WEBVTT

00:00:09.180 --> 00:00:11.210 Hello and welcome to the Science et

00:00:11.210 --> 00:00:12.871 al podcast about everything science

00:00:12.871 --> 00:00:15.426 sponsored by the Yale School of Medicine.

00:00:15.430 --> 00:00:16.850 I'm your host, Daniel Barron,

00:00:16.850 --> 00:00:19.106 and in this episode I'm speaking

00:00:19.106 --> 00:00:20.610 with Doctor Justin Baker.

00:00:20.610 --> 00:00:22.608 Justin is the Co founding scientific

00:00:22.608 --> 00:00:24.346 director of the McClain Institute

00:00:24.346 --> 00:00:26.066 for Technology in Psychiatry and

00:00:26.066 --> 00:00:27.877 he also directs the Laboratory

00:00:27.877 --> 00:00:29.737 for Functional nor Image Ingane

00:00:29.737 --> 00:00:31.635 by Informatics at McLean Hospital.

00:00:31.635 --> 00:00:34.065 He is an assistant professor of

00:00:34.065 --> 00:00:36.017 psychiatry at Harvard Medical School

NOTE Confidence: 0.8262524

00:00:36.017 --> 00:00:38.689 and in all of these capacities he has

NOTE Confidence: 0.8262524

00:00:38.761 --> 00:00:41.225 the time to do research when it tries

NOTE Confidence: 0.8262524

00:00:41.225 --> 00:00:43.620 to combine his expertise in Bremen, Jane.

NOTE Confidence: 0.8262524

00:00:43.620 --> 00:00:45.385 With his expertise in deep

NOTE Confidence: 0.8262524

00:00:45.385 --> 00:00:46.444 multi level phenotyping,

NOTE Confidence: 0.8262524

00:00:46.450 --> 00:00:49.747 something that will discuss in the podcast.

NOTE Confidence: 0.8262524

00:00:49.750 --> 00:00:51.750 He's a clinical psychiatrist

NOTE Confidence: 0.8262524

00:00:51.750 --> 00:00:53.750 with expertise in schizophrenia,

NOTE Confidence: 0.8262524

00:00:53.750 --> 00:00:56.250 bipolar spectrum disorders and

NOTE Confidence: 0.8262524

00:00:56.250 --> 00:00:57.500 other disorders.

NOTE Confidence: 0.8262524

00:00:57.500 --> 00:00:59.332 Ann, I first learned to Justin and

NOTE Confidence: 0.8262524

00:00:59.332 --> 00:01:01.166 his work through a colleague at NYU.

NOTE Confidence: 0.8262524

00:01:01.170 --> 00:01:02.997 You the beginning of my residency training.

NOTE Confidence: 0.8262524

00:01:03.000 --> 00:01:04.968 It was like the very beginning

NOTE Confidence: 0.8262524

00:01:04.968 --> 00:01:06.280 of my intern year.

NOTE Confidence: 0.8262524

00:01:06.280 --> 00:01:08.534 So I read an article and actually

NOTE Confidence: 0.8262524

00:01:08.534 --> 00:01:10.452 written an article for Scientific

NOTE Confidence: 0.8262524

00:01:10.452 --> 00:01:12.232 American about this nascent

NOTE Confidence: 0.8262524

00:01:12.232 --> 00:01:14.012 field of digital diagnostics,

NOTE Confidence: 0.8262524

00:01:14.020 --> 00:01:16.336 something I thought was really cool,

NOTE Confidence: 0.8262524

00:01:16.340 --> 00:01:18.788 but I didn't know much about yet an

NOTE Confidence: 0.8262524

00:01:18.788 --> 00:01:21.802 my NYU you friend told me to check

NOTE Confidence: 0.8262524

00:01:21.802 --> 00:01:24.779 out Justin's research and at the time

NOTE Confidence: 0.8262524

00:01:24.779 --> 00:01:27.491 Justin was using digital devices like

NOTE Confidence: 0.8262524

00:01:27.491 --> 00:01:29.370 smartwatches or Fitbits to monitor

NOTE Confidence: 0.8262524

00:01:29.370 --> 00:01:31.500 and trace patients symptoms and try

NOTE Confidence: 0.8262524

00:01:31.568 --> 00:01:33.643 to combine that with biological

NOTE Confidence: 0.8262524

00:01:33.643 --> 00:01:35.303 measures like brain imaging.

NOTE Confidence: 0.8262524

00:01:35.310 --> 00:01:37.752 I invited myself to Justin's annual

NOTE Confidence: 0.8262524

00:01:37.752 --> 00:01:40.050 technology in Psychiatry Summit in Boston.

NOTE Confidence: 0.8262524

00:01:40.050 --> 00:01:41.286 Which was really cool.

NOTE Confidence: 0.8262524

00:01:41.286 --> 00:01:43.871 He had adjusted and been able to invite

NOTE Confidence: 0.8262524

00:01:43.871 --> 00:01:45.875 out speakers from Apple and Google,

NOTE Confidence: 0.8262524

00:01:45.880 --> 00:01:47.830 and he had Tom Insel give.

NOTE Confidence: 0.8262524

00:01:47.830 --> 00:01:50.182 What are the key notes is really

NOTE Confidence: 0.8262524

00:01:50.182 --> 00:01:52.395 exciting and later that winter I was

NOTE Confidence: 0.8262524

00:01:52.395 --> 00:01:54.630 invited to give a talk in McLean.

NOTE Confidence: 0.8262524

00:01:54.630 --> 00:01:56.574 Anne asked to meet with Justin

NOTE Confidence: 0.8262524

00:01:56.574 --> 00:01:57.546 during the day.

NOTE Confidence: 0.8262524

00:01:57.550 --> 00:01:58.842 I remember us walking

NOTE Confidence: 0.8262524

00:01:58.842 --> 00:02:00.134 around at Mcleans campus,

NOTE Confidence: 0.8262524

00:02:00.140 --> 00:02:02.373 which even in the dead of Winter

NOTE Confidence: 0.8262524

00:02:02.373 --> 00:02:04.320 was still quite lovely and he

NOTE Confidence: 0.8262524

00:02:04.320 --> 00:02:06.462 and I just kind of patrolled the

NOTE Confidence: 0.8262524

00:02:06.531 --> 00:02:08.523 perimeter and tell her fingers got

NOTE Confidence: 0.8262524

00:02:08.523 --> 00:02:10.736 cold and we had to go inside.

NOTE Confidence: 0.8262524

00:02:10.736 --> 00:02:12.780 And during this time I really got

NOTE Confidence: 0.8262524

00:02:12.843 --> 00:02:14.621 to know Justin and he was able

NOTE Confidence: 0.8262524

00:02:14.621 --> 00:02:17.157 to give me a lot of really useful

NOTE Confidence: 0.8262524

00:02:17.157 --> 00:02:18.862 advice to get through residency,

NOTE Confidence: 0.8262524

00:02:18.870 --> 00:02:21.408 and since that time's I found him to be

NOTE Confidence: 0.8262524

00:02:21.408 --> 00:02:24.580 a very kind and generous mentor and friend.

NOTE Confidence: 0.8262524

00:02:24.580 --> 00:02:27.508 I'm really grateful to Justin for

NOTE Confidence: 0.8262524

00:02:27.508 --> 00:02:29.850 participating in this podcast and.

NOTE Confidence: 0.8262524

00:02:29.850 --> 00:02:30.120 Also,

NOTE Confidence: 0.8262524

00:02:30.120 --> 00:02:32.280 and and all the help that he's given

NOTE Confidence: 0.8262524

00:02:32.280 --> 00:02:34.778 me over the last few months when I was

NOTE Confidence: 0.8262524

00:02:34.778 --> 00:02:37.189 writing a book about digital psychiatry,

NOTE Confidence: 0.8262524

00:02:37.190 --> 00:02:40.016 which Justin's a big big expert.

NOTE Confidence: 0.8262524

00:02:40.020 --> 00:02:42.491 This podcast was filmed at the end

NOTE Confidence: 0.8262524

00:02:42.491 --> 00:02:45.238 of a very busy day for Justin.

NOTE Confidence: 0.8262524

00:02:45.240 --> 00:02:47.456 I had invited him out to yell to

NOTE Confidence: 0.8262524

00:02:47.456 --> 00:02:49.421 give this psychiatry grand rounds

NOTE Confidence: 0.8262524

00:02:49.421 --> 00:02:51.661 and really enjoyed watching the

NOTE Confidence: 0.8262524

00:02:51.661 --> 00:02:53.772 audience and seeing how impressed

NOTE Confidence: 0.8262524

00:02:53.772 --> 00:02:56.058 and kind of awakened they seem.

NOTE Confidence: 0.8262524

00:02:56.060 --> 00:02:58.490 Looking at all this research that

NOTE Confidence: 0.8262524

00:02:58.490 --> 00:03:01.520 Justin was doing and how he could

NOTE Confidence: 0.8262524

00:03:01.520 --> 00:03:04.178 use these digital devices to create

NOTE Confidence: 0.8262524

00:03:04.178 --> 00:03:06.198 clinically useful tools and so.

NOTE Confidence: 0.8262524

00:03:06.200 --> 00:03:08.010 Really excited to present this

NOTE Confidence: 0.8262524

00:03:08.010 --> 00:03:09.096 episode with Justin

NOTE Confidence: 0.8784555

00:03:20.020 --> 00:03:23.070 What was your residency program like? Like?

NOTE Confidence: 0.8784555

00:03:23.070 --> 00:03:25.686 What was your experience there like?

NOTE Confidence: 0.8784555

00:03:25.690 --> 00:03:29.910 Were they? It sounds like they were trying

NOTE Confidence: 0.8784555

00:03:29.910 --> 00:03:32.360 to expose you to different researchers,

NOTE Confidence: 0.8784555

00:03:32.360 --> 00:03:35.468 and I'm curious how your desire to

NOTE Confidence: 0.8784555

00:03:35.468 --> 00:03:38.669 do research was received by anymore.

NOTE Confidence: 0.8784555

00:03:38.670 --> 00:03:41.379 Dynamically minded clinicians.

NOTE Confidence: 0.8146853

00:03:42.920 --> 00:03:44.776 Well, you know. I mean, I had

NOTE Confidence: 0.8146853

00:03:44.776 --> 00:03:46.234 really been recruited to the program

NOTE Confidence: 0.8146853

00:03:46.234 --> 00:03:47.829 because of my research background.

NOTE Confidence: 0.8146853

00:03:47.830 --> 00:03:49.200 The reason my board scores?

NOTE Confidence: 0.8719775

00:03:51.830 --> 00:03:53.909 And it wasn't like I like the

NOTE Confidence: 0.8719775

00:03:53.909 --> 00:03:55.665 clinical, but you know, I think

NOTE Confidence: 0.8719775

00:03:55.665 --> 00:03:57.490 it was understood that you know.

NOTE Confidence: 0.81108177

00:03:59.610 --> 00:04:02.011 I was going to be doing some

NOTE Confidence: 0.81108177

00:04:02.011 --> 00:04:03.310 research at throughout it,

NOTE Confidence: 0.81108177

00:04:03.310 --> 00:04:06.736 but I think I tried to, you know nonetheless,

NOTE Confidence: 0.81108177

00:04:06.736 --> 00:04:09.096 like really immerse myself in

NOTE Confidence: 0.81108177

00:04:09.096 --> 00:04:13.850 the clinical programs and I. So.

NOTE Confidence: 0.81108177

00:04:13.850 --> 00:04:17.644 You know, I think people were supportive

NOTE Confidence: 0.81108177

00:04:17.644 --> 00:04:23.370 in general of the research. And.

NOTE Confidence: 0.81108177

00:04:23.370 --> 00:04:25.840 You know, I think you you try to be a

NOTE Confidence: 0.81108177

00:04:25.910 --> 00:04:28.339 good citizen and do all the clinical

NOTE Confidence: 0.81108177

00:04:28.339 --> 00:04:31.384 work and really kind of try to learn from it.

NOTE Confidence: 0.81108177

00:04:31.390 --> 00:04:33.334 While also not letting that other

NOTE Confidence: 0.81108177

00:04:33.334 --> 00:04:35.610 part of your brain totally turn off

NOTE Confidence: 0.81108177

00:04:35.610 --> 00:04:37.745 and trying to make sure that you

NOTE Confidence: 0.81108177

00:04:37.812 --> 00:04:39.870 take it seriously enough to wear,

NOTE Confidence: 0.81108177

00:04:39.870 --> 00:04:41.500 like if something really important,

NOTE Confidence: 0.81108177

00:04:41.500 --> 00:04:43.342 then you're going to prioritize it

NOTE Confidence: 0.81108177

00:04:43.342 --> 00:04:45.993 an even if it causes you know people

NOTE Confidence: 0.81108177

00:04:45.993 --> 00:04:48.382 to give you like some feedback like

NOTE Confidence: 0.81108177

00:04:48.382 --> 00:04:50.504 **** you know you kind of have to

NOTE Confidence: 0.81108177

00:04:50.504 --> 00:04:52.486 learn how to make those decisions

NOTE Confidence: 0.81108177

00:04:52.486 --> 00:04:54.748 for yourself and work with your

NOTE Confidence: 0.81108177

00:04:54.748 --> 00:04:57.146 allies and your program to get the

NOTE Confidence: 0.81108177

00:04:57.146 --> 00:04:59.040 support 'cause it's you don't want

NOTE Confidence: 0.81108177

00:04:59.040 --> 00:05:01.105 to be a situation where it's just

NOTE Confidence: 0.81108177

00:05:01.105 --> 00:05:03.368 you arguing against everybody else.

NOTE Confidence: 0.81108177

00:05:03.370 --> 00:05:05.854 But I was fortunate at the time to have

NOTE Confidence: 0.81108177

00:05:05.854 --> 00:05:08.047 been recruited by a program director

NOTE Confidence: 0.81108177

00:05:08.047 --> 00:05:11.034 who wanted to make research more of a

NOTE Confidence: 0.81108177

00:05:11.034 --> 00:05:13.170 conspicuous part of the training program.

