20:17.127 therapeutic approaches for racial

NOTE Confidence: 0.886057035

00:20:17.127 --> 00:20:18.947 and ethnic minority patients.

NOTE Confidence: 0.886057035

00:20:18.950 --> 00:20:21.464 These efforts have resulted in a

NOTE Confidence: 0.886057035

00:20:21.464 --> 00:20:23.140 growing visibility of experiences
NOTE Confidence: 0.886057035

00:20:23.212 --> 00:20:24.420 of people of color.
NOTE Confidence: 0.886057035

00:20:24.420 --> 00:20:28.560 However, expanding the visibility of culture,
NOTE Confidence: 0.886057035

00:20:28.560 --> 00:20:30.930 race and other social locations and
NOTE Confidence: 0.886057035

00:20:30.930 --> 00:20:33.280 oppression faced by racial minorities,
NOTE Confidence: 0.886057035

00:20:33.280 --> 00:20:34.447 in my view,
NOTE Confidence: 0.886057035

00:20:34.447 --> 00:20:36.781 has not culminated in a deeper
NOTE Confidence: 0.886057035

00:20:36.781 --> 00:20:38.324 understanding of heterogeneity
NOTE Confidence: 0.886057035

00:20:38.324 --> 00:20:41.034 within racial minority groups or
NOTE Confidence: 0.886057035

00:20:41.034 --> 00:20:43.243 more complete understandings of
NOTE Confidence: 0.886057035

00:20:43.243 --> 00:20:45.299 subjectivity of racial minorities.
NOTE Confidence: 0.886057035

00:20:45.300 --> 00:20:48.020 The effort to expand psychological
NOTE Confidence: 0.886057035

00:20:48.020 --> 00:20:50.196 theories towards multiculturalism has
NOTE Confidence: 0.886057035

00:20:50.196 --> 00:20:52.486 inadvertently dismissed the importance
NOTE Confidence: 0.886057035

00:20:52.486 --> 00:20:54.726 of exploring individual subjectivity.
NOTE Confidence: 0.886057035

00:20:54.730 --> 00:20:57.740 As shaped by multiple social contexts and

NOTE Confidence: 0.886057035
00:20:57.740 --> 00:21:00.669 by conscious and unconscious dynamics,
NOTE Confidence: 0.886057035
00:21:00.670 --> 00:21:01.782 more recently,
NOTE Confidence: 0.886057035
00:21:01.782 --> 00:21:04.006 culture has been increasingly
NOTE Confidence: 0.886057035
00:21:04.010 --> 00:21:06.455 recognized as dynamic,
NOTE Confidence: 0.886057035
00:21:06.455 --> 00:21:08.900 contextual and transnational.
NOTE Confidence: 0.886057035
00:21:08.900 --> 00:21:11.036 Some postcolonial scholars have
NOTE Confidence: 0.886057035
00:21:11.036 --> 00:21:13.172 interestingly turned to using
NOTE Confidence: 0.886057035
00:21:13.172 --> 00:21:14.852 psychoanalytic concepts to
NOTE Confidence: 0.886057035
00:21:14.852 --> 00:21:17.048 challenge colonized thinking about
NOTE Confidence: 0.886057035
00:21:17.048 --> 00:21:18.695 development and psychopathology.
NOTE Confidence: 0.886057035
00:21:18.700 --> 00:21:19.720 In other words,
NOTE Confidence: 0.886057035
00:21:19.720 --> 00:21:22.100 psychoanalysis has been used as a framework
NOTE Confidence: 0.910329269166667
00:21:22.161 --> 00:21:24.863 for understanding the colonial mind and the
NOTE Confidence: 0.910329269166667
00:21:24.863 --> 00:21:27.180 effects of colonization on people of color.
NOTE Confidence: 0.910329269166667
00:21:27.180 --> 00:21:31.050 So let me share with you.
NOTE Confidence: 0.910329269166667

00:21:31.050 --> 00:21:34.606 Some some more depth around this concept
NOTE Confidence: 0.910329269166667

00:21:34.606 --> 00:21:37.908 of dependency which I mentioned earlier.
NOTE Confidence: 0.910329269166667

00:21:37.910 --> 00:21:40.745 The concept of dependency is a critical
NOTE Confidence: 0.910329269166667

00:21:40.745 --> 00:21:42.803 feature of psychological theories of
NOTE Confidence: 0.910329269166667

00:21:42.803 --> 00:21:44.347 development and typically dependency
NOTE Confidence: 0.910329269166667

00:21:44.347 --> 00:21:47.120 is seen as a subjective experience that
NOTE Confidence: 0.910329269166667

00:21:47.120 --> 00:21:49.822 one we sort of gradually move away
NOTE Confidence: 0.910329269166667

00:21:49.830 --> 00:21:51.468 from in the course of development,
NOTE Confidence: 0.910329269166667

00:21:51.470 --> 00:21:55.677 as as noted in ideas like separation
NOTE Confidence: 0.910329269166667

00:21:55.677 --> 00:21:56.879 and individuation.
NOTE Confidence: 0.910329269166667

00:21:56.880 --> 00:21:58.350 Now, while it's certainly the case
NOTE Confidence: 0.910329269166667

00:21:58.350 --> 00:21:59.770 that in many cultural contexts,
NOTE Confidence: 0.910329269166667

00:21:59.770 --> 00:22:02.280 psychological separation is a very
NOTE Confidence: 0.910329269166667

00:22:02.280 --> 00:22:04.288 typical process in development,
NOTE Confidence: 0.910329269166667

00:22:04.290 --> 00:22:06.546 the ways in which dependency and
NOTE Confidence: 0.910329269166667

00:22:06.546 --> 00:22:08.050 separation and individuation are

NOTE Confidence: 0.910329269166667

00:22:08.117 --> 00:22:10.029 constructed vary across contexts.

NOTE Confidence: 0.84256463125

00:22:12.530 --> 00:22:14.708 There there's been a growing criticism

NOTE Confidence: 0.84256463125

00:22:14.708 --> 00:22:17.738 in fact, over the last two decades of

NOTE Confidence: 0.84256463125

00:22:17.738 --> 00:22:19.866 how euroamerican ideas around attachment

NOTE Confidence: 0.84256463125

00:22:19.866 --> 00:22:21.954 and separation individuation have

NOTE Confidence: 0.84256463125

00:22:21.954 --> 00:22:24.564 been applied non discriminately to

NOTE Confidence: 0.84256463125

00:22:24.638 --> 00:22:27.018 non euro American cultural contexts.

NOTE Confidence: 0.84256463125

00:22:27.020 --> 00:22:29.785 And and and there's also been a

NOTE Confidence: 0.84256463125

00:22:29.785 --> 00:22:32.117 call for Indigenous studies that

NOTE Confidence: 0.84256463125

00:22:32.117 --> 00:22:34.237 focus on local observations.

NOTE Confidence: 0.84256463125

00:22:34.240 --> 00:22:35.144 In particular,

NOTE Confidence: 0.84256463125

00:22:35.144 --> 00:22:36.952 these criticisms underscored the

NOTE Confidence: 0.84256463125

00:22:36.952 --> 00:22:39.335 the the variations in parenting

NOTE Confidence: 0.84256463125

00:22:39.335 --> 00:22:41.850 behaviors and that these variations.

NOTE Confidence: 0.84256463125

00:22:41.850 --> 00:22:44.345 Don't necessarily mark a quality

NOTE Confidence: 0.84256463125

00:22:44.345 --> 00:22:46.341 of relationship and attachment
NOTE Confidence: 0.84256463125

00:22:46.341 --> 00:22:48.598 between a caregiver and a child,
NOTE Confidence: 0.84256463125

00:22:48.600 --> 00:22:51.246 or how much a parent or a
NOTE Confidence: 0.84256463125

00:22:51.246 --> 00:22:53.000 caregiver loves a child.
NOTE Confidence: 0.84256463125

00:22:53.000 --> 00:22:55.248 But despite these criticisms,
NOTE Confidence: 0.84256463125

00:22:55.248 --> 00:22:58.387 family dynamics that diverge from what
NOTE Confidence: 0.84256463125

00:22:58.387 --> 00:23:01.330 I would say is is a Euro American middle
NOTE Confidence: 0.84256463125

00:23:01.412 --> 00:23:04.394 class value system continue to be viewed,
NOTE Confidence: 0.84256463125

00:23:04.400 --> 00:23:07.148 either consciously or unconsciously,
NOTE Confidence: 0.84256463125

00:23:07.148 --> 00:23:09.896 as pathological or underdeveloped.
NOTE Confidence: 0.84256463125

00:23:09.900 --> 00:23:12.618 So let me draw in Frantz Fanon's work here.
NOTE Confidence: 0.84256463125

00:23:12.620 --> 00:23:13.570 Umm Fanon,
NOTE Confidence: 0.84256463125

00:23:13.570 --> 00:23:16.420 in his landmark book black Skin,
NOTE Confidence: 0.84256463125

00:23:16.420 --> 00:23:17.442 white masks,
NOTE Confidence: 0.84256463125

00:23:17.442 --> 00:23:20.419 and which was published in 1952,
NOTE Confidence: 0.84256463125

00:23:20.419 --> 00:23:22.933 challenged the notion of the dependency

NOTE Confidence: 0.84256463125

00:23:22.933 --> 00:23:26.065 complex that was thought to compose the

NOTE Confidence: 0.84256463125

00:23:26.065 --> 00:23:28.320 unconscious mind of colonized people.