NOTE Confidence: 0.81108177

00:05:13.170 --> 00:05:15.403 And so even though I faced some

NOTE Confidence: 0.81108177

00:05:15.403 --> 00:05:17.898 obstacles like I had my own initiative,

NOTE Confidence: 0.81108177

00:05:17.900 --> 00:05:20.266 I was able to create the projects.

NOTE Confidence: 0.81108177

00:05:20.270 --> 00:05:22.629 But then as I got through residency

NOTE Confidence: 0.81108177

00:05:22.629 --> 00:05:24.162 because I, like many right,

NOTE Confidence: 0.81108177

00:05:24.162 --> 00:05:26.150 like I had a really hard time

NOTE Confidence: 0.81108177

00:05:26.216 --> 00:05:28.376 getting much done during residency.

NOTE Confidence: 0.81108177

00:05:28.380 --> 00:05:29.036 Yeah, sure,

NOTE Confidence: 0.81108177

00:05:29.036 --> 00:05:31.332 you know the stuff that I was

NOTE Confidence: 0.81108177

00:05:31.332 --> 00:05:33.299 sort of collecting by just.

NOTE Confidence: 0.81108177

00:05:33.300 --> 00:05:36.186 You know, leveraging those lab resources,

NOTE Confidence: 0.81108177

00:05:36.190 --> 00:05:38.600 but.

NOTE Confidence: 0.81108177

00:05:38.600 --> 00:05:41.198 So after the residency was over,

NOTE Confidence: 0.81108177

00:05:41.200 --> 00:05:44.680 I helped them to compete for another 25,

NOTE Confidence: 0.81108177

00:05:44.680 --> 00:05:48.316 which at the time the program.

NOTE Confidence: 0.81108177

00:05:48.320 --> 00:05:50.210 Didn't know about that mechanism,

NOTE Confidence: 0.81108177

00:05:50.210 --> 00:05:53.714 so you know over the course of participating

NOTE Confidence: 0.81108177

00:05:53.714 --> 00:05:56.048 in some of those opportunities

NOTE Confidence: 0.81108177

00:05:56.048 --> 00:05:59.233 like the NIH is brain camp and.

NOTE Confidence: 0.81108177

00:05:59.240 --> 00:06:01.326 Some of their programs I I learned

NOTE Confidence: 0.81108177

00:06:01.326 --> 00:06:02.769 about that mechanism and then.

NOTE Confidence: 0.901805

00:06:04.980 --> 00:06:07.423 I think for me it was appealing

NOTE Confidence: 0.901805

00:06:07.423 --> 00:06:10.339 to take on a role like that so

NOTE Confidence: 0.901805

00:06:10.339 --> 00:06:12.960 that in addition to the research.

NOTE Confidence: 0.901805

00:06:12.960 --> 00:06:14.946 You know, coming out of residency,
NOTE Confidence: 0.901805

00:06:14.950 --> 00:06:16.982 you knew you were going to have to
NOTE Confidence: 0.901805

00:06:16.982 --> 00:06:18.904 piece things together with sort
NOTE Confidence: 0.901805

00:06:18.904 --> 00:06:20.257 of additional responsibilities.
NOTE Confidence: 0.901805

00:06:20.260 --> 00:06:22.580 But if for me I could take my
NOTE Confidence: 0.901805

00:06:22.580 --> 00:06:24.360 experience having kind of navigated
NOTE Confidence: 0.901805

00:06:24.360 --> 00:06:26.622 this complex landscape and sort of
NOTE Confidence: 0.901805

00:06:26.622 --> 00:06:28.955 quantify that in a program that would
NOTE Confidence: 0.901805

00:06:28.955 --> 00:06:31.424 be both like enjoyable for me and I
NOTE Confidence: 0.901805

00:06:31.424 --> 00:06:33.698 could begin using that to both to
NOTE Confidence: 0.901805

00:06:33.698 --> 00:06:36.442 find students and also just kind of
NOTE Confidence: 0.901805

00:06:36.442 --> 00:06:38.452 continue learning as I was trying
NOTE Confidence: 0.901805

00:06:38.452 --> 00:06:40.513 to now compete for my own award.
NOTE Confidence: 0.901805

00:06:40.513 --> 00:06:42.178 And things like that so.
NOTE Confidence: 0.867869

00:06:44.410 --> 00:06:46.482 So I helped him to get that and
NOTE Confidence: 0.867869

00:06:46.482 --> 00:06:48.149 they were successful at it.

NOTE Confidence: 0.867869

00:06:48.150 --> 00:06:50.635 And then I used to run the

NOTE Confidence: 0.867869

00:06:50.635 --> 00:06:53.040 program for a few years and.

NOTE Confidence: 0.867869

00:06:53.040 --> 00:06:55.208 You know, I think.

NOTE Confidence: 0.867869

00:06:55.210 --> 00:06:57.214 One of those things where it's

NOTE Confidence: 0.867869

00:06:57.214 --> 00:06:59.352 it's nice to see your programs

NOTE Confidence: 0.867869

00:06:59.352 --> 00:07:01.893 continue to kind of take off on

NOTE Confidence: 0.867869

00:07:01.893 --> 00:07:04.168 their own and then was able to kind

NOTE Confidence: 0.867869

00:07:04.168 --> 00:07:06.260 of as I was getting other funding

NOTE Confidence: 0.867869

00:07:06.260 --> 00:07:07.885 or other projects came along.

NOTE Confidence: 0.867869

00:07:07.890 --> 00:07:10.830 I was able to sort of.

NOTE Confidence: 0.867869

00:07:10.830 --> 00:07:12.805 Take a less directly involved

NOTE Confidence: 0.867869

00:07:12.805 --> 00:07:15.640 role and then kind of gradually.

NOTE Confidence: 0.867869

00:07:15.640 --> 00:07:18.699 I'm still involved with the program today,

NOTE Confidence: 0.867869

00:07:18.700 --> 00:07:19.130 but.

NOTE Confidence: 0.83986187

00:07:20.960 --> 00:07:23.294 I guess something else that I've

NOTE Confidence: 0.83986187

00:07:23.294 --> 00:07:25.318 been skeptical of during my

NOTE Confidence: 0.83986187

00:07:25.318 --> 00:07:27.308 training and you mentioned this.

NOTE Confidence: 0.83986187

00:07:27.310 --> 00:07:30.487 Like how do we know you know, right?

NOTE Confidence: 0.83986187

00:07:30.487 --> 00:07:33.266 So I can terms of symptom assessment.

NOTE Confidence: 0.83986187

00:07:33.270 --> 00:07:36.049 A lot of your work now is

NOTE Confidence: 0.83986187

00:07:36.049 --> 00:07:37.240 measuring different symptoms,

NOTE Confidence: 0.83986187

00:07:37.240 --> 00:07:40.402 like getting back to like the

NOTE Confidence: 0.83986187

00:07:40.402 --> 00:07:42.980 kernel behavior or whatever and.

NOTE Confidence: 0.83986187

00:07:42.980 --> 00:07:45.320 At what point in your training did

NOTE Confidence: 0.83986187

00:07:45.320 --> 00:07:47.369 you start to wonder like whether

NOTE Confidence: 0.83986187

00:07:47.369 --> 00:07:50.097 even the words that we were using to

NOTE Confidence: 0.83986187

00:07:50.097 --> 00:07:51.997 describe conditions or like those

NOTE Confidence: 0.83986187

00:07:51.997 --> 00:07:54.235 sorts of dependencies that may or

NOTE Confidence: 0.83986187

00:07:54.240 --> 00:07:58.377 may not add up to bipolar disorder?

NOTE Confidence: 0.83986187

00:07:58.380 --> 00:08:00.536 What was your like journey through that?

NOTE Confidence: 0.89895165

00:08:01.770 --> 00:08:05.558 Yeah, I mean I think. You know,

13

NOTE Confidence: 0.89895165

00:08:05.558 --> 00:08:07.720 I guess my experience of that was sort of.

NOTE Confidence: 0.8367815

00:08:10.150 --> 00:08:11.420 It didn't really make much

NOTE Confidence: 0.8367815

00:08:11.420 --> 00:08:13.362 sense that that was how we were

NOTE Confidence: 0.8367815

00:08:13.362 --> 00:08:16.220 doing the evaluations, but.

NOTE Confidence: 0.8367815

00:08:16.220 --> 00:08:17.870 You know when you're training to

NOTE Confidence: 0.8367815

00:08:17.870 --> 00:08:19.730 become a doctor or psychiatrist,

NOTE Confidence: 0.8367815

00:08:19.730 --> 00:08:21.638 big part of that is just,

NOTE Confidence: 0.8367815

00:08:21.640 --> 00:08:23.240 you know what's the protocol?

NOTE Confidence: 0.8367815

00:08:23.240 --> 00:08:25.466 What do you need me to do?

NOTE Confidence: 0.8367815

00:08:25.470 --> 00:08:28.014 Should you need me to ask these questions?

NOTE Confidence: 0.8367815

00:08:28.020 --> 00:08:30.580 OK, you know, write down what they say.

NOTE Confidence: 0.8367815

00:08:30.580 --> 00:08:31.534 OK, like, OK,

NOTE Confidence: 0.8367815

00:08:31.534 --> 00:08:33.124 you're calling that pressured speech,

NOTE Confidence: 0.8367815

00:08:33.130 --> 00:08:35.090 OK, you're calling this low mood or

NOTE Confidence: 0.8367815

00:08:35.090 --> 00:08:36.960 you're calling this constricted affect.

NOTE Confidence: 0.81873703

00:08:39.640 --> 00:08:42.167 So I just saw it as a.

00:08:42.170 --> 00:08:44.690 We're just being trained to follow protocol.

00:08:44.690 --> 00:08:46.500 I'm not going to question,

00:08:46.500 --> 00:08:49.027 you know like on the one hand,

00:08:49.030 --> 00:08:52.516 like it's seemed really arbitrary and.

00:08:52.520 --> 00:08:54.184 Probably not biologically based,

00:08:54.184 --> 00:08:56.680 but at the same time it's.

00:08:56.680 --> 00:08:59.291 It's it's allows first kind of reliability

00:08:59.291 --> 00:09:01.890 that had a pragmatic utilities,

00:09:01.890 --> 00:09:06.230 so I really try to do separate in my mind,

00:09:06.230 --> 00:09:09.990 the pragmatic utility piece from.

00:09:09.990 --> 00:09:11.698 From but you know,

00:09:11.698 --> 00:09:14.260 but at the same time each.

00:09:14.260 --> 00:09:15.590 Experience of this of, like you know,

00:09:15.590 --> 00:09:16.730 why are we doing this again?

00:09:16.730 --> 00:09:18.062 OK, just that's fine,

NOTE Confidence: 0.81873703

00:09:18.062 --> 00:09:20.060 but just tell me you know.

NOTE Confidence: 0.81873703

00:09:20.060 --> 00:09:21.484 Through each clinical experience,

NOTE Confidence: 0.81873703

00:09:21.484 --> 00:09:24.039 just kind of noticing the places where

NOTE Confidence: 0.81873703

00:09:24.039 --> 00:09:25.839 something could be more objective.

NOTE Confidence: 0.8176099

00:09:27.870 --> 00:09:30.444 And kind of filing that away a little bit,

NOTE Confidence: 0.8176099

00:09:30.450 --> 00:09:32.763 you know, just to say like I can't possibly

NOTE Confidence: 0.8176099

00:09:32.763 --> 00:09:35.311 study everything right now, but like here,

NOTE Confidence: 0.8176099

00:09:35.311 --> 00:09:38.510 here's a way for me to say like.

NOTE Confidence: 0.8176099

00:09:38.510 --> 00:09:41.075 You know this one is really kind of fuzzy,

NOTE Confidence: 0.8176099

00:09:41.080 --> 00:09:43.654 and none of the clinicians know what this is,

NOTE Confidence: 0.8176099

00:09:43.660 --> 00:09:45.088 but they're constantly

NOTE Confidence: 0.8176099

00:09:45.088 --> 00:09:47.944 having to put it on paper.

NOTE Confidence: 0.8176099

00:09:47.950 --> 00:09:50.222 And it's causing a lot of confusion or

NOTE Confidence: 0.8176099

00:09:50.222 --> 00:09:52.403 like something like why are we documenting

NOTE Confidence: 0.8176099

00:09:52.403 --> 00:09:54.549 endzeit exactly like what does that mean?

NOTE Confidence: 0.8176099

00:09:54.550 --> 00:09:56.461 When I show a patient my note

NOTE Confidence: 0.8176099

00:09:56.461 --> 00:09:58.449 that says he has poor insight,

NOTE Confidence: 0.8176099

00:09:58.450 --> 00:10:00.042 he gets really upset.

NOTE Confidence: 0.8176099

00:10:00.042 --> 00:10:02.275 So like, should we be using a

NOTE Confidence: 0.8176099

00:10:02.275 --> 00:10:03.423 different word than insight?

NOTE Confidence: 0.8176099

00:10:03.430 --> 00:10:05.439 You know, I know what we mean,

NOTE Confidence: 0.8176099

00:10:05.440 --> 00:10:07.610 but like you know, just.

NOTE Confidence: 0.8176099

00:10:07.610 --> 00:10:09.815 Starts you thinking along the lines of.

NOTE Confidence: 0.8176099

00:10:09.820 --> 00:10:11.084 Like are these assessments

NOTE Confidence: 0.8176099

00:10:11.084 --> 00:10:12.348 were doing truly optimal?

NOTE Confidence: 0.8176099

00:10:12.350 --> 00:10:13.510 You know I didn't.

NOTE Confidence: 0.8176099

00:10:13.510 --> 00:10:15.250 It's like and you kind of

NOTE Confidence: 0.8176099

00:10:15.319 --> 00:10:16.767 know that they're not.