NOTE Confidence: 0.84256463125

00:23:28.320 --> 00:23:29.720 And specifically,

NOTE Confidence: 0.84256463125

00:23:29.720 --> 00:23:34.620 he critiqued the work of Oktav Manoni,

NOTE Confidence: 0.84256463125

00:23:34.620 --> 00:23:36.700 a French psychoanalyst who lived

NOTE Confidence: 0.84256463125

00:23:36.700 --> 00:23:39.280 in Madagascar for about 20 years,

NOTE Confidence: 0.84256463125

00:23:39.280 --> 00:23:41.419 over 20 years.

NOTE Confidence: 0.84256463125

00:23:41.420 --> 00:23:44.110 Manoni's drawing on Adler's concept

NOTE Confidence: 0.84256463125

00:23:44.110 --> 00:23:46.800 of the inferiority complex concluded

NOTE Confidence: 0.84256463125

00:23:46.882 --> 00:23:49.162 that a dependency complex existed

NOTE Confidence: 0.84256463125

00:23:49.162 --> 00:23:52.138 among the Malagasy prior to the

NOTE Confidence: 0.84256463125

00:23:52.138 --> 00:23:53.989 French colonizing Madagascar.

NOTE Confidence: 0.84256463125

00:23:53.990 --> 00:23:56.010 Because their culture was supposedly

NOTE Confidence: 0.84256463125

00:23:56.010 --> 00:23:58.030 centered on the worship of

NOTE Confidence: 0.84256463125

00:23:58.103 --> 00:23:59.708 ancestors and patriarchy,

NOTE Confidence: 0.84256463125

00:23:59.710 --> 00:24:02.414 So what Manoni did was he he assumed

NOTE Confidence: 0.84256463125

00:24:02.414 --> 00:24:04.868 that that the submissiveness of the

NOTE Confidence: 0.84256463125

00:24:04.868 --> 00:24:07.424 Malagasy was a trait inherent to

NOTE Confidence: 0.84256463125

00:24:07.501 --> 00:24:10.009 their culture that was redirected to

NOTE Confidence: 0.84256463125

00:24:10.009 --> 00:24:14.060 new paternal rule of the Europeans.

NOTE Confidence: 0.84256463125

00:24:14.060 --> 00:24:16.255 Fanone proposed an alternative to

NOTE Confidence: 0.84256463125

00:24:16.255 --> 00:24:19.100 this idea of the dependency complex.

NOTE Confidence: 0.84256463125

00:24:19.100 --> 00:24:20.860 That is the colonies,

NOTE Confidence: 0.84256463125

00:24:20.860 --> 00:24:23.060 colonization and racist structures are

NOTE Confidence: 0.84256463125

00:24:23.060 --> 00:24:25.780 the things that produce inferiority.

NOTE Confidence: 0.84256463125

00:24:25.780 --> 00:24:29.134 And he stated inferior lization is

NOTE Confidence: 0.84256463125

00:24:29.134 --> 00:24:31.996 the native correlative correlative to

NOTE Confidence: 0.84256463125

00:24:31.996 --> 00:24:34.696 the Europeans feeling of superiority.

NOTE Confidence: 0.84256463125

00:24:34.700 --> 00:24:37.616 Let's have the courage to say it is the

NOTE Confidence: 0.84256463125

00:24:37.616 --> 00:24:40.059 racist who creates the interiorized.

NOTE Confidence: 0.84256463125

00:24:40.060 --> 00:24:41.620 So in phenoms view,

NOTE Confidence: 0.84256463125

00:24:41.620 --> 00:24:42.790 psychoanalysis should address

NOTE Confidence: 0.84256463125

00:24:42.790 --> 00:24:44.740 the real source of conflict.

NOTE Confidence: 0.84256463125

00:24:44.740 --> 00:24:47.260 That drives feelings of inferiority,

NOTE Confidence: 0.84256463125

00:24:47.260 --> 00:24:49.970 which is the social structure.

NOTE Confidence: 0.84256463125

00:24:49.970 --> 00:24:51.298 In the US today,

NOTE Confidence: 0.84256463125

00:24:51.298 --> 00:24:53.861 we can certainly see how this colonial

NOTE Confidence: 0.84256463125

00:24:53.861 --> 00:24:56.849 mentality is enacted in rhetoric and

NOTE Confidence: 0.84256463125

00:24:56.849 --> 00:24:59.210 violence against racial minorities,

NOTE Confidence: 0.84256463125

00:24:59.210 --> 00:25:01.038 immigrants and indigenous people.

NOTE Confidence: 0.84256463125

00:25:01.038 --> 00:25:02.409 In my view,

NOTE Confidence: 0.84256463125

00:25:02.410 --> 00:25:04.822 it's unconscionable that we have a

NOTE Confidence: 0.84256463125

00:25:04.822 --> 00:25:06.880 well established understanding of the

NOTE Confidence: 0.84256463125

00:25:06.880 --> 00:25:08.800 importance of secure attachment and

NOTE Confidence: 0.84256463125

00:25:08.800 --> 00:25:10.776 yet we've allowed migrant children

NOTE Confidence: 0.84256463125

00:25:10.776 --> 00:25:13.008 to be separated from their parents,

NOTE Confidence: 0.84256463125

00:25:13.010 --> 00:25:14.342 be placed in cages.
NOTE Confidence: 0.84256463125

00:25:14.342 --> 00:25:17.164 This is not a new thing, of course.
NOTE Confidence: 0.84256463125

00:25:17.164 --> 00:25:17.988 In U.S.
NOTE Confidence: 0.84256463125

00:25:17.988 --> 00:25:18.400 history,
NOTE Confidence: 0.84256463125

00:25:18.400 --> 00:25:20.764 the separation of children has been
NOTE Confidence: 0.84256463125

00:25:20.764 --> 00:25:23.940 used over and over again as a form
NOTE Confidence: 0.84256463125

00:25:23.940 --> 00:25:26.220 of violence against people of color.
NOTE Confidence: 0.84256463125

00:25:26.220 --> 00:25:27.908 Only a colonial mentality,
NOTE Confidence: 0.84256463125

00:25:27.908 --> 00:25:29.689 though, can justify that.
NOTE Confidence: 0.84256463125

00:25:29.689 --> 00:25:32.860 Secure attachment is only a valid human
NOTE Confidence: 0.84256463125

00:25:32.946 --> 00:25:36.047 right for some children and not others.
NOTE Confidence: 0.84256463125

00:25:36.050 --> 00:25:38.696 Along with the disregard for the humanity
NOTE Confidence: 0.84256463125

00:25:38.696 --> 00:25:40.760 and subjectivity of the colonized,
NOTE Confidence: 0.84256463125

00:25:40.760 --> 00:25:43.285 there's a prevalent belief that
NOTE Confidence: 0.84256463125

00:25:43.285 --> 00:25:45.305 the colonized wannabe white.
NOTE Confidence: 0.84256463125

00:25:45.310 --> 00:25:46.128 For example,

NOTE Confidence: 0.84256463125

00:25:46.128 --> 00:25:48.173 we hear repeatedly that immigrants

NOTE Confidence: 0.84256463125

00:25:48.173 --> 00:25:50.832 are dying to come to the US and

NOTE Confidence: 0.84256463125

00:25:50.832 --> 00:25:52.610 not just take what we have,

NOTE Confidence: 0.84256463125

00:25:52.610 --> 00:25:55.025 but also want to be like us.

NOTE Confidence: 0.84256463125

00:25:55.030 --> 00:25:57.538 And so it's important to clarify

NOTE Confidence: 0.84256463125

00:25:57.538 --> 00:25:59.210 what racial minority immigrants

NOTE Confidence: 0.864890499166667

00:25:59.276 --> 00:26:01.820 actually want, and that is the rights

NOTE Confidence: 0.864890499166667

00:26:01.820 --> 00:26:04.220 that whites have bestowed to themselves.

NOTE Confidence: 0.864890499166667

00:26:04.220 --> 00:26:06.080 We don't want to be white.

NOTE Confidence: 0.864890499166667

00:26:06.080 --> 00:26:07.945 We simply want the right

NOTE Confidence: 0.864890499166667

00:26:07.945 --> 00:26:09.437 to resources and humanity,

NOTE Confidence: 0.864890499166667

00:26:09.440 --> 00:26:11.768 which whites have consciously

NOTE Confidence: 0.864890499166667

00:26:11.768 --> 00:26:14.096 and unconsciously assumed belongs

NOTE Confidence: 0.864890499166667

00:26:14.096 --> 00:26:16.490 primarily or solely to them.

NOTE Confidence: 0.864890499166667

00:26:16.490 --> 00:26:17.011 Additionally,

NOTE Confidence: 0.864890499166667

00:26:17.011 --> 00:26:19.095 expressions of justified anger
NOTE Confidence: 0.864890499166667

00:26:19.095 --> 00:26:21.700 and outrage against racism and
NOTE Confidence: 0.864890499166667

00:26:21.771 --> 00:26:23.575 xenophobia within a colonized
NOTE Confidence: 0.864890499166667

00:26:23.575 --> 00:26:26.281 framework are often perceived to be
NOTE Confidence: 0.864890499166667

00:26:26.357 --> 00:26:28.649 further indications of pathology.
NOTE Confidence: 0.864890499166667

00:26:28.650 --> 00:26:31.095 So dependency and colonial mentality
NOTE Confidence: 0.864890499166667

00:26:31.095 --> 00:26:34.448 mentality is complicated in that it not
NOTE Confidence: 0.864890499166667

00:26:34.448 --> 00:26:36.944 only requires the superior racial group.
NOTE Confidence: 0.864890499166667

00:26:36.950 --> 00:26:38.945 The so-called Superior Racial Group
NOTE Confidence: 0.864890499166667

00:26:38.945 --> 00:26:40.940 to provide protection for those
NOTE Confidence: 0.864890499166667

00:26:41.003 --> 00:26:42.907 so-called inferior racial group,
NOTE Confidence: 0.864890499166667

00:26:42.910 --> 00:26:45.040 but also the belief that any
NOTE Confidence: 0.864890499166667

00:26:45.040 --> 00:26:46.918 autonomy asserted by the colonized
NOTE Confidence: 0.864890499166667

00:26:46.918 --> 00:26:49.216 is an attack on the colonizer.
NOTE Confidence: 0.9016997525

00:26:51.540 --> 00:26:56.750 So I want to say a few things about the
NOTE Confidence: 0.9016997525

00:26:56.750 --> 00:27:00.375 impact of colonized colonization and

NOTE Confidence: 0.9016997525

00:27:00.375 --> 00:27:04.740 racial trauma on racial minorities.

NOTE Confidence: 0.9016997525

00:27:04.740 --> 00:27:07.290 Dependency and inferiority are attributes not

NOTE Confidence: 0.9016997525

00:27:07.290 --> 00:27:09.680 just projected towards racial minorities,

NOTE Confidence: 0.9016997525

00:27:09.680 --> 00:27:12.930 but they also become internalized

NOTE Confidence: 0.9016997525

00:27:12.930 --> 00:27:14.230 psychic experiences.

NOTE Confidence: 0.9016997525

00:27:14.230 --> 00:27:17.866 Umm and so, like, for example,

NOTE Confidence: 0.9016997525

00:27:17.870 --> 00:27:20.432 there's a high prevalence of skin

NOTE Confidence: 0.9016997525

00:27:20.432 --> 00:27:22.589 bleaching and lightening creams and

NOTE Confidence: 0.9016997525

00:27:22.589 --> 00:27:24.875 skin products both among racial minority

NOTE Confidence: 0.9016997525

00:27:24.875 --> 00:27:27.267 groups in the US and in African,

NOTE Confidence: 0.9016997525

00:27:27.270 --> 00:27:30.850 Asian, South Asian countries.

NOTE Confidence: 0.9016997525

00:27:30.850 --> 00:27:32.458 And all of these,

NOTE Confidence: 0.9016997525

00:27:32.458 --> 00:27:34.468 if you look across diaspora,

NOTE Confidence: 0.9016997525

00:27:34.470 --> 00:27:37.702 this has become not a a problem that's

NOTE Confidence: 0.9016997525

00:27:37.702 --> 00:27:39.986 declining but actually increasing and

NOTE Confidence: 0.9016997525

00:27:39.986 --> 00:27:43.950 industries making a lot of money off of this.

NOTE Confidence: 0.9016997525

00:27:43.950 --> 00:27:46.038 And to me, when you look at this,

NOTE Confidence: 0.9016997525

00:27:46.040 --> 00:27:48.254 you know, simple, very simple but

NOTE Confidence: 0.9016997525

00:27:48.254 --> 00:27:50.740 powerful example of these skin bleaching,

NOTE Confidence: 0.9016997525

00:27:50.740 --> 00:27:52.724 lightening products and procedures,

NOTE Confidence: 0.9016997525

00:27:52.724 --> 00:27:54.212 intravenous interventions to

NOTE Confidence: 0.9016997525

00:27:54.212 --> 00:27:56.376 lighten your skin, which is,

NOTE Confidence: 0.9016997525

00:27:56.376 --> 00:27:58.404 you know, becoming more and more

NOTE Confidence: 0.9016997525

00:27:58.404 --> 00:27:59.720 prevalent around the world.

NOTE Confidence: 0.9016997525

00:27:59.720 --> 00:28:01.508 To me, this is one way,

NOTE Confidence: 0.9016997525

00:28:01.510 --> 00:28:03.880 one reflection of an internalization

NOTE Confidence: 0.9016997525

00:28:03.880 --> 00:28:05.776 of white beauty ideals.

NOTE Confidence: 0.9016997525

00:28:05.780 --> 00:28:07.115 It's worth noting,

NOTE Confidence: 0.9016997525

00:28:07.115 --> 00:28:07.560 however,

NOTE Confidence: 0.9016997525

00:28:07.560 --> 00:28:10.230 that many people of color internalize

NOTE Confidence: 0.9016997525

00:28:10.302 --> 00:28:12.696 these kinds of white beauty ideals,

NOTE Confidence: 0.9016997525

00:28:12.700 --> 00:28:14.150 and at the same time.

NOTE Confidence: 0.9016997525

00:28:14.150 --> 00:28:17.468 Proudly identify with cultural values and

NOTE Confidence: 0.9016997525

00:28:17.468 --> 00:28:20.280 norms distinct from euroamerican values.

NOTE Confidence: 0.9016997525

00:28:20.280 --> 00:28:22.782 This type of paradox embedded in

NOTE Confidence: 0.9016997525

00:28:22.782 --> 00:28:25.495 colonial mentality is a common experience

NOTE Confidence: 0.9016997525

00:28:25.495 --> 00:28:27.915 where there's both an adaptation

NOTE Confidence: 0.9016997525

00:28:27.915 --> 00:28:30.684 to the demands of white society

NOTE Confidence: 0.9016997525

00:28:30.684 --> 00:28:33.162 and a rejection of white society.

NOTE Confidence: 0.9016997525

00:28:33.170 --> 00:28:33.652 Therefore,

NOTE Confidence: 0.9016997525

00:28:33.652 --> 00:28:36.062 projections of dependency and inferiority

NOTE Confidence: 0.9016997525

00:28:36.062 --> 00:28:39.000 are met with ambivalence and resistance.

NOTE Confidence: 0.896150869

00:28:41.140 --> 00:28:43.760 Nonetheless, the devaluation of indigenous

NOTE Confidence: 0.896150869

00:28:43.760 --> 00:28:46.380 narratives on development has significant,

NOTE Confidence: 0.896150869

00:28:46.380 --> 00:28:49.700 lasting effects on intrapsychic life.