NOTE Confidence: 0.8176099

00:10:16.770 --> 00:10:19.266 But you know that they're sort of time

NOTE Confidence: 0.8176099

00:10:19.266 --> 00:10:21.828 honored and there's not a lot of evidence.

NOTE Confidence: 0.8176099

00:10:21.830 --> 00:10:23.114 Do something different,

NOTE Confidence: 0.8176099

00:10:23.114 --> 00:10:26.570 and so you know it's question is like.

NOTE Confidence: 0.8176099

00:10:26.570 --> 00:10:28.187 If we are going to change things,

NOTE Confidence: 0.8176099

00:10:28.190 --> 00:10:30.752 how would we know that we're changing

NOTE Confidence: 0.8176099

00:10:30.752 --> 00:10:33.400 them for the better and stuff so?

NOTE Confidence: 0.8176099

00:10:33.400 --> 00:10:33.740 But

NOTE Confidence: 0.86158735

00:10:33.740 --> 00:10:35.120 the question I think

NOTE Confidence: 0.86158735

00:10:35.120 --> 00:10:36.488 it's interesting 'cause not

NOTE Confidence: 0.86158735

00:10:36.488 --> 00:10:38.198 everyone thinks along those lines.

NOTE Confidence: 0.86158735

00:10:38.200 --> 00:10:39.978 Alright, so I'm wondering if.

NOTE Confidence: 0.86158735

00:10:39.978 --> 00:10:43.242 I mean, I I I've noticed many residents

NOTE Confidence: 0.86158735

00:10:43.242 --> 00:10:46.239 don't don't think along those lines.

NOTE Confidence: 0.86158735

00:10:46.240 --> 00:10:48.604 Many attendings you know people have

NOTE Confidence: 0.86158735

00:10:48.604 --> 00:10:51.139 been practicing for their entire career.

NOTE Confidence: 0.86158735

00:10:51.140 --> 00:10:53.180 Don't really question that. So.

NOTE Confidence: 0.86158735

00:10:53.180 --> 00:10:55.610 So there's a difference between becoming

NOTE Confidence: 0.86158735

00:10:55.610 --> 00:10:57.670 proficient at detecting pressured speech,

NOTE Confidence: 0.86158735

00:10:57.670 --> 00:10:59.705 say and wondering what exactly

NOTE Confidence: 0.86158735

00:10:59.705 --> 00:11:01.333 is pressured speech like.

NOTE Confidence: 0.86158735

00:11:01.340 --> 00:11:04.182 At what frequency of words does it

NOTE Confidence: 0.86158735

00:11:04.182 --> 00:11:06.639 become pressured from normal or rapid?

NOTE Confidence: 0.86158735

00:11:06.640 --> 00:11:09.500 Or like where is the line? Yeah,

NOTE Confidence: 0.8676903

00:11:09.500 --> 00:11:11.292 yeah, and I wasn't.

NOTE Confidence: 0.8676903

00:11:11.292 --> 00:11:14.065 I mean, I wasn't necessarily

NOTE Confidence: 0.8676903

00:11:14.065 --> 00:11:18.440 preoccupied with that like in terms of.

NOTE Confidence: 0.8676903

00:11:18.440 --> 00:11:22.016 Defining the words, but I think.

NOTE Confidence: 0.8676903

00:11:22.020 --> 00:11:24.612 I guess it was more about

NOTE Confidence: 0.8676903

00:11:24.612 --> 00:11:26.860 when you go from the.

NOTE Confidence: 0.8676903

00:11:26.860 --> 00:11:28.470 Stage of training where you're

NOTE Confidence: 0.8676903

00:11:28.470 --> 00:11:30.373 really just filling out the forms

NOTE Confidence: 0.8676903

00:11:30.373 --> 00:11:32.277 the way you know to fill them out

NOTE Confidence: 0.8676903

00:11:32.277 --> 00:11:34.524 can work done to get the work done

NOTE Confidence: 0.8676903

00:11:34.524 --> 00:11:36.860 to really trying to get to be better

NOTE Confidence: 0.8676903

00:11:36.930 --> 00:11:39.026 at it to be more efficient at it.

NOTE Confidence: 0.8676903

00:11:39.030 --> 00:11:40.906 To kind of have a more intuition

NOTE Confidence: 0.8676903

00:11:40.906 --> 00:11:42.951 around you know these kind of master

NOTE Confidence: 0.8676903

00:11:42.951 --> 00:11:45.056 clinicians who could come into a room

NOTE Confidence: 0.8676903

00:11:45.056 --> 00:11:46.967 and then within a few seconds have

NOTE Confidence: 0.8676903

00:11:46.967 --> 00:11:48.935 zeroed in on some core pathology to

NOTE Confidence: 0.8676903

00:11:48.935 --> 00:11:50.664 me that was really fascinating, right?

NOTE Confidence: 0.8676903

00:11:50.664 --> 00:11:52.862 Like you know we spend so much

NOTE Confidence: 0.8676903

00:11:52.862 --> 00:11:54.731 time getting these notes documented

NOTE Confidence: 0.8676903

00:11:54.731 --> 00:11:57.077 for billing and all these things.

NOTE Confidence: 0.8676903

00:11:57.080 --> 00:11:59.250 But you know you have the clinicians

NOTE Confidence: 0.8676903

00:11:59.250 --> 00:12:00.959 who are not doing that,

NOTE Confidence: 0.8676903

00:12:00.960 --> 00:12:03.144 but they're able to kind of come in

NOTE Confidence: 0.8676903

00:12:03.144 --> 00:12:04.983 and ask these incisive questions

NOTE Confidence: 0.8676903

00:12:04.983 --> 00:12:05.797 and get

NOTE Confidence: 0.8166585

00:12:05.800 --> 00:12:07.738 to the heart of the matter.

NOTE Confidence: 0.8166585

00:12:07.740 --> 00:12:09.032 Something I remember observing

NOTE Confidence: 0.8166585

00:12:09.032 --> 00:12:10.970 in intern year was there's a.

NOTE Confidence: 0.8166585

00:12:10.970 --> 00:12:13.470 There's a clinician, Tom Duffy.

NOTE Confidence: 0.8166585

00:12:13.470 --> 00:12:14.980 Here, who is a hematologist.

NOTE Confidence: 0.8166585

00:12:14.980 --> 00:12:16.636 I've ever one morning was like

NOTE Confidence: 0.8166585

00:12:16.636 --> 00:12:18.453 7 in the morning we've been

NOTE Confidence: 0.8166585

00:12:18.453 --> 00:12:20.088 this is a medicine rotation,

NOTE Confidence: 0.8166585

00:12:20.090 --> 00:12:23.114 even fretting over this one patient for it.

NOTE Confidence: 0.8166585

00:12:23.120 --> 00:12:26.736 Half an hour you know the whole team

NOTE Confidence: 0.8166585

00:12:26.736 --> 00:12:29.390 standing around and he came in and.

NOTE Confidence: 0.8166585

00:12:29.390 --> 00:12:30.965 Within 30 seconds it couldn't

NOTE Confidence: 0.8166585

00:12:30.965 --> 00:12:33.090 have been more than 30 seconds.

NOTE Confidence: 0.8166585

00:12:33.090 --> 00:12:34.770 He knew what was wrong.

NOTE Confidence: 0.8166585

00:12:34.770 --> 00:12:36.450 He ordered the tests and

00:12:36.450 --> 00:12:38.130 the test came back exactly.

00:12:38.130 --> 00:12:40.945 See predicted and I remember thinking like.

00:12:40.945 --> 00:12:44.516 So here's a guy who was detecting some

00:12:44.516 --> 00:12:48.118 signal which none of us were able to detect.

00:12:48.120 --> 00:12:50.226 But then there was another step

00:12:50.226 --> 00:12:52.508 where he was able to demonstrate

00:12:52.508 --> 00:12:54.914 that what he had detected is

00:12:54.914 --> 00:12:56.870 accurate and his prediction.

00:12:56.870 --> 00:12:59.258 He had made a quantifiable prediction

00:12:59.258 --> 00:13:01.695 with Mary Unquantified an I've had

00:13:01.695 --> 00:13:03.635 the same experience in psychiatry,

00:13:03.640 --> 00:13:06.112 where people with equal vigor can

00:13:06.112 --> 00:13:08.410 conviction state a formulation for case.

00:13:08.410 --> 00:13:11.458 But then there's no way to.

00:13:11.460 --> 00:13:14.410 Really test whether that's accurate.

00:13:15.680 --> 00:13:18.949 Well, right? I mean sometimes it is.

NOTE Confidence: 0.88983834

00:13:18.950 --> 00:13:20.228 You know you can ask them,

NOTE Confidence: 0.88983834

00:13:20.230 --> 00:13:21.581 and that's like if you have a

NOTE Confidence: 0.88983834

00:13:21.581 --> 00:13:23.134 sense that like I bet this is

NOTE Confidence: 0.88983834

00:13:23.134 --> 00:13:24.058 somebody with trauma history.

NOTE Confidence: 0.88983834

00:13:24.060 --> 00:13:25.600 I'm just getting that vibe or there's

NOTE Confidence: 0.88983834

00:13:25.600 --> 00:13:27.044 something I'm picking up, sure. Yeah yeah.

NOTE Confidence: 0.88983834

00:13:27.044 --> 00:13:30.006 Then you can ask for you start to use your.

NOTE Confidence: 0.88983834

00:13:30.010 --> 00:13:31.946 Hypothesis generation to basically

NOTE Confidence: 0.88983834

00:13:31.946 --> 00:13:37.259 gradually zero in on that, so I think.

NOTE Confidence: 0.88983834

00:13:37.260 --> 00:13:40.349 So I think we we still, as you know,

NOTE Confidence: 0.88983834

00:13:40.349 --> 00:13:42.750 good clinicians still do that which is

NOTE Confidence: 0.88983834

00:13:42.824 --> 00:13:45.520 like within a very short amount of time.

NOTE Confidence: 0.88983834

00:13:45.520 --> 00:13:48.556 They use the gestalts, sort of.

NOTE Confidence: 0.88983834

00:13:48.560 --> 00:13:49.820 Where you're looking,

NOTE Confidence: 0.88983834

00:13:49.820 --> 00:13:52.340 how you're moving to generate some

23

NOTE Confidence: 0.88983834

00:13:52.340 --> 00:13:54.159 hypothesis and then the questions

NOTE Confidence: 0.88983834

00:13:54.159 --> 00:13:56.536 are really kind of designed to zero

NOTE Confidence: 0.88983834

00:13:56.536 --> 00:13:58.420 in on that mythology and then.

NOTE Confidence: 0.92551756

00:14:01.550 --> 00:14:05.495 You know? Is there like a lab

NOTE Confidence: 0.92551756

00:14:05.495 --> 00:14:08.388 test you can then run to be 100%?

NOTE Confidence: 0.92551756

00:14:08.390 --> 00:14:10.889 Generally no, but.

NOTE Confidence: 0.92551756

00:14:10.890 --> 00:14:12.070 Our tactic is usually like,

NOTE Confidence: 0.92551756

00:14:12.070 --> 00:14:13.182 well, if I'm right,

NOTE Confidence: 0.92551756

00:14:13.182 --> 00:14:15.594 then I should be able to use this

NOTE Confidence: 0.92551756

00:14:15.594 --> 00:14:17.953 medication and then it will get better.

NOTE Confidence: 0.92551756

00:14:17.960 --> 00:14:22.400 So yeah, it's it's a gap that

NOTE Confidence: 0.92551756

00:14:22.400 --> 00:14:24.150 needs to be filled. Well.

NOTE Confidence: 0.82482755

00:14:24.150 --> 00:14:26.643 Occurs to me now that a lot of your

NOTE Confidence: 0.82482755

00:14:26.643 --> 00:14:29.484 research in the digital phenotyping is more

NOTE Confidence: 0.82482755

00:14:29.484 --> 00:14:31.850 precisely defining the problem. Set right?

NOTE Confidence: 0.82482755

00:14:31.850 --> 00:14:33.950 So like you work with accelerometers,

NOTE Confidence: 0.82482755

00:14:33.950 --> 00:14:35.870 speech analysis, facial expression like

NOTE Confidence: 0.82482755

00:14:35.870 --> 00:14:38.498 these are all things that you can do.

NOTE Confidence: 0.82482755

00:14:38.500 --> 00:14:39.900 Like yeah, I mean,

NOTE Confidence: 0.82482755

00:14:39.900 --> 00:14:41.650 well obviously not the accelerator.

NOTE Confidence: 0.82482755

00:14:41.650 --> 00:14:43.278 Maybe your Geo location,

NOTE Confidence: 0.82482755

00:14:43.278 --> 00:14:46.550 but certainly you can look at a patient.

NOTE Confidence: 0.82482755

00:14:46.550 --> 00:14:47.588 Analyze their face,

NOTE Confidence: 0.82482755

00:14:47.588 --> 00:14:49.664 see where their eyes are gazing.

NOTE Confidence: 0.82482755

00:14:49.670 --> 00:14:51.550 Don't tell something about their

NOTE Confidence: 0.82482755

00:14:51.550 --> 00:14:53.794 body language or affect and you

NOTE Confidence: 0.82482755

00:14:53.794 --> 00:14:57.330 don't need a number for that, but.

NOTE Confidence: 0.82482755

00:14:57.330 --> 00:14:59.360 That maybe maybe you're trying to pin

NOTE Confidence: 0.82482755

00:14:59.360 --> 00:15:01.418 yourself down to a number like cannot?

NOTE Confidence: 0.82482755

00:15:01.420 --> 00:15:03.748 Could I understand it like that or is?

NOTE Confidence: 0.82482755

00:15:03.750 --> 00:15:04.050 Yeah,

00:15:04.050 --> 00:15:06.258 I guess the way I would think about

00:15:06.258 --> 00:15:08.867 it is like my experience of being

00:15:08.867 --> 00:15:10.852 a psychiatry resident was like.

00:15:10.860 --> 00:15:12.558 You're not very good at everything.