NOTE Confidence: 0.896150869

00:28:49.700 --> 00:28:51.746 Including psychological alienation,

NOTE Confidence: 0.896150869

00:28:51.746 --> 00:28:55.156 ambivalence, distortions about the self,
NOTE Confidence: 0.896150869

00:28:55.160 --> 00:28:58.718 sense of trust, safety and belonging.
NOTE Confidence: 0.896150869

00:28:58.720 --> 00:29:01.768 Colonial mentality among some people of
NOTE Confidence: 0.896150869

00:29:01.768 --> 00:29:03.800 color largely develops unconsciously,
NOTE Confidence: 0.896150869

00:29:03.800 --> 00:29:06.999 resulting in a sense of cultural inferiority.
NOTE Confidence: 0.896150869

00:29:07.000 --> 00:29:09.388 Also an uncritical rejection of a
NOTE Confidence: 0.896150869

00:29:09.388 --> 00:29:11.460 heritage culture in some cases,
NOTE Confidence: 0.896150869

00:29:11.460 --> 00:29:13.848 and discrimination among members
NOTE Confidence: 0.896150869

00:29:13.848 --> 00:29:16.833 of 1's own sociocultural group.
NOTE Confidence: 0.896150869

00:29:16.840 --> 00:29:18.652 There's a analyst,
NOTE Confidence: 0.896150869

00:29:18.652 --> 00:29:21.354 Chris Yee in Los Angeles,
NOTE Confidence: 0.896150869

00:29:21.354 --> 00:29:24.342 who's written very beautifully and has
NOTE Confidence: 0.896150869

00:29:24.342 --> 00:29:27.351 described a concept called cultural
NOTE Confidence: 0.896150869

00:29:27.351 --> 00:29:28.980 dissociation, and this is when an.
NOTE Confidence: 0.896150869

00:29:28.980 --> 00:29:30.708 Immigrant or racial minority
NOTE Confidence: 0.896150869

00:29:30.708 --> 00:29:32.868 person is traumatized within one's

NOTE Confidence: 0.896150869
00:29:32.868 --> 00:29:34.229 family and community,
NOTE Confidence: 0.896150869
00:29:34.230 --> 00:29:36.510 and traumatic stress and one's heritage,
NOTE Confidence: 0.896150869
00:29:36.510 --> 00:29:39.430 culture or community are merged.
NOTE Confidence: 0.896150869
00:29:39.430 --> 00:29:40.690 In this case,
NOTE Confidence: 0.896150869
00:29:40.690 --> 00:29:42.790 one distances oneself from heritage,
NOTE Confidence: 0.896150869
00:29:42.790 --> 00:29:43.758 culture, traditions,
NOTE Confidence: 0.896150869
00:29:43.758 --> 00:29:47.146 and language and similar ethnic people and
NOTE Confidence: 0.896150869
00:29:47.146 --> 00:29:50.310 feels more connected with mainstream norms.
NOTE Confidence: 0.896150869
00:29:50.310 --> 00:29:52.745 Yet the experience of cultural
NOTE Confidence: 0.896150869
00:29:52.745 --> 00:29:55.180 dissociation is actually a disruption
NOTE Confidence: 0.896150869
00:29:55.259 --> 00:29:58.699 in one's ability to stand in the spaces
NOTE Confidence: 0.896150869
00:29:58.699 --> 00:30:00.710 between disconnected or dissociated.
NOTE Confidence: 0.896150869
00:30:00.710 --> 00:30:02.066 Health states,
NOTE Confidence: 0.896150869
00:30:02.066 --> 00:30:05.456 reflecting heritage and mainstream cultures.
NOTE Confidence: 0.896150869
00:30:05.460 --> 00:30:09.540 So Chris would say that this,
NOTE Confidence: 0.896150869

00:30:09.540 --> 00:30:11.935 this experience of cultural dissociation
NOTE Confidence: 0.896150869

00:30:11.935 --> 00:30:14.887 poses an impossible dilemma for racial
NOTE Confidence: 0.896150869

00:30:14.887 --> 00:30:17.317 minorities coping with both traumatic
NOTE Confidence: 0.896150869

00:30:17.317 --> 00:30:20.012 stress within their families and our
NOTE Confidence: 0.896150869

00:30:20.012 --> 00:30:22.058 communities and at the same time,
NOTE Confidence: 0.896150869

00:30:22.060 --> 00:30:24.795 racism outside of their families
NOTE Confidence: 0.896150869

00:30:24.795 --> 00:30:25.889 and communities.
NOTE Confidence: 0.896150869

00:30:25.890 --> 00:30:26.634 Umm,
NOTE Confidence: 0.896150869

00:30:26.634 --> 00:30:29.610 the development of it.
NOTE Confidence: 0.896150869

00:30:29.610 --> 00:30:32.898 When we think about this issue of colonial
NOTE Confidence: 0.896150869

00:30:32.898 --> 00:30:35.420 mentality and cultural dissociation,
NOTE Confidence: 0.896150869

00:30:35.420 --> 00:30:39.249 it's also important to me to consider
NOTE Confidence: 0.896150869

00:30:39.249 --> 00:30:41.817 our existing diagnostics systems is
NOTE Confidence: 0.896150869

00:30:41.817 --> 00:30:45.072 there's a way in which racial trauma
NOTE Confidence: 0.896150869

00:30:45.072 --> 00:30:48.002 and colonization have remained largely
NOTE Confidence: 0.896150869

00:30:48.002 --> 00:30:51.409 disassociated from our diagnostic thinking.

NOTE Confidence: 0.896150869
00:30:51.410 --> 00:30:53.110 So our diagnostic systems like
NOTE Confidence: 0.896150869
00:30:53.110 --> 00:30:54.810 the DSM and I CD,
NOTE Confidence: 0.896150869
00:30:54.810 --> 00:30:56.820 still do not recognize racial
NOTE Confidence: 0.896150869
00:30:56.820 --> 00:30:59.270 trauma as a precipitant to PTSD,
NOTE Confidence: 0.896150869
00:30:59.270 --> 00:31:01.255 falsely suggesting that there's not
NOTE Confidence: 0.896150869
00:31:01.255 --> 00:31:03.240 enough empirical evidence for the
NOTE Confidence: 0.896150869
00:31:03.306 --> 00:31:05.666 negative psychological effects of racism.
NOTE Confidence: 0.896150869
00:31:05.670 --> 00:31:08.724 We have ample evidence in in
NOTE Confidence: 0.896150869
00:31:08.724 --> 00:31:11.862 several fields at this point of
NOTE Confidence: 0.896150869
00:31:11.862 --> 00:31:14.357 this the impact of racism.
NOTE Confidence: 0.896150869
00:31:14.360 --> 00:31:16.695 Cycle analytic formulations of psychic
NOTE Confidence: 0.896150869
00:31:16.695 --> 00:31:20.224 trauma have also not included racial and
NOTE Confidence: 0.896150869
00:31:20.224 --> 00:31:22.468 sociocultural traumas as precipitants.
NOTE Confidence: 0.896150869
00:31:22.470 --> 00:31:24.718 I would argue that it's now a critical
NOTE Confidence: 0.896150869
00:31:24.718 --> 00:31:26.493 time to explicitly recognize racial
NOTE Confidence: 0.896150869

00:31:26.493 --> 00:31:29.181 trauma as a form of psychic trauma.
NOTE Confidence: 0.896150869

00:31:29.190 --> 00:31:30.282 In doing so,
NOTE Confidence: 0.896150869

00:31:30.282 --> 00:31:32.466 we can finally recognize the ongoing
NOTE Confidence: 0.896150869

00:31:32.466 --> 00:31:34.647 traumatic effects of colonization and
NOTE Confidence: 0.896150869

00:31:34.647 --> 00:31:36.837 begin working through our dissociation
NOTE Confidence: 0.896150869

00:31:36.837 --> 00:31:38.869 from the effects of colonization
NOTE Confidence: 0.896150869

00:31:38.869 --> 00:31:41.161 on our theories of development and
NOTE Confidence: 0.896150869

00:31:41.170 --> 00:31:43.258 psychopathology and our practice.
NOTE Confidence: 0.9022554

00:31:45.710 --> 00:31:49.932 So I want to just move towards.
NOTE Confidence: 0.9022554

00:31:49.932 --> 00:31:54.835 Maybe a very last section of what I want
NOTE Confidence: 0.9022554

00:31:54.835 --> 00:31:59.002 to share how do we sort of move from?
NOTE Confidence: 0.9022554

00:31:59.010 --> 00:32:00.174 This colonization,
NOTE Confidence: 0.9022554

00:32:00.174 --> 00:32:03.084 the position of colonization towards
NOTE Confidence: 0.9022554

00:32:03.084 --> 00:32:05.909 a decolonized theory and practice,
NOTE Confidence: 0.9022554

00:32:05.910 --> 00:32:08.638 and this is again a very large topic
NOTE Confidence: 0.9022554

00:32:08.638 --> 00:32:11.869 and and I do believe that the task

NOTE Confidence: 0.9022554

00:32:11.869 --> 00:32:14.384 of decolonizing theory and practice

NOTE Confidence: 0.9022554

00:32:14.384 --> 00:32:16.751 requires multiple perspectives

NOTE Confidence: 0.9022554

00:32:16.751 --> 00:32:18.731 and interdisciplinary work.

NOTE Confidence: 0.9022554

00:32:18.731 --> 00:32:21.538 But I want to just ask us

NOTE Confidence: 0.9022554

00:32:21.538 --> 00:32:23.470 to consider four areas.