00:15:12.560 --> 00:15:14.264 You're being trained to do 'cause

00:15:14.264 --> 00:15:16.472 you're just learning, and so you get.

00:15:16.472 --> 00:15:18.500 But you get exposed to people

00:15:18.576 --> 00:15:20.526 who are really good at it.

00:15:20.530 --> 00:15:23.635 And then you're trying to see if you can

00:15:23.635 --> 00:15:26.254 figure out how to get good like that,

00:15:26.260 --> 00:15:28.956 and what exactly is it that they're doing.

00:15:28.960 --> 00:15:33.540 That's different than what I can do, and so.

00:15:33.540 --> 00:15:35.860 The ability of really good

00:15:35.860 --> 00:15:38.180 psychiatrists to enter ologist to

00:15:38.261 --> 00:15:40.655 pick up on these subtle things.

00:15:40.660 --> 00:15:43.260 And like be able to tell that this

NOTE Confidence: 0.8148651

00:15:43.260 --> 00:15:45.361 particular type of movement is a

NOTE Confidence: 0.8148651

00:15:45.361 --> 00:15:47.431 lithium trimmer because it's in this

NOTE Confidence: 0.8148651

00:15:47.498 --> 00:15:49.223 frequency or that this particular

NOTE Confidence: 0.8148651

00:15:49.223 --> 00:15:51.309 kind of head nod is Parkinson's

NOTE Confidence: 0.8148651

00:15:51.309 --> 00:15:53.104 versus essential tremors because of

NOTE Confidence: 0.8148651

00:15:53.104 --> 00:15:55.226 sort of like the precise dynamics

NOTE Confidence: 0.8148651

00:15:55.226 --> 00:15:57.116 or the way that it's moving.

NOTE Confidence: 0.82295716

00:15:59.150 --> 00:16:01.604 Or that this person speech is

NOTE Confidence: 0.82295716

00:16:01.604 --> 00:16:04.338 manic and this other persons is

NOTE Confidence: 0.82295716

00:16:04.338 --> 00:16:06.873 psychotic because of very subtle

NOTE Confidence: 0.82295716

00:16:06.873 --> 00:16:09.790 dysarthria is that they're hearing?

NOTE Confidence: 0.82295716

00:16:09.790 --> 00:16:12.211 It was that being able to map between these

NOTE Confidence: 0.82295716

00:16:12.211 --> 00:16:14.081 sort of subtle constellation of features

NOTE Confidence: 0.82295716

00:16:14.081 --> 00:16:16.918 into sort of a much more coherent formula.

NOTE Confidence: 0.82295716

00:16:16.920 --> 00:16:19.090 That to me was what was really

NOTE Confidence: 0.82295716

00:16:19.090 --> 00:16:21.106 cool about it, which is like.

NOTE Confidence: 0.82295716

00:16:21.106 --> 00:16:24.610 I can kind of see that they're doing this,

NOTE Confidence: 0.82295716

00:16:24.610 --> 00:16:27.688 but like I am not good at it and this idea

NOTE Confidence: 0.82295716

00:16:27.688 --> 00:16:30.676 that I'm just going to like see a million

NOTE Confidence: 0.82295716

00:16:30.752 --> 00:16:33.566 patients and eventually get good at it.

NOTE Confidence: 0.82295716

00:16:33.570 --> 00:16:37.940 Seems to me kind of crazy, because then.

NOTE Confidence: 0.82295716

00:16:37.940 --> 00:16:39.851 Like no one will get good until

NOTE Confidence: 0.82295716

00:16:39.851 --> 00:16:41.420 they've seen people for 10 years.

NOTE Confidence: 0.82295716

00:16:41.420 --> 00:16:42.760 Yeah, what about the half

NOTE Confidence: 0.8194854

00:16:42.760 --> 00:16:44.100 a million they see before

NOTE Confidence: 0.8194854

00:16:44.100 --> 00:16:44.910 their angry and

NOTE Confidence: 0.8194854

00:16:44.910 --> 00:16:46.989 so and so? How is it that you know

NOTE Confidence: 0.8194854

00:16:46.989 --> 00:16:49.195 going to school in a teaching hospital?

NOTE Confidence: 0.8194854

00:16:49.200 --> 00:16:51.069 You know you're not providing great care,

NOTE Confidence: 0.8194854

00:16:51.070 --> 00:16:52.678 but you're kind of like wow,

NOTE Confidence: 0.8194854

00:16:52.680 --> 00:16:55.375 they're letting me see people even though

NOTE Confidence: 0.8194854

00:16:55.375 --> 00:16:58.536 my skill set is so mature at this point.

NOTE Confidence: 0.8194854

00:16:58.540 --> 00:17:00.801 And just kind of feeling uncomfortable about

NOTE Confidence: 0.8194854

00:17:00.801 --> 00:17:03.236 that and thinking like, gosh, you know,

NOTE Confidence: 0.8194854

00:17:03.236 --> 00:17:06.240 if there was at least some ways of.

NOTE Confidence: 0.8194854

00:17:06.240 --> 00:17:08.472 Having some assistance in terms of some of

NOTE Confidence: 0.8194854

00:17:08.472 --> 00:17:10.507 these features which should be quantifiable.

NOTE Confidence: 0.8194854

00:17:10.510 --> 00:17:12.035 Like, shouldn't we be investing

NOTE Confidence: 0.8194854

00:17:12.035 --> 00:17:13.560 in that kind of thing?

NOTE Confidence: 0.8194854

00:17:13.560 --> 00:17:15.625 Even so that like somebody like me

NOTE Confidence: 0.8194854

00:17:15.625 --> 00:17:17.920 could learn to do it way faster or

NOTE Confidence: 0.8194854

00:17:17.920 --> 00:17:19.676 there wouldn't be as much liability

NOTE Confidence: 0.8194854

00:17:19.676 --> 00:17:22.035 when I'm not trained up and stuff

NOTE Confidence: 0.8194854

00:17:22.035 --> 00:17:24.375 or something as basic as like I'm

NOTE Confidence: 0.8194854

00:17:24.375 --> 00:17:27.355 going to have to go to my supervisor

NOTE Confidence: 0.8194854

00:17:27.355 --> 00:17:30.211 later and tell them how it went?

NOTE Confidence: 0.8194854

00:17:30.220 --> 00:17:32.005 And if I feel like dodging it,

NOTE Confidence: 0.8194854

00:17:32.010 --> 00:17:35.166 I could just talk about neuroscience.

NOTE Confidence: 0.8194854

00:17:35.170 --> 00:17:37.440 Alright baby.

NOTE Confidence: 0.8194854

00:17:37.440 --> 00:17:39.753 Or if I really want to learn that day,

NOTE Confidence: 0.8194854

00:17:39.760 --> 00:17:41.377 I could record the session and then

NOTE Confidence: 0.8194854

00:17:41.377 --> 00:17:43.069 play it from my supervisor and we

NOTE Confidence: 0.8194854

00:17:43.069 --> 00:17:44.860 could go through it in great detail

NOTE Confidence: 0.8194854

00:17:44.860 --> 00:17:46.465 and I'll feel really embarrassed.

NOTE Confidence: 0.8194854

00:17:46.470 --> 00:17:49.050 And yet, like I will learn way more that day,

NOTE Confidence: 0.8194854

00:17:49.050 --> 00:17:50.078 could they let you

NOTE Confidence: 0.8490447

00:17:50.080 --> 00:17:51.112 do that? Sure? Oh,

NOTE Confidence: 0.8490447

00:17:51.112 --> 00:17:52.658 they did not let us record.

NOTE Confidence: 0.8490447

00:17:52.658 --> 00:17:54.464 I would have loved to have done

NOTE Confidence: 0.8490447

00:17:54.470 --> 00:17:56.478 that. I mean, I think in most programs

NOTE Confidence: 0.8490447

00:17:56.478 --> 00:17:57.818 it's considered standard of care.

NOTE Confidence: 0.8490447

00:17:57.820 --> 00:17:58.852 If you're learning psychotherapy

NOTE Confidence: 0.8490447

00:17:58.852 --> 00:18:02.248 to record your sessions, not a lot.

NOTE Confidence: 0.8490447

00:18:02.250 --> 00:18:03.972 Yes, that's unusual. I think.

NOTE Confidence: 0.8490447

00:18:03.972 --> 00:18:06.724 I mean, it's a it's definitely part of

NOTE Confidence: 0.8490447

00:18:06.724 --> 00:18:08.100 almost every psychological training.

NOTE Confidence: 0.8490447

00:18:08.100 --> 00:18:10.158 And then yeah, no. We were.

NOTE Confidence: 0.8490447

00:18:10.160 --> 00:18:11.540 We were strongly encouraged.

NOTE Confidence: 0.8490447

00:18:11.540 --> 00:18:13.259 You know, with patient permission,

NOTE Confidence: 0.8490447

00:18:13.259 --> 00:18:14.974 you gotta get them signed.

NOTE Confidence: 0.8490447

00:18:14.980 --> 00:18:16.510 Yes, to get audio recordings

NOTE Confidence: 0.8490447

00:18:16.510 --> 00:18:18.508 and in some cases like video

NOTE Confidence: 0.8490447

00:18:18.508 --> 00:18:20.140 recordings of your sessions,

NOTE Confidence: 0.8490447

00:18:20.140 --> 00:18:22.456 because unlike the old days where

NOTE Confidence: 0.8490447

00:18:22.456 --> 00:18:25.263 you would have a one way mirror

NOTE Confidence: 0.8490447

00:18:25.263 --> 00:18:27.627 an you get somebody like really

NOTE Confidence: 0.8490447

00:18:27.627 --> 00:18:30.339 like watching you and Nikki notes.

NOTE Confidence: 0.8490447

00:18:30.340 --> 00:18:32.436 So here was a way to use technology

NOTE Confidence: 0.8490447

00:18:32.436 --> 00:18:34.080 in a very simple way,

NOTE Confidence: 0.8490447

00:18:34.080 --> 00:18:35.778 which is just don't worry bout

NOTE Confidence: 0.8490447

00:18:35.778 --> 00:18:37.250 scribbling down your process notes.

NOTE Confidence: 0.8490447

00:18:37.250 --> 00:18:40.130 I mean there may be a reason to do that,

NOTE Confidence: 0.8490447

00:18:40.130 --> 00:18:41.936 but let's let's have you actually

NOTE Confidence: 0.8490447

00:18:41.936 --> 00:18:43.724 record verbatim what was said and

NOTE Confidence: 0.8490447

00:18:43.724 --> 00:18:45.320 your posture and all the things?

NOTE Confidence: 0.8490447

00:18:45.320 --> 00:18:47.028 And and let's just look at it

NOTE Confidence: 0.8490447

00:18:47.028 --> 00:18:49.187 and see what you might be doing

NOTE Confidence: 0.8490447

00:18:49.187 --> 00:18:50.210 differently and stuff.

NOTE Confidence: 0.8490447

00:18:50.210 --> 00:18:51.896 And to me like those were

NOTE Confidence: 0.8490447

00:18:51.896 --> 00:18:53.380 the moments that were both.

NOTE Confidence: 0.8490447

00:18:53.380 --> 00:18:55.126 Again like you feel yourself being

NOTE Confidence: 0.8490447

00:18:55.126 --> 00:18:56.839 sculpted out of out of stone.

NOTE Confidence: 0.8490447

00:18:56.840 --> 00:18:58.556 'cause it's like kind of painful.

NOTE Confidence: 0.8490447

00:18:58.560 --> 00:19:00.989 But at the same time you're like.

NOTE Confidence: 0.8490447

00:19:00.990 --> 00:19:01.284 Oh,

NOTE Confidence: 0.8490447

00:19:01.284 --> 00:19:03.636 that's what you mean by this and you

NOTE Confidence: 0.8490447

00:19:03.636 --> 00:19:06.289 kind of have somebody's not in the room,

NOTE Confidence: 0.8490447

00:19:06.290 --> 00:19:09.410 but it kind of in the room to train you.

NOTE Confidence: 0.8490447

00:19:09.410 --> 00:19:11.566 So it was all sorts of variances

NOTE Confidence: 0.8490447

00:19:11.566 --> 00:19:13.778 that to me it was like this.

NOTE Confidence: 0.8490447

00:19:13.780 --> 00:19:14.083 OK,

NOTE Confidence: 0.8490447

00:19:14.083 --> 00:19:15.901 obviously it would be way more

NOTE Confidence: 0.8490447

00:19:15.901 --> 00:19:17.504 efficient if everyone had to

NOTE Confidence: 0.8490447

00:19:17.504 --> 00:19:19.082 record every single session, right?

NOTE Confidence: 0.8490447

00:19:19.082 --> 00:19:20.330 Because I you know,

NOTE Confidence: 0.8490447

00:19:20.330 --> 00:19:22.610 like and I get that there there are

NOTE Confidence: 0.8490447

00:19:22.610 --> 00:19:24.699 technical and privacy issues with that.

NOTE Confidence: 0.8490447

00:19:24.700 --> 00:19:27.820 And like not every patient may want to do it,

NOTE Confidence: 0.8490447

00:19:27.820 --> 00:19:31.260 but. It just seemed like a natural thing.

NOTE Confidence: 0.8490447

00:19:31.260 --> 00:19:33.484 If you're going to be in a training

NOTE Confidence: 0.8490447

00:19:33.484 --> 00:19:35.400 hospital that for the types of

NOTE Confidence: 0.8490447

00:19:35.400 --> 00:19:36.696 encounters where they really

NOTE Confidence: 0.8490447

00:19:36.696 --> 00:19:38.650 couldn't be someone in the room

NOTE Confidence: 0.8490447

00:19:38.650 --> 00:19:40.522 for various reasons that you needed

NOTE Confidence: 0.8490447

00:19:40.530 --> 00:19:42.390 systems to be able to objectify,

NOTE Confidence: 0.8490447

00:19:42.390 --> 00:19:43.930 like what was going on.

NOTE Confidence: 0.8490447

00:19:43.930 --> 00:19:46.306 If only the if the only reason to do

NOTE Confidence: 0.8490447

00:19:46.306 --> 00:19:48.667 it was to get more useful supervision

NOTE Confidence: 0.8490447

00:19:48.667 --> 00:19:51.040 and not be able to like Dodge,

NOTE Confidence: 0.8490447

00:19:51.040 --> 00:19:52.280 sure your blind spots

NOTE Confidence: 0.84202087

00:19:52.280 --> 00:19:54.121 stuff. I'm wondering so it sounds like

NOTE Confidence: 0.84202087

00:19:54.121 --> 00:19:55.781 there's a different orientation towards

NOTE Confidence: 0.84202087

00:19:55.781 --> 00:19:58.444 technology then, at least in the.

NOTE Confidence: 0.84202087

00:19:58.444 --> 00:20:00.288 The long term care.

NOTE Confidence: 0.84202087

00:20:00.290 --> 00:20:03.440 Training some aspect of the residency

NOTE Confidence: 0.84202087

00:20:03.440 --> 00:20:06.565 training between our programs and I've

NOTE Confidence: 0.84202087

00:20:06.565 --> 00:20:08.915 wondered sometimes if the culture

NOTE Confidence: 0.84202087

00:20:08.915 --> 00:20:11.430 of an institution is such that.

NOTE Confidence: 0.84202087

00:20:11.430 --> 00:20:13.530 People don't want measurement

NOTE Confidence: 0.84202087

00:20:13.530 --> 00:20:16.680 because then they could be disproven.

NOTE Confidence: 0.84202087

00:20:16.680 --> 00:20:18.040 And so I wonder,

NOTE Confidence: 0.84202087

00:20:18.040 --> 00:20:20.508 so some some attendings that one of the

NOTE Confidence: 0.84202087

00:20:20.508 --> 00:20:22.800 reasons I really respected Doctor Duffy.

NOTE Confidence: 0.84202087

00:20:22.800 --> 00:20:25.376 It was he would tell you what his

NOTE Confidence: 0.84202087

00:20:25.376 --> 00:20:27.131 prediction was and that way you

NOTE Confidence: 0.84202087

00:20:27.131 --> 00:20:29.634 know it and he knew it and he

NOTE Confidence: 0.84202087

00:20:29.634 --> 00:20:31.794 was testing himself and holding

NOTE Confidence: 0.84202087

00:20:31.794 --> 00:20:33.340 himself accountable to prediction.

NOTE Confidence: 0.84202087

00:20:33.340 --> 00:20:34.652 I haven't found it.

NOTE Confidence: 0.84202087

00:20:34.652 --> 00:20:36.920 That's the case as much in psychiatry

NOTE Confidence: 0.84202087

00:20:36.982 --> 00:20:39.100 and I've been curious whether that's

NOTE Confidence: 0.84202087

00:20:39.100 --> 00:20:40.908 a cultural thing that's pervasive

NOTE Confidence: 0.84202087

00:20:40.908 --> 00:20:43.218 or maybe just my way of eliciting

NOTE Confidence: 0.84202087

00:20:43.218 --> 00:20:46.200 bad reaction from people, yeah?

NOTE Confidence: 0.846557

00:20:46.200 --> 00:20:48.392 Yeah, I mean, I think the culture of

NOTE Confidence: 0.846557

00:20:48.392 --> 00:20:49.611 measurement and like psychiatry's

NOTE Confidence: 0.846557

00:20:49.611 --> 00:20:51.465 is an interesting one I mean.

NOTE Confidence: 0.87772816

00:20:54.180 --> 00:20:56.850 Even something as basic as.

NOTE Confidence: 0.87772816

00:20:56.850 --> 00:20:58.520 When you have a complex

NOTE Confidence: 0.87772816

00:20:58.520 --> 00:21:00.655 patient being willing to get a

NOTE Confidence: 0.87772816

00:21:00.655 --> 00:21:02.247 neuro psych evaluation where,

NOTE Confidence: 0.87772816

00:21:02.250 --> 00:21:03.726 like the neuropsychologist could

NOTE Confidence: 0.87772816

00:21:03.726 --> 00:21:06.330 come in with their battery of tests

NOTE Confidence: 0.87772816

00:21:06.330 --> 00:21:08.619 and provide you like a system by

NOTE Confidence: 0.87772816

00:21:08.619 --> 00:21:10.530 system breakdown of their capacities.

NOTE Confidence: 0.79611585

00:21:13.080 --> 00:21:15.152 Which. Psychiatrist Azharul didn't

NOTE Confidence: 0.79611585

00:21:15.152 --> 00:21:19.260 didn't do, and part of that was.

NOTE Confidence: 0.79611585

00:21:19.260 --> 00:21:21.535 Well, is it really going to change

NOTE Confidence: 0.79611585

00:21:21.535 --> 00:21:23.625 my management or you know it's

NOTE Confidence: 0.79611585

00:21:23.625 --> 00:21:25.375 a lot of additional valuation?

NOTE Confidence: 0.79611585

00:21:25.380 --> 00:21:26.740 I'm not sure it's

NOTE Confidence: 0.86398375

00:21:26.740 --> 00:21:28.780 well so that so that question

NOTE Confidence: 0.86398375

00:21:28.780 --> 00:21:30.140 there is interesting, right?

NOTE Confidence: 0.86398375

00:21:30.140 --> 00:21:32.850 Because will it change my management and?

NOTE Confidence: 0.86398375

00:21:32.850 --> 00:21:35.594 I have had the experience that

NOTE Confidence: 0.86398375

00:21:35.594 --> 00:21:37.700 there isn't much that would change

NOTE Confidence: 0.86398375

00:21:37.700 --> 00:21:39.460 some people's management right now,

NOTE Confidence: 0.86398375

00:21:39.460 --> 00:21:41.215 and no amount of data

NOTE Confidence: 0.86398375

00:21:41.215 --> 00:21:42.970 will move amount right, so

NOTE Confidence: 0.8446671

00:21:42.970 --> 00:21:45.016 I think I think rather than

NOTE Confidence: 0.8446671

00:21:45.016 --> 00:21:46.830 being prescriptive of like woman,

NOTE Confidence: 0.8446671

00:21:46.830 --> 00:21:48.645 of course you should measure

NOTE Confidence: 0.8446671

00:21:48.645 --> 00:21:50.848 because this medicine and come on

NOTE Confidence: 0.8446671

00:21:50.848 --> 00:21:52.798 guys like let's measure the brain.

NOTE Confidence: 0.8446671

00:21:52.800 --> 00:21:53.850 Let's measure behavior.

NOTE Confidence: 0.8446671

00:21:53.850 --> 00:21:55.950 You know it's a no brainer,

NOTE Confidence: 0.8446671

00:21:55.950 --> 00:22:00.184 so to speak. But I think.

NOTE Confidence: 0.8446671

00:22:00.184 --> 00:22:02.992 One of the other really important

NOTE Confidence: 0.8446671

00:22:02.992 --> 00:22:05.766 skillsets I think of becoming a

NOTE Confidence: 0.8446671

00:22:05.766 --> 00:22:08.490 psychiatrist is sort of working with.

NOTE Confidence: 0.8446671

00:22:08.490 --> 00:22:09.758 Resistance when someone doesn't

NOTE Confidence: 0.8446671

00:22:09.758 --> 00:22:11.343 want to change their behavior?

NOTE Confidence: 0.8446671

00:22:11.350 --> 00:22:12.024 Sure, yeah.

NOTE Confidence: 0.8446671

00:22:12.024 --> 00:22:14.046 And then understanding that in terms

NOTE Confidence: 0.8446671

00:22:14.046 --> 00:22:16.205 of like not just being like will

NOTE Confidence: 0.8446671

00:22:16.205 --> 00:22:18.350 come on like why won't you change?

NOTE Confidence: 0.8446671

00:22:18.350 --> 00:22:20.886 You know, but to say like that's interesting.

NOTE Confidence: 0.8446671

00:22:20.890 --> 00:22:22.726 So what exactly is it about

NOTE Confidence: 0.8446671

00:22:22.726 --> 00:22:24.665 this that you would think is

NOTE Confidence: 0.8446671

00:22:24.665 --> 00:22:26.615 not worth doing this really to?

NOTE Confidence: 0.8732662

00:22:28.850 --> 00:22:31.188 To roll with the resistance right and

NOTE Confidence: 0.8732662

00:22:31.188 --> 00:22:34.293 to try to understand what is it about

NOTE Confidence: 0.8732662

00:22:34.293 --> 00:22:36.738 that additional thing that if you

NOTE Confidence: 0.8732662

00:22:36.738 --> 00:22:39.458 ordered that tasks and you got it back.

NOTE Confidence: 0.8732662

00:22:39.460 --> 00:22:41.572 You wouldn't want to necessarily use

NOTE Confidence: 0.8732662

00:22:41.572 --> 00:22:44.410 the data, so I think I learned a

NOTE Confidence: 0.8732662

00:22:44.410 --> 00:22:47.960 lot around just trying to, you know.

NOTE Confidence: 0.8732662

00:22:47.960 --> 00:22:50.263 Just accept that resistance as a valid

NOTE Confidence: 0.8732662

00:22:50.263 --> 00:22:52.751 thing and they do think it exists and

NOTE Confidence: 0.8732662

00:22:52.751 --> 00:22:54.929 it's valid and we can't dismiss it.

NOTE Confidence: 0.8732662

00:22:54.930 --> 00:22:57.550 And to think back around well, what?

NOTE Confidence: 0.8732662

00:22:57.550 --> 00:22:59.680 Why is that?

NOTE Confidence: 0.8732662

00:22:59.680 --> 00:23:02.256 You know, is it still worth measuring?

NOTE Confidence: 0.8732662

00:23:02.260 --> 00:23:04.535 How do we address the the places

NOTE Confidence: 0.8732662

00:23:04.535 --> 00:23:07.040 where there is a particular concern,

NOTE Confidence: 0.8732662

00:23:07.040 --> 00:23:09.164 whether it's a privacy concern or

NOTE Confidence: 0.8732662

00:23:09.164 --> 00:23:12.036 I don't want to be have my judgment

NOTE Confidence: 0.8732662

00:23:12.036 --> 00:23:14.770 usurped by this test kind of concern.

NOTE Confidence: 0.831077799999999

00:23:17.150 --> 00:23:18.758 'cause then it's sculps.

NOTE Confidence: 0.831077799999999

00:23:18.758 --> 00:23:21.784 Sort of how you think about incorporating

NOTE Confidence: 0.831077799999999

00:23:21.784 --> 00:23:24.982 the measurement and like where in

NOTE Confidence: 0.831077799999999

00:23:24.982 --> 00:23:27.408 the clinical decision making process

NOTE Confidence: 0.831077799999999

00:23:27.408 --> 00:23:30.376 there maybe is a role for a tasks

NOTE Confidence: 0.831077799999999

00:23:30.380 --> 00:23:34.130 that help somebody reduced there.

NOTE Confidence: 0.831077799999999

00:23:34.130 --> 00:23:36.359 There you know.

NOTE Confidence: 0.831077799999999

00:23:36.360 --> 00:23:40.968 That the uncertainty in situations where.

NOTE Confidence: 0.831077799999999

00:23:40.970 --> 00:23:42.244 I really don't know what to do

NOTE Confidence: 0.831077799999999

00:23:42.244 --> 00:23:43.667 and there might be a place that

NOTE Confidence: 0.831077799999999

00:23:43.667 --> 00:23:44.921 something like that would be helpful,

NOTE Confidence: 0.831077799999999

00:23:44.930 --> 00:23:47.420 but. Soon

NOTE Confidence: 0.7773584

00:23:47.420 --> 00:23:50.140 very effective at doing that,

NOTE Confidence: 0.7773584

00:23:50.140 --> 00:23:52.690 approaching people.

NOTE Confidence: 0.7773584

00:23:52.690 --> 00:23:54.061 Psychiatrist of understand.

NOTE Confidence: 0.7773584

00:23:54.061 --> 00:23:55.888 Recognizing the resistance and

NOTE Confidence: 0.7773584

00:23:55.890 --> 00:23:59.976 then being able to navigate it.

NOTE Confidence: 0.7773584

00:23:59.980 --> 00:24:02.700 You even successful at implementing

NOTE Confidence: 0.7773584

00:24:02.700 --> 00:24:04.332 these digital phenotyping

NOTE Confidence: 0.7773584

00:24:04.332 --> 00:24:06.660 procedures on different units,

NOTE Confidence: 0.7773584

00:24:06.660 --> 00:24:09.730 which seems. Like a real

NOTE Confidence: 0.8451058

00:24:09.730 --> 00:24:11.992 cool well I don't know how

NOTE Confidence: 0.8451058

00:24:11.992 --> 00:24:13.500 successful you necessarily bent.

NOTE Confidence: 0.8451058

00:24:13.500 --> 00:24:15.956 I would say that my experience of of

NOTE Confidence: 0.8451058

00:24:15.956 --> 00:24:18.613 trying to get these kinds of measures

NOTE Confidence: 0.8451058

00:24:18.613 --> 00:24:20.583 into clinical services has been

NOTE Confidence: 0.8451058

00:24:20.656 --> 00:24:22.926 very different from my experience.

NOTE Confidence: 0.8451058

00:24:22.930 --> 00:24:26.318 Is trying to get a neuroscience perspective

NOTE Confidence: 0.8451058

00:24:26.318 --> 00:24:29.339 into those same clinical services.