NOTE Confidence: 0.9022554

00:32:23.470 --> 00:32:26.548 One has to do with humanizing

NOTE Confidence: 0.9022554

00:32:26.548 --> 00:32:27.574 versus colonizing.

NOTE Confidence: 0.9022554

00:32:27.580 --> 00:32:30.240 Decolonizing theory and practice

NOTE Confidence: 0.9022554

00:32:30.240 --> 00:32:32.900 requires humanizing cultural narratives.

NOTE Confidence: 0.9022554

00:32:32.900 --> 00:32:35.396 Knowing and seeing a whole person,

NOTE Confidence: 0.9022554

00:32:35.400 --> 00:32:38.160 with all of the intertwined complexity

NOTE Confidence: 0.9022554

00:32:38.160 --> 00:32:39.653 of intrapsychic, interpersonal,

NOTE Confidence: 0.9022554

00:32:39.653 --> 00:32:42.518 and sociocultural aspects of life

NOTE Confidence: 0.9022554

00:32:42.518 --> 00:32:46.319 is 1 antidote to colonize theory.

NOTE Confidence: 0.9022554

00:32:46.320 --> 00:32:46.846 Specifically,

NOTE Confidence: 0.9022554

00:32:46.846 --> 00:32:49.476 we can reexamine our understandings
NOTE Confidence: 0.9022554

00:32:49.476 --> 00:32:52.112 of attachment and dependency as
NOTE Confidence: 0.9022554

00:32:52.112 --> 00:32:54.437 experiences that are fluid across
NOTE Confidence: 0.9022554

00:32:54.437 --> 00:32:56.297 and within sociocultural groups.
NOTE Confidence: 0.9022554

00:32:56.300 --> 00:32:58.799 We can expand our analysis of attachment.
NOTE Confidence: 0.9022554

00:32:58.800 --> 00:33:01.224 Beyond caregiving relationships or
NOTE Confidence: 0.9022554

00:33:01.224 --> 00:33:03.648 romantic or sexual relationships,
NOTE Confidence: 0.9022554

00:33:03.650 --> 00:33:05.558 integrating relational life
NOTE Confidence: 0.9022554

00:33:05.558 --> 00:33:08.342 involving friendships, social media,
NOTE Confidence: 0.9022554

00:33:08.342 --> 00:33:13.310 broader communities, schools, and workplaces.
NOTE Confidence: 0.9022554

00:33:13.310 --> 00:33:15.848 Let me give you a brief example of this.
NOTE Confidence: 0.9022554

00:33:15.850 --> 00:33:19.490 There's typically we in psychology.
NOTE Confidence: 0.9022554

00:33:19.490 --> 00:33:20.897 We ask many,
NOTE Confidence: 0.9022554

00:33:20.897 --> 00:33:23.242 many questions in our intakes
NOTE Confidence: 0.9022554

00:33:23.242 --> 00:33:24.733 around developmental history
NOTE Confidence: 0.9022554

00:33:24.733 --> 00:33:26.637 about a person's family.

NOTE Confidence: 0.9022554
00:33:26.640 --> 00:33:28.638 Which of course is very critical,
NOTE Confidence: 0.9022554
00:33:28.640 --> 00:33:30.998 but very seldom do we ask,
NOTE Confidence: 0.9022554
00:33:31.000 --> 00:33:33.802 as a part of our developmental
NOTE Confidence: 0.9022554
00:33:33.802 --> 00:33:35.670 history experiences that relate
NOTE Confidence: 0.9022554
00:33:35.754 --> 00:33:37.638 to sociocultural traumas.
NOTE Confidence: 0.9022554
00:33:37.640 --> 00:33:38.459 Like, for example,
NOTE Confidence: 0.9022554
00:33:38.459 --> 00:33:40.870 what was it like to go to school?
NOTE Confidence: 0.9022554
00:33:40.870 --> 00:33:42.502 What was it like to live
NOTE Confidence: 0.9022554
00:33:42.502 --> 00:33:43.318 in your neighborhood?
NOTE Confidence: 0.9022554
00:33:43.320 --> 00:33:45.140 Tell me about the social
NOTE Confidence: 0.9022554
00:33:45.140 --> 00:33:46.596 media platforms you use.
NOTE Confidence: 0.9022554
00:33:46.600 --> 00:33:48.520 What's going on in there?
NOTE Confidence: 0.9022554
00:33:48.520 --> 00:33:49.759 What's the composition,
NOTE Confidence: 0.9022554
00:33:49.759 --> 00:33:50.998 the racial composition,
NOTE Confidence: 0.9022554
00:33:51.000 --> 00:33:52.472 the religious composition of
NOTE Confidence: 0.9022554

00:33:52.472 --> 00:33:54.680 people who you grew up around?
NOTE Confidence: 0.9022554

00:33:54.680 --> 00:33:56.380 These are the kinds of
NOTE Confidence: 0.9022554

00:33:56.380 --> 00:33:57.740 questions that are critical.
NOTE Confidence: 0.9022554

00:33:57.740 --> 00:33:59.165 Corolla Suarez Orozco,
NOTE Confidence: 0.9022554

00:33:59.165 --> 00:34:01.540 who is a phenomenal researcher
NOTE Confidence: 0.9022554

00:34:01.540 --> 00:34:03.220 of immigrant children.
NOTE Confidence: 0.9022554

00:34:03.220 --> 00:34:07.860 She has she back in the early 2000s.
NOTE Confidence: 0.9022554

00:34:07.860 --> 00:34:12.128 Conducted a series of.
NOTE Confidence: 0.9022554

00:34:12.130 --> 00:34:13.880 I would say it's very
NOTE Confidence: 0.9022554

00:34:13.880 --> 00:34:14.930 psychoanalytically oriented research,
NOTE Confidence: 0.9022554

00:34:14.930 --> 00:34:18.002 but she conducted a studies with 3rd and
NOTE Confidence: 0.9022554

00:34:18.002 --> 00:34:21.079 4th grade students who are immigrant
NOTE Confidence: 0.9022554

00:34:21.079 --> 00:34:23.307 children from Mexican American,
NOTE Confidence: 0.9022554

00:34:23.310 --> 00:34:25.582 Haitian American and Chinese
NOTE Confidence: 0.9022554

00:34:25.582 --> 00:34:26.718 American backgrounds.
NOTE Confidence: 0.9022554

00:34:26.720 --> 00:34:30.395 And she gave them sentence completion tasks.

NOTE Confidence: 0.9022554

00:34:30.400 --> 00:34:32.717 And so I'll give you a couple

NOTE Confidence: 0.9022554

00:34:32.717 --> 00:34:34.840 of examples of the sentences.

NOTE Confidence: 0.9022554

00:34:34.840 --> 00:34:37.180 The first sentence would read people

NOTE Confidence: 0.9022554

00:34:37.180 --> 00:34:39.880 in my family think that I'm blank.

NOTE Confidence: 0.9022554

00:34:39.880 --> 00:34:41.815 The second would read most

NOTE Confidence: 0.9022554

00:34:41.815 --> 00:34:44.280 Americans think that I am blank.

NOTE Confidence: 0.9022554

00:34:44.280 --> 00:34:46.260 And the kids, these are,

NOTE Confidence: 0.9022554

00:34:46.260 --> 00:34:47.580 you know, 9 year olds,

NOTE Confidence: 0.9022554

00:34:47.580 --> 00:34:50.592 typically 8910 year olds,

NOTE Confidence: 0.9022554

00:34:50.592 --> 00:34:52.098 they would,

NOTE Confidence: 0.9022554

00:34:52.100 --> 00:34:54.137 they would respond to the first sentence.

NOTE Confidence: 0.9022554

00:34:54.140 --> 00:34:56.696 People in my family think that I am funny.

NOTE Confidence: 0.9022554

00:34:56.700 --> 00:34:59.076 People in my family think that I'm silly.

NOTE Confidence: 0.9022554

00:34:59.080 --> 00:35:01.800 People in my family think that I'm smart.

NOTE Confidence: 0.9022554

00:35:01.800 --> 00:35:02.480 You know,

NOTE Confidence: 0.9022554

00:35:02.480 --> 00:35:04.520 all the kinds of descriptors you
NOTE Confidence: 0.9022554

00:35:04.520 --> 00:35:06.620 might imagine children to say about
NOTE Confidence: 0.9022554

00:35:06.620 --> 00:35:08.660 what their families think of them.
NOTE Confidence: 0.872875625555556

00:35:10.770 --> 00:35:12.218 The second sentence most
NOTE Confidence: 0.872875625555556

00:35:12.218 --> 00:35:14.028 Americans think that I'm blank.
NOTE Confidence: 0.872875625555556

00:35:14.030 --> 00:35:16.958 The children would say things like.
NOTE Confidence: 0.872875625555556

00:35:16.960 --> 00:35:19.956 Most Americans think that I am bad,
NOTE Confidence: 0.872875625555556

00:35:19.960 --> 00:35:21.560 that I am stupid,
NOTE Confidence: 0.872875625555556

00:35:21.560 --> 00:35:23.909 that I'm lazy, that I smell.
NOTE Confidence: 0.88752306125

00:35:26.930 --> 00:35:29.810 All of the descriptors that these
NOTE Confidence: 0.88752306125

00:35:29.810 --> 00:35:32.370 kids shared exactly matched with the
NOTE Confidence: 0.88752306125

00:35:32.370 --> 00:35:34.370 stereotypes of their racial groups,
NOTE Confidence: 0.88752306125

00:35:34.370 --> 00:35:36.518 their ethnic groups.
NOTE Confidence: 0.88752306125

00:35:36.520 --> 00:35:39.920 So what she does then,
NOTE Confidence: 0.88752306125

00:35:39.920 --> 00:35:42.252 Corolla, is she develops.
NOTE Confidence: 0.88752306125

00:35:42.252 --> 00:35:44.208 She extends Winnicott's concept

NOTE Confidence: 0.88752306125

00:35:44.208 --> 00:35:46.572 of mirroring in the in the

NOTE Confidence: 0.88752306125

00:35:46.572 --> 00:35:48.083 caregiving relationship to the

NOTE Confidence: 0.88752306125

00:35:48.083 --> 00:35:49.399 concept of social mirroring,

NOTE Confidence: 0.88752306125

00:35:49.400 --> 00:35:51.128 the importance of understanding

NOTE Confidence: 0.88752306125

00:35:51.128 --> 00:35:54.204 what is happening in the House and

NOTE Confidence: 0.88752306125

00:35:54.204 --> 00:35:56.239 outside the House for children.

NOTE Confidence: 0.88752306125

00:35:56.240 --> 00:35:59.019 Starting the moment they leave the House,

NOTE Confidence: 0.88752306125

00:35:59.020 --> 00:36:01.798 preschool and beyond.

NOTE Confidence: 0.88752306125

00:36:01.800 --> 00:36:04.586 So this is a critical step in

NOTE Confidence: 0.88752306125

00:36:04.586 --> 00:36:07.572 what I'm talking about when I

NOTE Confidence: 0.88752306125

00:36:07.572 --> 00:36:09.844 say humanizing versus colonizing.

NOTE Confidence: 0.88752306125

00:36:09.850 --> 00:36:12.832 Relating to the whole self of the

NOTE Confidence: 0.88752306125

00:36:12.832 --> 00:36:15.320 patient is inherent to humanizing.

NOTE Confidence: 0.88752306125

00:36:15.320 --> 00:36:18.834 In contrast to relating to a partial

NOTE Confidence: 0.88752306125

00:36:18.834 --> 00:36:21.320 object that characterizes colonizing.

NOTE Confidence: 0.88752306125

00:36:21.320 --> 00:36:23.000 So here's another example.
NOTE Confidence: 0.88752306125

00:36:23.000 --> 00:36:23.840 My patient,
NOTE Confidence: 0.88752306125

00:36:23.840 --> 00:36:26.625 rose is a second generation
NOTE Confidence: 0.88752306125

00:36:26.625 --> 00:36:28.853 Chinese American SIS woman.
NOTE Confidence: 0.88752306125

00:36:28.860 --> 00:36:32.230 She came to therapy to to cope with
NOTE Confidence: 0.88752306125

00:36:32.230 --> 00:36:34.280 her depressed mood and isolation,
NOTE Confidence: 0.88752306125

00:36:34.280 --> 00:36:36.548 she told me in one session.
NOTE Confidence: 0.88752306125

00:36:36.550 --> 00:36:38.050 People don't know me at work,
NOTE Confidence: 0.88752306125

00:36:38.050 --> 00:36:39.302 or really most places.
NOTE Confidence: 0.88752306125

00:36:39.302 --> 00:36:41.610 They see a Chinese person and think,
NOTE Confidence: 0.88752306125

00:36:41.610 --> 00:36:43.230 oh, she must be smart,
NOTE Confidence: 0.88752306125

00:36:43.230 --> 00:36:45.130 but you can't trust her.
NOTE Confidence: 0.88752306125

00:36:45.130 --> 00:36:47.767 So I guess I show them what they expect.
NOTE Confidence: 0.88752306125

00:36:47.770 --> 00:36:50.650 This way I don't have to deal with them.
NOTE Confidence: 0.88752306125

00:36:50.650 --> 00:36:52.542 Rose is speaking here.
NOTE Confidence: 0.88752306125

00:36:52.542 --> 00:36:55.380 To her colleagues perception of her

NOTE Confidence: 0.88752306125

00:36:55.470 --> 00:36:58.725 as a partial object 1 steeped in

NOTE Confidence: 0.88752306125

00:36:58.725 --> 00:37:00.797 colonized perceptions of Chinese

NOTE Confidence: 0.88752306125

00:37:00.797 --> 00:37:03.149 and Chinese American people.

NOTE Confidence: 0.88752306125

00:37:03.150 --> 00:37:04.686 She proceeded in the session to

NOTE Confidence: 0.88752306125

00:37:04.686 --> 00:37:07.016 tell me that no one in her workplace

NOTE Confidence: 0.88752306125

00:37:07.016 --> 00:37:08.571 really knows anything about the

NOTE Confidence: 0.88752306125

00:37:08.571 --> 00:37:10.470 kind of music or food she enjoys,

NOTE Confidence: 0.88752306125

00:37:10.470 --> 00:37:13.206 even though these are frequent topics

NOTE Confidence: 0.88752306125

00:37:13.206 --> 00:37:15.686 of conversation among her colleagues.

NOTE Confidence: 0.88752306125

00:37:15.690 --> 00:37:18.822 And she said no one sees how I suffer,

NOTE Confidence: 0.88752306125

00:37:18.830 --> 00:37:20.606 only what I can offer them.

NOTE Confidence: 0.88752306125

00:37:20.610 --> 00:37:22.782 They don't know that I lost

NOTE Confidence: 0.88752306125

00:37:22.782 --> 00:37:23.868 a relative recently.

NOTE Confidence: 0.88752306125

00:37:23.870 --> 00:37:25.725 And in the context of the pandemic,

NOTE Confidence: 0.88752306125

00:37:25.730 --> 00:37:27.872 she's made even more efforts to

NOTE Confidence: 0.88752306125

00:37:27.872 --> 00:37:29.972 keep herself hidden from others
NOTE Confidence: 0.88752306125

00:37:29.972 --> 00:37:31.790 while bearing microaggressions.
NOTE Confidence: 0.88752306125

00:37:31.790 --> 00:37:34.394 As some white colleagues comment on how
NOTE Confidence: 0.88752306125

00:37:34.394 --> 00:37:37.160 the pandemic was spread by Asians, rose,
NOTE Confidence: 0.88752306125

00:37:37.160 --> 00:37:39.410 feeling resigned in another session,
NOTE Confidence: 0.88752306125

00:37:39.410 --> 00:37:39.712 shared.
NOTE Confidence: 0.88752306125

00:37:39.712 --> 00:37:42.430 They will never really know me or my family,
NOTE Confidence: 0.88752306125

00:37:42.430 --> 00:37:44.490 and they don't care.
NOTE Confidence: 0.88752306125

00:37:44.490 --> 00:37:47.545 The powerlessness that rose experiences
NOTE Confidence: 0.88752306125

00:37:47.545 --> 00:37:49.989 is unfortunately not uncommon.
NOTE Confidence: 0.88752306125

00:37:49.990 --> 00:37:50.364 However,
NOTE Confidence: 0.88752306125

00:37:50.364 --> 00:37:52.234 in psychotherapy she starts to
NOTE Confidence: 0.88752306125

00:37:52.234 --> 00:37:54.270 reveal other aspects of herself,
NOTE Confidence: 0.88752306125

00:37:54.270 --> 00:37:56.754 including what she loves and despises
NOTE Confidence: 0.88752306125

00:37:56.754 --> 00:37:58.930 about her Chinese American family,
NOTE Confidence: 0.88752306125

00:37:58.930 --> 00:38:00.678 her Chinese American church,

NOTE Confidence: 0.88752306125

00:38:00.678 --> 00:38:01.989 the Chinese government,

NOTE Confidence: 0.88752306125

00:38:01.990 --> 00:38:04.578 and the United States.