NOTE Confidence: 0.8451058

00:24:29.340 --> 00:24:31.480 Well, in other words, like you know,

NOTE Confidence: 0.8451058

00:24:31.480 --> 00:24:33.262 going to the psychosis unit and

NOTE Confidence: 0.8451058

00:24:33.262 --> 00:24:35.402 saying like you know we should be

NOTE Confidence: 0.8451058

00:24:35.402 --> 00:24:36.887 scanning everyone who comes here

NOTE Confidence: 0.8451058

00:24:36.887 --> 00:24:38.774 with a functional scan because I

NOTE Confidence: 0.8451058

00:24:38.774 --> 00:24:40.936 bet we can find that there's this

NOTE Confidence: 0.8451058

00:24:40.936 --> 00:24:42.772 difference in their brain that we

NOTE Confidence: 0.8451058

00:24:42.772 --> 00:24:44.936 should then use and part of our

NOTE Confidence: 0.8451058

00:24:44.936 --> 00:24:46.725 evaluation and people are like, OK,

NOTE Confidence: 0.8451058

00:24:46.725 --> 00:24:49.165 we like the idea of the brain thing,

NOTE Confidence: 0.8451058

00:24:49.170 --> 00:24:51.490 but like what exactly is it that you

NOTE Confidence: 0.8451058

00:24:51.490 --> 00:24:54.119 need to do and how is that going to

NOTE Confidence: 0.8451058

00:24:54.119 --> 00:24:56.487 change what I'm doing for this person?

NOTE Confidence: 0.88948584

00:24:58.580 --> 00:25:02.129 And having to kind of really be.

NOTE Confidence: 0.88948584

00:25:02.130 --> 00:25:03.430 Humbler, Alec would have,

NOTE Confidence: 0.88948584

00:25:03.430 --> 00:25:05.686 like you know, that's a good point.

NOTE Confidence: 0.88948584

00:25:05.686 --> 00:25:08.650 I'm not sure it would change anything in my,

NOTE Confidence: 0.88948584

00:25:08.650 --> 00:25:10.736 you know, I would love the data

NOTE Confidence: 0.88948584

00:25:10.736 --> 00:25:12.560 you know from a researcher,

NOTE Confidence: 0.88948584

00:25:12.560 --> 00:25:14.190 but you know, you're right.

NOTE Confidence: 0.88948584

00:25:14.190 --> 00:25:16.798 Like I guess I can't tell you exactly

NOTE Confidence: 0.88948584

00:25:16.798 --> 00:25:19.778 how you would use it in a way that you

NOTE Confidence: 0.88948584

00:25:19.778 --> 00:25:23.260 know you might not be able to kind of get

NOTE Confidence: 0.88948584

00:25:23.260 --> 00:25:24.801 that information from their behavior.

NOTE Confidence: 0.88948584

00:25:24.801 --> 00:25:27.560 So the idea of sort of getting psychiatrists,

NOTE Confidence: 0.88948584

00:25:27.560 --> 00:25:29.200 whether it's residents or attendings

NOTE Confidence: 0.88948584

00:25:29.200 --> 00:25:31.550 wherever to like really care about the

NOTE Confidence: 0.88948584

00:25:31.550 --> 00:25:33.518 underlying biology of what they're seeing.

NOTE Confidence: 0.88948584

00:25:33.520 --> 00:25:37.516 Um, you know, I taught some of the clinical

NOTE Confidence: 0.88948584

00:25:37.516 --> 00:25:40.427 neuroscience curriculum for many years and.

NOTE Confidence: 0.88948584

00:25:40.430 --> 00:25:41.940 You know it's really variable.

NOTE Confidence: 0.88948584

00:25:41.940 --> 00:25:43.450 Some some people are really

NOTE Confidence: 0.88948584

00:25:43.450 --> 00:25:44.658 interested in it somewhere,

NOTE Confidence: 0.88948584

00:25:44.660 --> 00:25:47.660 just like totally glaze over.

NOTE Confidence: 0.88948584

00:25:47.660 --> 00:25:48.925 And initially, you're you perceive

NOTE Confidence: 0.88948584

00:25:48.925 --> 00:25:50.190 that as sort of threatening,

NOTE Confidence: 0.88948584

00:25:50.190 --> 00:25:52.530 like why can't these people care

NOTE Confidence: 0.88948584

00:25:52.530 --> 00:25:54.830 about their organ of interest?

NOTE Confidence: 0.88948584

00:25:54.830 --> 00:25:55.694 It's so irresponsible,

NOTE Confidence: 0.88948584

00:25:55.694 --> 00:25:56.846 you know as things,

NOTE Confidence: 0.88948584

00:25:56.850 --> 00:25:58.642 but then you realize you know as

NOTE Confidence: 0.88948584

00:25:58.642 --> 00:26:00.609 you go through the training program.

NOTE Confidence: 0.88948584

00:26:00.610 --> 00:26:03.946 Like psychiatry is really hard to do well.

NOTE Confidence: 0.88948584

00:26:03.950 --> 00:26:06.158 Just with the tool you know the tools

NOTE Confidence: 0.88948584

00:26:06.158 --> 00:26:08.886 that we have and if I'm providing a tool

NOTE Confidence: 0.88948584

00:26:08.886 --> 00:26:10.640 that provides no additional information

NOTE Confidence: 0.88948584

00:26:10.640 --> 00:26:13.784 or or help that person's day go smoother,

NOTE Confidence: 0.88948584

00:26:13.790 --> 00:26:14.642 or you know,

NOTE Confidence: 0.88948584

00:26:14.642 --> 00:26:16.630 or you're asking him to learn a

NOTE Confidence: 0.88948584

00:26:16.703 --> 00:26:18.708 whole new field of information.

NOTE Confidence: 0.88948584

00:26:18.710 --> 00:26:21.006 Like of course they should be sceptical,

NOTE Confidence: 0.88948584

00:26:21.010 --> 00:26:21.752 right so?

NOTE Confidence: 0.88948584

00:26:21.752 --> 00:26:25.209 The other experience I had done that for many

NOTE Confidence: 0.88948584

00:26:25.209 --> 00:26:28.505 years and tried to get you know neuroscience.

NOTE Confidence: 0.88948584

00:26:28.510 --> 00:26:30.939 You know into the minds of the

NOTE Confidence: 0.88948584

00:26:30.939 --> 00:26:34.370 did you make playdough brands?

NOTE Confidence: 0.88948584

00:26:34.370 --> 00:26:36.200 But like you know I,

NOTE Confidence: 0.88948584

00:26:36.200 --> 00:26:38.396 I did try to help teach.

NOTE Confidence: 0.88948584

00:26:38.400 --> 00:26:40.230 You know what I considered?

NOTE Confidence: 0.88948584

00:26:40.230 --> 00:26:42.542 Neuroscience 101 that every

NOTE Confidence: 0.88948584

00:26:42.542 --> 00:26:45.432 psychiatrist should sort of know.

NOTE Confidence: 0.88948584

00:26:45.440 --> 00:26:48.110 And I think I still do that to some extent,

NOTE Confidence: 0.88948584

00:26:48.110 --> 00:26:50.246 although my approach has changed quite a bit,

NOTE Confidence: 0.88948584

00:26:50.250 --> 00:26:52.020 but.

NOTE Confidence: 0.88948584

00:26:52.020 --> 00:26:55.674 When we started getting more into the.

NOTE Confidence: 0.88948584

00:26:55.680 --> 00:26:59.478 The digital phenotyping where we were

NOTE Confidence: 0.88948584

00:26:59.478 --> 00:27:02.693 taking people's behaviors and really

NOTE Confidence: 0.88948584

00:27:02.693 --> 00:27:06.179 trying to study them more precisely.

NOTE Confidence: 0.88948584

00:27:06.180 --> 00:27:07.830 The approach was quite different,

NOTE Confidence: 0.88948584

00:27:07.830 --> 00:27:10.610 which was more of that.

NOTE Confidence: 0.88948584

00:27:10.610 --> 00:27:12.762 You could go to the clinicians and say

NOTE Confidence: 0.88948584

00:27:12.762 --> 00:27:14.705 look you're an expert at reading the

NOTE Confidence: 0.88948584

00:27:14.705 --> 00:27:16.772 behavior I need your help to design a

NOTE Confidence: 0.88948584

00:27:16.772 --> 00:27:18.942 system that can do as well as you can,

NOTE Confidence: 0.88948584

00:27:18.942 --> 00:27:21.119 or even just pick up on some

NOTE Confidence: 0.88948584

00:27:21.119 --> 00:27:23.528 of what you're picking up on.

NOTE Confidence: 0.88948584

00:27:23.530 --> 00:27:25.896 And like I had already trained with

NOTE Confidence: 0.88948584

00:27:25.896 --> 00:27:28.544 many of these people, so I like,

NOTE Confidence: 0.88948584

00:27:28.544 --> 00:27:29.591 I knew, OK,

NOTE Confidence: 0.88948584

00:27:29.591 --> 00:27:31.577 this person's got an amazing ability

NOTE Confidence: 0.88948584

00:27:31.577 --> 00:27:34.267 to pick up on those subtle trimmers,

NOTE Confidence: 0.88948584

00:27:34.270 --> 00:27:34.628 right?

NOTE Confidence: 0.88948584

00:27:34.628 --> 00:27:36.060 Or those subtle dysarthria's,

NOTE Confidence: 0.88948584

00:27:36.060 --> 00:27:38.412 or those little movements of the face

NOTE Confidence: 0.88948584

00:27:38.412 --> 00:27:41.234 that in the context of an interview they

NOTE Confidence: 0.88948584

00:27:41.234 --> 00:27:44.289 could infer was a sign of paranoia right?

NOTE Confidence: 0.88948584

00:27:44.290 --> 00:27:46.607 And so to me that was fascinating

NOTE Confidence: 0.88948584

00:27:46.607 --> 00:27:48.590 that they had this ability,

NOTE Confidence: 0.88948584

00:27:48.590 --> 00:27:51.785 but I wasn't sure how much of it was

NOTE Confidence: 0.88948584

00:27:51.785 --> 00:27:55.357 real and how much of it was superstition.

NOTE Confidence: 0.88948584

00:27:55.360 --> 00:27:57.192 But what was great about it was I

NOTE Confidence: 0.88948584

00:27:57.192 --> 00:27:59.028 could go to them and not say, like,

NOTE Confidence: 0.88948584

00:27:59.028 --> 00:28:00.168 hey, I've got this technology.

NOTE Confidence: 0.85696954

00:28:00.170 --> 00:28:01.766 I'd like you to start using it.

NOTE Confidence: 0.85696954

00:28:01.770 --> 00:28:03.476 I went to them to say, hey.

NOTE Confidence: 0.85696954

00:28:03.476 --> 00:28:06.410 I really need to find ways of measuring this.

NOTE Confidence: 0.85696954

00:28:06.410 --> 00:28:09.854 Can you help me design a system?

NOTE Confidence: 0.85696954

00:28:09.860 --> 00:28:12.018 Mission as you are? Yeah yeah.

NOTE Confidence: 0.85696954

00:28:12.018 --> 00:28:14.566 And so the clinicians loved it because

NOTE Confidence: 0.85696954

00:28:14.566 --> 00:28:17.020 they were like this is really cool.

NOTE Confidence: 0.85696954

00:28:17.020 --> 00:28:19.140 I've always wondered if

NOTE Confidence: 0.85696954

00:28:19.140 --> 00:28:21.790 what I'm hearing is real.

NOTE Confidence: 0.85696954

00:28:21.790 --> 00:28:24.055 And we could begin connecting

NOTE Confidence: 0.85696954

00:28:24.055 --> 00:28:26.320 them with computer scientists who

NOTE Confidence: 0.85696954

00:28:26.399 --> 00:28:28.559 were expert at decoding audio,

NOTE Confidence: 0.85696954

00:28:28.560 --> 00:28:30.360 audio, or speech signals

NOTE Confidence: 0.85696954

00:28:30.360 --> 00:28:32.610 from audio and and decoding.

NOTE Confidence: 0.85696954

00:28:32.610 --> 00:28:33.596 You know,

NOTE Confidence: 0.85696954

00:28:33.596 --> 00:28:36.061 facial movements from video and

NOTE Confidence: 0.85696954

00:28:36.061 --> 00:28:39.031 linking those people who were really

NOTE Confidence: 0.85696954

00:28:39.031 --> 00:28:41.376 interested in the mental health

NOTE Confidence: 0.85696954

00:28:41.376 --> 00:28:44.269 aspects but had a hard time gaining

NOTE Confidence: 0.85696954

00:28:44.269 --> 00:28:47.024 access to the data with the clinicians

NOTE Confidence: 0.85696954

00:28:47.024 --> 00:28:49.676 who were really fascinated by the

NOTE Confidence: 0.85696954

00:28:49.676 --> 00:28:52.510 nuts and bolts of behavior which.

NOTE Confidence: 0.85696954

00:28:52.510 --> 00:28:54.379 Which was not everyone but the certain

NOTE Confidence: 0.85696954

00:28:54.379 --> 00:28:55.790 clinicians had that inclination.

NOTE Confidence: 0.85696954

00:28:55.790 --> 00:28:57.362 And and then just getting those

NOTE Confidence: 0.85696954

00:28:57.362 --> 00:28:59.576 two groups to be able to talk to

NOTE Confidence: 0.85696954

00:28:59.576 --> 00:29:00.966 one another basically and being

NOTE Confidence: 0.85696954

00:29:00.966 --> 00:29:02.939 the translation element of saying,

NOTE Confidence: 0.85696954

00:29:02.940 --> 00:29:05.019 you know, I consider myself like a

NOTE Confidence: 0.85696954

00:29:05.019 --> 00:29:06.505 mediocre psychiatrist, but I can,

NOTE Confidence: 0.85696954

00:29:06.505 --> 00:29:08.900 at least I know what she's pulling out.

NOTE Confidence: 0.85696954

00:29:08.900 --> 00:29:10.040 And I know that.

NOTE Confidence: 0.85696954

00:29:10.040 --> 00:29:12.769 Here's how we were taught to think about it,

NOTE Confidence: 0.85696954

00:29:12.770 --> 00:29:15.314 and so let's design some systems

NOTE Confidence: 0.85696954

00:29:15.314 --> 00:29:17.620 that can pick up on it.

NOTE Confidence: 0.85696954

00:29:17.620 --> 00:29:18.754 Hydrus loved it.

NOTE Confidence: 0.85696954

00:29:18.754 --> 00:29:20.266 The patients loved it.