NOTE Confidence: 0.88752306125

00:38:04.580 --> 00:38:06.512 Psychotherapy becomes a space in which

NOTE Confidence: 0.88752306125

00:38:06.512 --> 00:38:08.623 she can re examine stereotypes and

NOTE Confidence: 0.88752306125

00:38:08.623 --> 00:38:10.518 assumptions projected towards her and

NOTE Confidence: 0.88752306125

00:38:10.518 --> 00:38:12.802 the ones that she has internalized

NOTE Confidence: 0.88752306125

00:38:12.802 --> 00:38:14.974 and directed towards people of other

NOTE Confidence: 0.88752306125

00:38:14.974 --> 00:38:16.348 racial and cultural backgrounds.

NOTE Confidence: 0.88752306125

00:38:16.348 --> 00:38:19.280 In the session later in our work together,

NOTE Confidence: 0.88752306125

00:38:19.280 --> 00:38:21.030 she said it's strange that

NOTE Confidence: 0.88752306125

00:38:21.030 --> 00:38:22.080 seeing a therapist,

NOTE Confidence: 0.88752306125

00:38:22.080 --> 00:38:23.774 such a white thing to do is

NOTE Confidence: 0.88752306125

00:38:23.774 --> 00:38:25.220 what has been helping me,

NOTE Confidence: 0.88752306125

00:38:25.220 --> 00:38:26.988 but it doesn't feel like a white thing,

NOTE Confidence: 0.88752306125

00:38:26.990 --> 00:38:30.154 you know? It's like my own thing.

NOTE Confidence: 0.88752306125

00:38:30.160 --> 00:38:30.625 Understanding.
NOTE Confidence: 0.88752306125

00:38:30.625 --> 00:38:33.415 When I think about Rose's comments,
NOTE Confidence: 0.88752306125

00:38:33.420 --> 00:38:36.150 I think about this shift where
NOTE Confidence: 0.88752306125

00:38:36.150 --> 00:38:39.154 she was moving away from being
NOTE Confidence: 0.88752306125

00:38:39.154 --> 00:38:42.430 experienced only as a partial object.
NOTE Confidence: 0.88752306125

00:38:42.430 --> 00:38:42.757 Umm,
NOTE Confidence: 0.88752306125

00:38:42.757 --> 00:38:44.392 a second area of consideration
NOTE Confidence: 0.88752306125

00:38:44.392 --> 00:38:47.019 has to do with humility and psych.
NOTE Confidence: 0.88752306125

00:38:47.020 --> 00:38:49.084 And I know that cultural humility
NOTE Confidence: 0.88752306125

00:38:49.084 --> 00:38:51.120 has been written about and talked
NOTE Confidence: 0.88752306125

00:38:51.120 --> 00:38:52.308 about quite a bit.
NOTE Confidence: 0.86770622625

00:38:52.310 --> 00:38:54.056 And I think about what does
NOTE Confidence: 0.86770622625

00:38:54.056 --> 00:38:55.752 it mean in in psychoanalytic
NOTE Confidence: 0.86770622625

00:38:55.752 --> 00:38:57.596 psychotherapy in particular and
NOTE Confidence: 0.86770622625

00:38:57.596 --> 00:39:00.968 and I I think part of it I loved.
NOTE Confidence: 0.86770622625

00:39:00.970 --> 00:39:03.406 There was a paper written by Salman

NOTE Confidence: 0.86770622625

00:39:03.406 --> 00:39:05.329 Akhtar that came out in 2018,

NOTE Confidence: 0.86770622625

00:39:05.330 --> 00:39:08.085 which I highly recommend on

NOTE Confidence: 0.86770622625

00:39:08.085 --> 00:39:09.187 psychoanalytic humility.

NOTE Confidence: 0.86770622625

00:39:09.190 --> 00:39:11.966 But one of the things he talks about.

NOTE Confidence: 0.86770622625

00:39:11.970 --> 00:39:14.165 Is listening with Attunement for

NOTE Confidence: 0.86770622625

00:39:14.165 --> 00:39:16.360 multiple determinants of all psychic

NOTE Confidence: 0.86770622625

00:39:16.428 --> 00:39:18.432 material and being comfortable

NOTE Confidence: 0.86770622625

00:39:18.432 --> 00:39:20.436 with diverse theoretical models.

NOTE Confidence: 0.86770622625

00:39:20.440 --> 00:39:21.904 This shows humility.

NOTE Confidence: 0.86770622625

00:39:21.904 --> 00:39:24.832 The the ability to recognize one's

NOTE Confidence: 0.86770622625

00:39:24.832 --> 00:39:27.460 mistakes and apologize for mistakes,

NOTE Confidence: 0.86770622625

00:39:27.460 --> 00:39:29.640 and understanding that mistakes with

NOTE Confidence: 0.86770622625

00:39:29.640 --> 00:39:31.820 our patients are are inevitable.

NOTE Confidence: 0.86770622625

00:39:31.820 --> 00:39:34.856 This is another component of humility.

NOTE Confidence: 0.86770622625

00:39:34.860 --> 00:39:37.120 Umm.

NOTE Confidence: 0.86770622625

00:39:37.120 --> 00:39:40.487 Trying to think about what what we
NOTE Confidence: 0.86770622625

00:39:40.487 --> 00:39:42.728 feel fragile emotionally about what
NOTE Confidence: 0.86770622625

00:39:42.728 --> 00:39:45.592 what what is our type of what do?
NOTE Confidence: 0.86770622625

00:39:45.600 --> 00:39:47.796 What do we feel discomfort with?
NOTE Confidence: 0.86770622625

00:39:47.800 --> 00:39:50.010 Which aspects of our identities
NOTE Confidence: 0.86770622625

00:39:50.010 --> 00:39:52.220 or other people's identity make
NOTE Confidence: 0.86770622625

00:39:52.295 --> 00:39:53.840 us feel uncomfortable?
NOTE Confidence: 0.86770622625

00:39:53.840 --> 00:39:55.312 This is all humility.
NOTE Confidence: 0.86770622625

00:39:55.312 --> 00:39:57.520 The concept of cultural humility has
NOTE Confidence: 0.86770622625

00:39:57.584 --> 00:40:00.510 actually been questioned in the case of
NOTE Confidence: 0.86770622625

00:40:00.510 --> 00:40:02.660 racial minority therapists specifically,
NOTE Confidence: 0.86770622625

00:40:02.660 --> 00:40:05.117 Sarah Moon and Steve Sandige called for
NOTE Confidence: 0.86770622625

00:40:05.117 --> 00:40:07.340 an elaboration of cultural humility.
NOTE Confidence: 0.86770622625

00:40:07.340 --> 00:40:09.500 Was asking racial minority therapists
NOTE Confidence: 0.86770622625

00:40:09.500 --> 00:40:12.254 to be culturally humble might contribute
NOTE Confidence: 0.86770622625

00:40:12.254 --> 00:40:14.366 to their own retraumatization.

NOTE Confidence: 0.86770622625

00:40:14.370 --> 00:40:16.316 And so they ask an important question.

NOTE Confidence: 0.86770622625

00:40:16.320 --> 00:40:16.956 They say,

NOTE Confidence: 0.86770622625

00:40:16.956 --> 00:40:18.864 how does the therapist of color

NOTE Confidence: 0.86770622625

00:40:18.864 --> 00:40:20.804 express ones authentic feelings of

NOTE Confidence: 0.86770622625

00:40:20.804 --> 00:40:22.869 anger without shaming the patient?

NOTE Confidence: 0.86770622625

00:40:22.870 --> 00:40:24.865 And they're pointing out that

NOTE Confidence: 0.86770622625

00:40:24.865 --> 00:40:26.860 even while concepts like humility

NOTE Confidence: 0.86770622625

00:40:26.928 --> 00:40:28.828 are critical for decolonizing,

NOTE Confidence: 0.86770622625

00:40:28.830 --> 00:40:31.810 these concepts can hold significantly

NOTE Confidence: 0.86770622625

00:40:31.810 --> 00:40:34.790 different meanings and implications for

NOTE Confidence: 0.86770622625

00:40:34.790 --> 00:40:37.120 minority and majority status therapists,

NOTE Confidence: 0.86770622625

00:40:37.120 --> 00:40:37.942 whatever that.

NOTE Confidence: 0.86770622625

00:40:37.942 --> 00:40:39.997 Positionality might be whether we're

NOTE Confidence: 0.86770622625

00:40:39.997 --> 00:40:42.059 talking about race or sexuality,

NOTE Confidence: 0.86770622625

00:40:42.060 --> 00:40:45.880 gender, disability, and so on.

NOTE Confidence: 0.86770622625

00:40:45.880 --> 00:40:46.373 Umm,
NOTE Confidence: 0.86770622625

00:40:46.373 --> 00:40:48.838 I'll quickly mention the last
NOTE Confidence: 0.86770622625

00:40:48.838 --> 00:40:50.317 couple of considerations.
NOTE Confidence: 0.86770622625

00:40:50.320 --> 00:40:52.735 One the the third I want to
NOTE Confidence: 0.86770622625

00:40:52.735 --> 00:40:55.470 mention has to do with working
NOTE Confidence: 0.86770622625

00:40:55.470 --> 00:40:57.382 in the depressive position.
NOTE Confidence: 0.86770622625

00:40:57.390 --> 00:40:59.545 Glasser Levi suggested that reparation
NOTE Confidence: 0.86770622625

00:40:59.545 --> 00:41:02.262 involves a movement from a paranoid
NOTE Confidence: 0.86770622625

00:41:02.262 --> 00:41:05.220 schizoid position to a depressive position.
NOTE Confidence: 0.86770622625

00:41:05.220 --> 00:41:07.502 And he noted that it's in the
NOTE Confidence: 0.86770622625

00:41:07.502 --> 00:41:08.855 depressive position that objects
NOTE Confidence: 0.86770622625

00:41:08.855 --> 00:41:10.703 which have been split into good
NOTE Confidence: 0.86770622625

00:41:10.703 --> 00:41:13.068 and bad may be united as whole
NOTE Confidence: 0.86770622625

00:41:13.068 --> 00:41:14.788 objects that maintain the qualities
NOTE Confidence: 0.86770622625

00:41:14.788 --> 00:41:16.322 of goodness and badness.
NOTE Confidence: 0.86770622625

00:41:16.322 --> 00:41:17.898 So in other words,

NOTE Confidence: 0.86770622625

00:41:17.900 --> 00:41:20.275 the depressive position allows for

NOTE Confidence: 0.86770622625

00:41:20.275 --> 00:41:23.284 mourning a necessary process for a

NOTE Confidence: 0.86770622625

00:41:23.284 --> 00:41:25.500 racial reparation and decolonization.

NOTE Confidence: 0.86770622625

00:41:25.500 --> 00:41:26.904 Anna Ornstein has written

NOTE Confidence: 0.86770622625

00:41:26.904 --> 00:41:27.957 beautifully about this,

NOTE Confidence: 0.86770622625

00:41:27.960 --> 00:41:28.374 too.

NOTE Confidence: 0.86770622625

00:41:28.374 --> 00:41:30.444 The essential step in mourning

NOTE Confidence: 0.86770622625

00:41:30.444 --> 00:41:32.628 involves the capacity of the

NOTE Confidence: 0.86770622625

00:41:32.628 --> 00:41:34.873 therapist and patient to remember

NOTE Confidence: 0.86770622625

00:41:34.873 --> 00:41:37.282 past collective traumas and engage

NOTE Confidence: 0.86770622625

00:41:37.282 --> 00:41:39.438 with ongoing collective traumas.

NOTE Confidence: 0.86770622625

00:41:39.440 --> 00:41:42.058 So part of the working in the

NOTE Confidence: 0.86770622625

00:41:42.058 --> 00:41:44.130 depressive position also includes a

NOTE Confidence: 0.86770622625

00:41:44.130 --> 00:41:47.189 capacity to recognize the limits of our

NOTE Confidence: 0.86770622625

00:41:47.189 --> 00:41:49.496 relationship with our our our patients,

NOTE Confidence: 0.86770622625

00:41:49.500 --> 00:41:51.150 our own frustrations.
NOTE Confidence: 0.86770622625

00:41:51.150 --> 00:41:53.350 Our own limitations of
NOTE Confidence: 0.86770622625

00:41:53.350 --> 00:41:54.794 therapy sits alongside.
NOTE Confidence: 0.86770622625

00:41:54.794 --> 00:41:58.370 Our desire to want to do good and
NOTE Confidence: 0.86770622625

00:41:58.465 --> 00:42:01.657 feel good with regard to injustice.
NOTE Confidence: 0.86770622625

00:42:01.660 --> 00:42:05.730 Lastly. And I think about decolonizing.
NOTE Confidence: 0.86770622625

00:42:05.730 --> 00:42:07.385 I think about training and
NOTE Confidence: 0.86770622625

00:42:07.385 --> 00:42:09.040 sort of where we begin.
NOTE Confidence: 0.86770622625

00:42:09.040 --> 00:42:11.735 And I mentioned to you some things
NOTE Confidence: 0.86770622625

00:42:11.735 --> 00:42:14.630 relevant in my own training earlier.
NOTE Confidence: 0.86770622625

00:42:14.630 --> 00:42:16.662 But there's a way in which we can
NOTE Confidence: 0.86770622625

00:42:16.662 --> 00:42:18.525 think about troye's elaboration of
NOTE Confidence: 0.86770622625

00:42:18.525 --> 00:42:20.245 melancholia to better understand
NOTE Confidence: 0.86770622625

00:42:20.245 --> 00:42:22.733 the ambivalence that we might have
NOTE Confidence: 0.86770622625

00:42:22.733 --> 00:42:24.628 around structural change in our
NOTE Confidence: 0.86770622625

00:42:24.628 --> 00:42:25.805 current psychotherapy training.

NOTE Confidence: 0.86770622625
00:42:25.805 --> 00:42:27.465 Melancholia was described by
NOTE Confidence: 0.86770622625
00:42:27.465 --> 00:42:29.540 Freud as a form of
NOTE Confidence: 0.855506373684211
00:42:29.617 --> 00:42:31.072 pathological unresolved warning
NOTE Confidence: 0.855506373684211
00:42:31.072 --> 00:42:33.982 where a person is unable to.
NOTE Confidence: 0.855506373684211
00:42:33.990 --> 00:42:36.785 Resolve their ambivalence towards a
NOTE Confidence: 0.855506373684211
00:42:36.785 --> 00:42:40.267 lost loved object and therefore has
NOTE Confidence: 0.855506373684211
00:42:40.267 --> 00:42:43.257 trouble investing in new relationships.
NOTE Confidence: 0.855506373684211
00:42:43.260 --> 00:42:45.672 So maybe that concept could help
NOTE Confidence: 0.855506373684211
00:42:45.672 --> 00:42:47.900 us understand our own collective
NOTE Confidence: 0.855506373684211
00:42:47.900 --> 00:42:50.585 reluctance and sometimes refusal to
NOTE Confidence: 0.855506373684211
00:42:50.585 --> 00:42:53.831 engage in narratives that hold multiple
NOTE Confidence: 0.855506373684211
00:42:53.831 --> 00:42:56.386 truths regarding race and culture.
NOTE Confidence: 0.855506373684211
00:42:56.390 --> 00:42:58.616 So I think there's a way.
NOTE Confidence: 0.855506373684211
00:42:58.620 --> 00:43:01.905 What I do want to emphasize here is that
NOTE Confidence: 0.855506373684211
00:43:01.905 --> 00:43:04.898 rethinking what we do does not mean that
NOTE Confidence: 0.855506373684211

00:43:04.898 --> 00:43:07.640 we erase euroamerican models of development,

NOTE Confidence: 0.855506373684211

00:43:07.640 --> 00:43:10.472 but rather that we identify common

NOTE Confidence: 0.855506373684211

00:43:10.472 --> 00:43:12.360 ground and distinctions across

NOTE Confidence: 0.855506373684211

00:43:12.440 --> 00:43:14.648 cultural narratives of development

NOTE Confidence: 0.855506373684211

00:43:14.648 --> 00:43:17.408 and recognize each perspective as

NOTE Confidence: 0.855506373684211

00:43:17.408 --> 00:43:19.639 equally valuable and relevant.

NOTE Confidence: 0.855506373684211

00:43:19.640 --> 00:43:22.806 So in my view, this is a call to move away

NOTE Confidence: 0.855506373684211

00:43:22.806 --> 00:43:26.118 from all or none thinking with regard to the.

NOTE Confidence: 0.855506373684211

00:43:26.120 --> 00:43:29.718 The inclusion and exclusion of people in

NOTE Confidence: 0.855506373684211

00:43:29.718 --> 00:43:32.779 dialogues about race and colonization,

NOTE Confidence: 0.855506373684211

00:43:32.780 --> 00:43:36.506 so I'm going to stop there.

NOTE Confidence: 0.855506373684211

00:43:36.510 --> 00:43:39.242 And um. Happy to.

NOTE Confidence: 0.855506373684211

00:43:39.242 --> 00:43:41.047 Hear from all of you.

NOTE Confidence: 0.855506373684211

00:43:41.050 --> 00:43:42.994 I've been talking for a very long time.