NOTE Confidence: 0.85696954

00:29:20.270 --> 00:29:22.909 Unlike, you know a brain imaging experiment.

NOTE Confidence: 0.85696954

00:29:22.910 --> 00:29:23.666 You know,

NOTE Confidence: 0.85696954

00:29:23.666 --> 00:29:24.800 we pay them.

NOTE Confidence: 0.85696954

00:29:24.800 --> 00:29:28.013 But like we're making them sit in this really

NOTE Confidence: 0.85696954

00:29:28.013 --> 00:29:31.230 loud tube and play these boring video games.

NOTE Confidence: 0.85696954

00:29:31.230 --> 00:29:33.840 Whereas like the experiments to study

NOTE Confidence: 0.85696954

00:29:33.840 --> 00:29:36.277 patients in these interactions with the

NOTE Confidence: 0.85696954

00:29:36.277 --> 00:29:38.781 doctor was for them really easy and fun.

NOTE Confidence: 0.85696954

00:29:38.790 --> 00:29:42.052 You got to talk to somebody and

NOTE Confidence: 0.85696954

00:29:42.052 --> 00:29:44.410 talked about your problems.

NOTE Confidence: 0.85696954

00:29:44.410 --> 00:29:46.342 We're lining up to do the studies

NOTE Confidence: 0.85696954

00:29:46.342 --> 00:29:48.578 and so just created are different.

NOTE Confidence: 0.85696954

00:29:48.580 --> 00:29:49.848 Kind of you know,

NOTE Confidence: 0.85696954

00:29:49.848 --> 00:29:52.440 right there on the ground on the unit.

NOTE Confidence: 0.85696954

00:29:52.440 --> 00:29:54.680 We didn't have to leave the unit,

NOTE Confidence: 0.85696954

00:29:54.680 --> 00:29:56.582 we could just bring people into

NOTE Confidence: 0.85696954

00:29:56.582 --> 00:29:58.529 these rooms where it felt like,

NOTE Confidence: 0.85696954

00:29:58.530 --> 00:30:00.540 hey, this actually is like.

NOTE Confidence: 0.85696954

00:30:00.540 --> 00:30:02.040 A sustainable way of digging

NOTE Confidence: 0.85696954

00:30:02.040 --> 00:30:03.857 into the pathology which no one

NOTE Confidence: 0.85696954

00:30:03.857 --> 00:30:05.417 else seems to be really doing.

NOTE Confidence: 0.85696954

00:30:05.420 --> 00:30:07.394 So taking that thing where you just

NOTE Confidence: 0.85696954

00:30:07.394 --> 00:30:09.717 sort of go to a clinician and say,

NOTE Confidence: 0.85696954

00:30:09.720 --> 00:30:11.729 alright, you've got a lot of pearls.

NOTE Confidence: 0.85696954

00:30:11.730 --> 00:30:13.403 You know you taught a bunch of

NOTE Confidence: 0.85696954

00:30:13.403 --> 00:30:15.180 them to me during residency,

NOTE Confidence: 0.85696954

00:30:15.180 --> 00:30:17.241 but let's see if we can like build a

NOTE Confidence: 0.85696954

00:30:17.241 --> 00:30:18.910 computer that operationalize pearls,

NOTE Confidence: 0.85696954

00:30:18.910 --> 00:30:21.780 and then in my in the back of my mind.

NOTE Confidence: 0.85696954

00:30:21.780 --> 00:30:23.358 I'm thinking like what we really

NOTE Confidence: 0.85696954

00:30:23.358 --> 00:30:25.088 want to do is design something

NOTE Confidence: 0.85696954

00:30:25.088 --> 00:30:27.230 that if we could scale that up,

NOTE Confidence: 0.85696954

00:30:27.230 --> 00:30:28.946 we would be able to know,

NOTE Confidence: 0.85696954

00:30:28.950 --> 00:30:31.430 like which of these things are true pearls.

NOTE Confidence: 0.85696954

00:30:31.430 --> 00:30:33.635 Yeah, and which of them are just,

NOTE Confidence: 0.85696954

00:30:33.640 --> 00:30:34.276 you know,

NOTE Confidence: 0.85696954

00:30:34.276 --> 00:30:36.502 like rocks or what's right like that

NOTE Confidence: 0.85696954

00:30:36.502 --> 00:30:39.008 kind of they look good but they're not,

NOTE Confidence: 0.85696954

00:30:39.010 --> 00:30:41.032 but they're not actually correlated with

NOTE Confidence: 0.85696954

00:30:41.032 --> 00:30:43.439 the outcomes that we think they are so.

NOTE Confidence: 0.8593233

00:30:46.080 --> 00:30:48.075 And I think that including the clinicians

NOTE Confidence: 0.8593233

00:30:48.075 --> 00:30:49.884 in that process to say, like, hey,

NOTE Confidence: 0.8593233

00:30:49.884 --> 00:30:51.516 look, you know we're all fallible.

NOTE Confidence: 0.8593233

00:30:51.520 --> 00:30:52.608 This is, you know,

NOTE Confidence: 0.8593233

00:30:52.608 --> 00:30:54.240 this is what you were taught,

NOTE Confidence: 0.8593233

00:30:54.240 --> 00:30:58.128 so we want to get back to sort of.

NOTE Confidence: 0.8593233

00:30:58.130 --> 00:31:00.512 You know you've honed your interview

NOTE Confidence: 0.8593233

00:31:00.512 --> 00:31:03.090 to be efficient, but let's see if

NOTE Confidence: 0.8593233

00:31:03.090 --> 00:31:06.090 we can make it even more efficient.

NOTE Confidence: 0.8593233

00:31:06.090 --> 00:31:08.652 Let's see if we can help you

NOTE Confidence: 0.8593233

00:31:08.652 --> 00:31:11.103 to train residents or the next

NOTE Confidence: 0.8593233

00:31:11.103 --> 00:31:13.647 generation with these videos as well.

NOTE Confidence: 0.8593233

00:31:13.650 --> 00:31:14.841 As you know,

NOTE Confidence: 0.8593233

00:31:14.841 --> 00:31:17.223 your kind of classroom didactic style.

NOTE Confidence: 0.8513234

00:31:18.870 --> 00:31:20.739 Well, it seems like it's a very

NOTE Confidence: 0.8513234

00:31:20.739 --> 00:31:22.099 effective way of doing it.

NOTE Confidence: 0.8513234

00:31:22.100 --> 00:31:23.708 I think it could be it.

NOTE Confidence: 0.8513234

00:31:23.710 --> 00:31:25.495 I think it's still evolving and I

NOTE Confidence: 0.8513234

00:31:25.495 --> 00:31:27.430 think it would be great if there

NOTE Confidence: 0.8513234

00:31:27.430 --> 00:31:28.820 were a whole platform around.

NOTE Confidence: 0.8513234

00:31:28.820 --> 00:31:30.428 Sort of when you come into

NOTE Confidence: 0.8513234

00:31:30.428 --> 00:31:31.232 a training environment.

NOTE Confidence: 0.8513234

00:31:31.240 --> 00:31:32.590 This is just the expectation,

NOTE Confidence: 0.8513234

00:31:32.590 --> 00:31:34.782 which is that like you're going to be

NOTE Confidence: 0.8513234

00:31:34.782 --> 00:31:36.885 learning from a lot of pre existing video,

NOTE Confidence: 0.8513234

00:31:36.890 --> 00:31:38.390 you're going to be learning from

NOTE Confidence: 0.8513234

00:31:38.390 --> 00:31:40.023 a lot of encounters from your

NOTE Confidence: 0.8513234

00:31:40.023 --> 00:31:41.468 mentors that are being recorded.

NOTE Confidence: 0.8513234

00:31:41.470 --> 00:31:43.378 You're going to learn from your

NOTE Confidence: 0.8513234

00:31:43.378 --> 00:31:45.018 own encounters that are being

NOTE Confidence: 0.8513234

00:31:45.018 --> 00:31:46.854 recorded and then whether or not

NOTE Confidence: 0.8513234

00:31:46.854 --> 00:31:48.878 the mentors in the room with you.

NOTE Confidence: 0.8513234

00:31:48.880 --> 00:31:50.758 There will be all sorts of

NOTE Confidence: 0.8513234

00:31:50.758 --> 00:31:52.010 statistics about your interview

NOTE Confidence: 0.8513234

00:31:52.065 --> 00:31:53.897 that they can look at and be like.

NOTE Confidence: 0.8513234

00:31:53.900 --> 00:31:54.430 Oh yeah,

NOTE Confidence: 0.8513234

00:31:54.430 --> 00:31:56.285 now you really don't want to smile

NOTE Confidence: 0.8513234

00:31:56.285 --> 00:31:58.368 the whole time like that's going to

NOTE Confidence: 0.84888554

00:31:58.370 --> 00:31:59.198 or not small.

NOTE Confidence: 0.76607496

00:32:01.950 --> 00:32:04.546 And it's been fascinating in the labs.

NOTE Confidence: 0.76607496

00:32:04.550 --> 00:32:07.595 Now we record the dyads where the

NOTE Confidence: 0.76607496

00:32:07.595 --> 00:32:09.739 research assistants and stuff are.

NOTE Confidence: 0.76607496

00:32:09.740 --> 00:32:11.816 Interviewing the patients so we can

NOTE Confidence: 0.76607496

00:32:11.816 --> 00:32:13.949 see what somebody looks like when

NOTE Confidence: 0.76607496

00:32:13.949 --> 00:32:15.664 they're fresh off the training,

NOTE Confidence: 0.76607496

00:32:15.670 --> 00:32:18.919 you know. Just start talking

NOTE Confidence: 0.76607496

00:32:18.919 --> 00:32:21.157 to patients like fresh off the

NOTE Confidence: 0.82190514

00:32:21.160 --> 00:32:23.400 medicine wards or just coming. You

NOTE Confidence: 0.82190514

00:32:23.400 --> 00:32:26.004 know, new research assistant joining the lab.

NOTE Confidence: 0.82190514

00:32:26.010 --> 00:32:30.554 No clinical experience and like how do they?

NOTE Confidence: 0.82190514

00:32:30.560 --> 00:32:32.076 Conduct themselves in encounter

NOTE Confidence: 0.82190514

00:32:32.076 --> 00:32:34.767 where the you know what are the

NOTE Confidence: 0.82190514

00:32:34.767 --> 00:32:36.849 kind of intrinsic skills that some

NOTE Confidence: 0.82190514

00:32:36.849 --> 00:32:39.178 people bring to that that there is,

NOTE Confidence: 0.82190514

00:32:39.180 --> 00:32:41.686 you know they can build report quickly,

NOTE Confidence: 0.82190514

00:32:41.690 --> 00:32:45.218 let's say. Or where you know

NOTE Confidence: 0.82190514

00:32:45.218 --> 00:32:47.560 where does that get in the way?

NOTE Confidence: 0.82190514

00:32:47.560 --> 00:32:49.576 Like if you're trying to create too

NOTE Confidence: 0.82190514

00:32:49.576 --> 00:32:51.659 much for poor and therefore like

NOTE Confidence: 0.82190514

00:32:51.659 --> 00:32:53.594 people don't ever quite exposed

NOTE Confidence: 0.82190514

00:32:53.594 --> 00:32:55.198 their pathology in some ways.

NOTE Confidence: 0.82190514

00:32:55.200 --> 00:32:57.517 So it's yeah, it's just interesting to.

NOTE Confidence: 0.82190514

00:32:57.520 --> 00:33:00.504 In that context I can require all the

NOTE Confidence: 0.82190514

00:33:00.504 --> 00:33:02.496 research assistants to do it this way,

NOTE Confidence: 0.82190514

00:33:02.500 --> 00:33:04.922 and then we can see as someone

NOTE Confidence: 0.82190514

00:33:04.922 --> 00:33:06.490 who gets better at it,

NOTE Confidence: 0.82190514

00:33:06.490 --> 00:33:08.476 like what are they doing differently?

NOTE Confidence: 0.82190514

00:33:08.480 --> 00:33:09.140 And I

NOTE Confidence: 0.8518607

00:33:09.140 --> 00:33:11.412 just had this idea that you have a

NOTE Confidence: 0.8518607

00:33:11.412 --> 00:33:13.712 lab or and you are experimenting on

NOTE Confidence: 0.8518607

00:33:13.712 --> 00:33:16.350 how best to train a psychiatrist.

NOTE Confidence: 0.8518607

00:33:16.350 --> 00:33:18.122 For your research assistance,

NOTE Confidence: 0.8518607

00:33:18.122 --> 00:33:19.894 so they're like your.

NOTE Confidence: 0.8518607

00:33:19.900 --> 00:33:21.898 I don't know just Guinea pigs,

NOTE Confidence: 0.8518607

00:33:21.900 --> 00:33:23.560 but like her subjects and

NOTE Confidence: 0.8218581

00:33:23.560 --> 00:33:24.900 you're changing the experimental

NOTE Confidence: 0.8218581

00:33:24.900 --> 00:33:27.230 conditions and then are you, are you

NOTE Confidence: 0.8218581

00:33:27.230 --> 00:33:29.216 still involved in the residency program?

NOTE Confidence: 0.8218581

00:33:29.220 --> 00:33:32.265 So you're translating that straight into the.

NOTE Confidence: 0.8218581

00:33:32.270 --> 00:33:33.990 Training of like MD physician? Yeah

NOTE Confidence: 0.84106153

00:33:33.990 --> 00:33:36.270 no. I mean that that would be cool.

NOTE Confidence: 0.84106153

00:33:36.270 --> 00:33:39.410 I mean I guess my.

NOTE Confidence: 0.84106153

00:33:39.410 --> 00:33:40.887 You know, if they were to ever

NOTE Confidence: 0.84106153

00:33:40.887 --> 00:33:42.760 come to me to say like hey Justin,

NOTE Confidence: 0.84106153

00:33:42.760 --> 00:33:44.092 here you have this great training

NOTE Confidence: 0.84106153

00:33:44.092 --> 00:33:45.208 thing, can we use it?

NOTE Confidence: 0.84106153

00:33:45.208 --> 00:33:48.279 I would be like sure, let's try it.

NOTE Confidence: 0.84106153

00:33:48.280 --> 00:33:49.800 When we've tried to explore

NOTE Confidence: 0.84106153

00:33:49.800 --> 00:33:51.320 even using the pre recorded

NOTE Confidence: 0.84106153

00:33:51.379 --> 00:33:53.147 videos for educational purposes,

NOTE Confidence: 0.84106153

00:33:53.150 --> 00:33:55.516 the IRB is basically said like Nope

NOTE Confidence: 0.84106153

00:33:55.516 --> 00:33:58.202 and I think that has to do with like

NOTE Confidence: 0.84106153

00:33:58.202 --> 00:34:01.462 a lot of the ethics of sort of when

NOTE Confidence: 0.84106153

00:34:01.462 --> 00:34:03.582 you're engaging in research studies.

NOTE Confidence: 0.84106153

00:34:03.590 --> 00:34:06.560 Who's going to use that data in one of

NOTE Confidence: 0.84106153

00:34:06.560 --> 00:34:10.128 the context that are considered appropriate?

NOTE Confidence: 0.84106153

00:34:10.130 --> 00:34:13.410 I think down the line that may happen, but.

NOTE Confidence: 0.84106153

00:34:13.410 --> 00:34:14.634 You know, I'm not trying to

NOTE Confidence: 0.84106153

00:34:14.634 --> 00:34:16.148 foist it on them at this stage.

NOTE Confidence: 0.84106153

00:34:16.150 --> 00:34:18.439 There's a lot of other legitimate reasons

NOTE Confidence: 0.84106153

00:34:18.439 --> 00:34:21.056 why they may not want to go that route.

NOTE Confidence: 0.84106153

00:34:21.060 --> 00:34:24.484 But just back to your kind of other

NOTE Confidence: 0.84106153

00:34:24.484 --> 00:34:27.322 earlier comment like you know now it

NOTE Confidence: 0.84106153

00:34:27.322 --> 00:34:30.124 has sort of evolved into thinking about

NOTE Confidence: 0.84106153

00:34:30.124 --> 00:34:33.831 the lab as a little sandbox of you know,

NOTE Confidence: 0.84106153

00:34:33.831 --> 00:34:35.064 different health care,

NOTE Confidence: 0.84106153

00:34:35.064 --> 00:34:36.297 delivery and training.

NOTE Confidence: 0.85278034

00:34:38.950 --> 00:34:41.670 You know systems where you know what if

NOTE Confidence: 0.85278034

00:34:41.670 --> 00:34:44.813 it were possible to train somebody up to

NOTE Confidence: 0.85278034

00:34:44.813 --> 00:34:47.709 be really competent at doing interviews,

NOTE Confidence: 0.85278034

00:34:47.710 --> 00:34:49.298 both for information extraction

NOTE Confidence: 0.85278034

00:34:49.298 --> 00:34:51.283 like just doing some valuation,

NOTE Confidence: 0.85278034

00:34:51.290 --> 00:34:53.280 but also potentially providing therapy,

NOTE Confidence: 0.85278034

00:34:53.280 --> 00:34:56.320 like if there were ways to short circuit

NOTE Confidence: 0.85278034

00:34:56.320 --> 00:34:59.052 this apprentice based system by having a

NOTE Confidence: 0.85278034

00:34:59.052 --> 00:35:01.448 much more tech enabled feedback system

NOTE Confidence: 0.85278034

00:35:01.448 --> 00:35:04.416 where your supervisor didn't have to watch,

NOTE Confidence: 0.85278034

00:35:04.420 --> 00:35:07.900 like every hour of every video but like.

NOTE Confidence: 0.85278034

00:35:07.900 --> 00:35:11.344 It could identify features that you

NOTE Confidence: 0.85278034

60

00:35:11.344 --> 00:35:15.562 know start to gain some some trust

NOTE Confidence: 0.85278034

00:35:15.562 --> 00:35:19.180 around those features that helps a.

NOTE Confidence: 0.85278034

00:35:19.180 --> 00:35:20.695 More experienced clinician.

NOTE Confidence: 0.85278034

00:35:20.695 --> 00:35:22.715 Really read the report,

NOTE Confidence: 0.85278034

00:35:22.720 --> 00:35:24.736 kind of what you did and then

NOTE Confidence: 0.85278034

00:35:24.736 --> 00:35:26.679 give you more rapid feedback.

NOTE Confidence: 0.85278034

00:35:26.680 --> 00:35:29.250 And then you're trying again

NOTE Confidence: 0.85278034

00:35:29.250 --> 00:35:31.306 and you can gradually.

NOTE Confidence: 0.85278034

00:35:31.310 --> 00:35:33.760 And maybe even rapidly improved.

NOTE Confidence: 0.85278034

00:35:33.760 --> 00:35:38.400 So yeah, I would have loved that.

NOTE Confidence: 0.85278034

00:35:38.400 --> 00:35:39.480 Is really cool.

NOTE Confidence: 0.85278034

00:35:39.480 --> 00:35:42.000 What is this one of these like?

NOTE Confidence: 0.85278034

00:35:42.000 --> 00:35:44.345 You kind of are amazed at how

NOTE Confidence: 0.85278034

00:35:44.345 --> 00:35:46.159 inefficient you know the training

NOTE Confidence: 0.85278034

00:35:46.159 --> 00:35:48.742 process is right and it's like as

NOTE Confidence: 0.85278034

00:35:48.742 --> 00:35:50.988 somebody who is concerned about the

NOTE Confidence: 0.85278034

00:35:50.988 --> 00:35:53.221 overall cost of health care and

NOTE Confidence: 0.85278034

00:35:53.221 --> 00:35:55.326 mental health in particular and

NOTE Confidence: 0.85278034

00:35:55.326 --> 00:35:58.719 and all of those kind of high level

NOTE Confidence: 0.85278034

00:35:58.719 --> 00:36:01.480 policy things like it seemed to me.

NOTE Confidence: 0.85278034

00:36:01.480 --> 00:36:05.292 Pretty egregious how inefficient

NOTE Confidence: 0.85278034

00:36:05.292 --> 00:36:09.104 our training was considering.

NOTE Confidence: 0.85278034

00:36:09.110 --> 00:36:12.053 That that basically bakes in a lot of costs,

NOTE Confidence: 0.85278034

00:36:12.060 --> 00:36:14.028 right? And that like it's not,

NOTE Confidence: 0.85278034

00:36:14.030 --> 00:36:18.478 it's not really up to us whether that's.

NOTE Confidence: 0.85278034

00:36:18.480 --> 00:36:20.307 That's just the way we do it,

NOTE Confidence: 0.85278034

00:36:20.310 --> 00:36:20.804 you know.

NOTE Confidence: 0.85278034

00:36:20.804 --> 00:36:22.780 I think you know you kind of have

NOTE Confidence: 0.85278034

00:36:22.838 --> 00:36:24.814 to sort of see the way things are

NOTE Confidence: 0.85278034

00:36:24.814 --> 00:36:26.856 moving in terms of value based care,

NOTE Confidence: 0.85278034

00:36:26.860 --> 00:36:27.679 measurement based care.

NOTE Confidence: 0.85278034

00:36:27.679 --> 00:36:29.590 If like you're not going to get

NOTE Confidence: 0.85278034

00:36:29.646 --> 00:36:30.786 to spend every hour of,

NOTE Confidence: 0.85278034

00:36:30.790 --> 00:36:32.533 we can let you know doing evaluations

NOTE Confidence: 0.85278034

00:36:32.533 --> 00:36:34.459 like it has to get more efficient.

NOTE Confidence: 0.85278034

00:36:34.460 --> 00:36:36.917 You have to be able to demonstrate.

NOTE Confidence: 0.85278034

00:36:36.920 --> 00:36:39.909 Why each question you ask is actually?

NOTE Confidence: 0.85278034

00:36:39.910 --> 00:36:41.896 A good use of your time,

NOTE Confidence: 0.85278034

00:36:41.900 --> 00:36:44.872 because if it were a lab test or something,

NOTE Confidence: 0.85278034

00:36:44.872 --> 00:36:45.203 right?

NOTE Confidence: 0.85278034

00:36:45.203 --> 00:36:46.527 Because if you don't,

NOTE Confidence: 0.85278034

00:36:46.530 --> 00:36:48.812 if you're not able to at least

NOTE Confidence: 0.85278034

00:36:48.812 --> 00:36:50.394 demonstrate that value other people

NOTE Confidence: 0.85278034

00:36:50.394 --> 00:36:52.554 are going to come in and do you

NOTE Confidence: 0.85278034

00:36:52.623 --> 00:36:54.467 know more mediocre valuations,

NOTE Confidence: 0.85278034

00:36:54.470 --> 00:36:56.390 but the outcomes will be fuzzy

NOTE Confidence: 0.85278034

00:36:56.390 --> 00:36:58.120 and insurance companies or payers?

NOTE Confidence: 0.85278034

00:36:58.120 --> 00:37:00.100 We're going to ultimately say well,

NOTE Confidence: 0.85278034

00:37:00.100 --> 00:37:02.256 we're only going to pay for that

NOTE Confidence: 0.85278034

00:37:02.256 --> 00:37:04.398 thing because this much more detailed,

NOTE Confidence: 0.85278034

00:37:04.400 --> 00:37:06.266 nuanced valuation costs way more and

NOTE Confidence: 0.85278034

00:37:06.266 --> 00:37:08.710 doesn't seem to be that more effective,

NOTE Confidence: 0.85278034

00:37:08.710 --> 00:37:10.440 so.

NOTE Confidence: 0.85278034

00:37:10.440 --> 00:37:12.630 I think the same for training

NOTE Confidence: 0.85278034

00:37:12.630 --> 00:37:16.040 like if we can't figure out how to

NOTE Confidence: 0.85278034

00:37:16.040 --> 00:37:18.375 train people more efficiently than.

NOTE Confidence: 0.85278034

00:37:18.380 --> 00:37:22.220 It could end up actually being

NOTE Confidence: 0.85278034

00:37:22.220 --> 00:37:24.140 problematic for the.

NOTE Confidence: 0.85278034

00:37:24.140 --> 00:37:27.815 Yeah, for the field you know so.

NOTE Confidence: 0.85278034

00:37:27.820 --> 00:37:28.160 Well,

NOTE Confidence: 0.80896664

00:37:28.160 --> 00:37:31.130 I wish you all the best doing that and

NOTE Confidence: 0.80896664

00:37:31.130 --> 00:37:33.180 maybe I'll go through residency again

NOTE Confidence: 0.80896664

00:37:33.180 --> 00:37:35.748 if you roll out your tech based open

NOTE Confidence: 0.80896664

00:37:35.748 --> 00:37:38.208 course on how to be a psychiatrist.

NOTE Confidence: 0.80896664

00:37:38.210 --> 00:37:39.209 Or you can

NOTE Confidence: 0.80896664

00:37:39.210 --> 00:37:42.586 help you know. Disseminate it.

NOTE Confidence: 0.80896664

00:37:42.586 --> 00:37:43.638 Once it's out there.

NOTE Confidence: 0.8576598

00:37:43.640 --> 00:37:44.950 Very happy. Yeah, I'd be

NOTE Confidence: 0.8576598

00:37:44.950 --> 00:37:46.533 very happy to thank you. Thank

NOTE Confidence: 0.8576598

00:37:46.533 --> 00:37:48.637 you so much for taking the time to

NOTE Confidence: 0.8576598

00:37:48.640 --> 00:37:49.688 talk, that's great, thanks.

NOTE Confidence: 0.84876406

00:38:01.340 --> 00:38:03.685 Well, I hope you enjoyed that episode.

NOTE Confidence: 0.84876406

00:38:03.690 --> 00:38:05.652 Thanks again to Justin for being

NOTE Confidence: 0.84876406

00:38:05.652 --> 00:38:08.036 on the podcast and you can find

NOTE Confidence: 0.84876406

00:38:08.036 --> 00:38:10.046 Justin on Twitter at Justin Baker,

NOTE Confidence: 0.84876406

00:38:10.050 --> 00:38:11.394 MD's in medical Doctor.

NOTE Confidence: 0.84876406

00:38:11.394 --> 00:38:13.400 Again, that's at Justin Baker MD.

NOTE Confidence: 0.84876406

00:38:13.400 --> 00:38:15.787 You can also find him on his

NOTE Confidence: 0.84876406

00:38:15.787 --> 00:38:16.810 partners.org faculty profile

NOTE Confidence: 0.84876406

00:38:16.873 --> 00:38:18.428 page or on Google Scholar.

NOTE Confidence: 0.84876406

00:38:18.430 --> 00:38:20.380 Just look up Justin Baker thanks

NOTE Confidence: 0.84876406

00:38:20.380 --> 00:38:22.783 to the Yale School of Medicine for

NOTE Confidence: 0.84876406

00:38:22.783 --> 00:38:24.479 sponsoring the podcast and especially

NOTE Confidence: 0.84876406

00:38:24.479 --> 00:38:26.194 to Adrian Bonding Burger for.

NOTE Confidence: 0.84876406

00:38:26.200 --> 00:38:27.575 Producing the podcast and Ryan

NOTE Confidence: 0.84876406

00:38:27.575 --> 00:38:29.400 McEvoy for his help sound editing.

NOTE Confidence: 0.84876406

00:38:29.400 --> 00:38:31.150 A special thanks to you for

NOTE Confidence: 0.84876406

00:38:31.150 --> 00:38:32.020 listening and again,

NOTE Confidence: 0.84876406

00:38:32.020 --> 00:38:34.092 my name is Daniel Barron and I've

NOTE Confidence: 0.84876406

00:38:34.092 --> 00:38:36.152 been your host and I'll see you

NOTE Confidence: 0.84876406

00:38:36.152 --> 00:38:38.130 next time here on science at all.