

PSYCHOLOGY'S
OUTER LIMITS
Major Depressive
Disorder



Professor Erick R. Williams



1
00:00:54,529 --> 00:00:02,270
you're locked into inception radio

2
00:00:57,229 --> 00:00:54,539
network superior Wisconsin get ready to

3
00:01:00,709 --> 00:00:57,239
expand your mind this is psychologues

4
00:01:04,360 --> 00:01:00,719
outer limits with your host professor of

5
00:01:11,440 --> 00:01:04,370
psychology eric r williams

6
00:01:13,450 --> 00:01:11,450
oh good evening folks then happy

7
00:01:16,840 --> 00:01:13,460
Father's Day to all the fathers out

8
00:01:20,110 --> 00:01:16,850
there welcome to psychologues outer

9
00:01:23,080 --> 00:01:20,120
limits here on inception radio network I

10
00:01:24,580 --> 00:01:23,090
hope you're having a good weekend and I

11
00:01:27,400 --> 00:01:24,590
imagine there's a lot of dads out there

12
00:01:32,230 --> 00:01:27,410
at dinner right now or depending on the

13
00:01:35,470 --> 00:01:32,240

weather outside and I know from

14

00:01:37,570 --> 00:01:35,480

listening the radio that the Midwest got

15

00:01:40,090 --> 00:01:37,580

pounded some places got three or four

16

00:01:42,100 --> 00:01:40,100

inches but this wasn't like sandy where

17

00:01:44,290 --> 00:01:42,110

the storm kind of parked this was this

18

00:01:46,210 --> 00:01:44,300

went through pretty quickly but two

19

00:01:48,370 --> 00:01:46,220

inches of rain is an awful lot of rain

20

00:01:51,400 --> 00:01:48,380

but anyway happy day to all the dads out

21

00:01:53,350 --> 00:01:51,410

there I'm a dad too and on my Facebook

22

00:01:56,700 --> 00:01:53,360

page I put a picture of my dad when he

23

00:01:59,830 --> 00:01:56,710

was in his 20s wearing his army uniform

24

00:02:02,250 --> 00:01:59,840

and let's say speaking of Facebook and

25

00:02:04,960 --> 00:02:02,260

all the ways you can reach us

26

00:02:06,610 --> 00:02:04,970

psychology's outer limits Allah I think

27

00:02:09,040 --> 00:02:06,620

I was whining that I only had three

28

00:02:11,320 --> 00:02:09,050

likes but I'm up to 45 now so thank you

29

00:02:14,800 --> 00:02:11,330

for that and you're welcome to my

30

00:02:17,470 --> 00:02:14,810

personal page just look up Eric 1958 and

31

00:02:19,270 --> 00:02:17,480

you can join that page and that's got a

32

00:02:23,199 --> 00:02:19,280

lot of weather stuff on it that's my

33

00:02:24,580 --> 00:02:23,209

weather geek stuff of course if you're

34

00:02:27,550 --> 00:02:24,590

probably listening right now on

35

00:02:31,300 --> 00:02:27,560

inception radio network but we also have

36

00:02:34,270 --> 00:02:31,310

apps we have an iOS app for you Apple

37

00:02:38,710 --> 00:02:34,280

folks and we have an Android app and

38

00:02:42,070 --> 00:02:38,720

some of the people where Beth works my

39

00:02:43,540 --> 00:02:42,080

girlfriend Oh are working right now but

40

00:02:46,000 --> 00:02:43,550

she's had they were downloading the app

41

00:02:52,090 --> 00:02:46,010

and because they wanted to be able to

42

00:02:56,860 --> 00:02:52,100

catch the show you can log on to and

43

00:02:59,259 --> 00:02:56,870

some yet work and on the blue menu bar

44

00:03:02,800 --> 00:02:59,269

you'll see chat and I monitor chat all

45

00:03:04,780 --> 00:03:02,810

during the show and so does MJ our

46

00:03:07,180 --> 00:03:04,790

producer and I forgot to mention we have

47

00:03:09,540 --> 00:03:07,190

our our excellent producer making

48

00:03:11,680 --> 00:03:09,550

everything work in the background and

49

00:03:14,650 --> 00:03:11,690

let's see what else you could call

50

00:03:15,800 --> 00:03:14,660

except I can't blow I can't find the

51

00:03:18,930 --> 00:03:15,810

phone number maybe

52

00:03:22,710 --> 00:03:18,940

maybe MJ will pop it up here for me in a

53

00:03:24,780 --> 00:03:22,720

moment shoot i usually hump it up you

54

00:03:32,130 --> 00:03:24,790

can call in and it's to exempt the phone

55

00:03:34,110 --> 00:03:32,140

number okay let's see it's 88 89 1923 55

56

00:03:36,750 --> 00:03:34,120

and i would love to get some call ins we

57

00:03:41,940 --> 00:03:36,760

haven't had any yet it's only the third

58

00:03:47,339 --> 00:03:41,950

show and you can also email to live

59

00:03:49,979 --> 00:03:47,349

psych l.i.v.e psy c @ mail.com though

60

00:03:52,110 --> 00:03:49,989

I'm getting ready to change that to a

61

00:03:55,199 --> 00:03:52,120

gmail address because that'll work

62

00:04:01,800 --> 00:03:55,209

better for I RN and I think that covers

63

00:04:03,960 --> 00:04:01,810

oh and then also on on on oh my gosh

64

00:04:08,039 --> 00:04:03,970

where's my bring on Twitter you can

65

00:04:14,250 --> 00:04:08,049

reach us at i underscore our underscore

66

00:04:16,979 --> 00:04:14,260

n or you can reach us at eric psychology

67

00:04:20,699 --> 00:04:16,989

just remember my name is spelled ER i ck

68

00:04:24,469 --> 00:04:20,709

so it's eric e RI ck psychology and

69

00:04:27,029 --> 00:04:24,479

those are all the ways to to follow us

70

00:04:31,110 --> 00:04:27,039

but i but it would be kind of cool to

71

00:04:33,120 --> 00:04:31,120

get some call ins i would let's see

72

00:04:34,080 --> 00:04:33,130

matter of fact I to encourage a call in

73

00:04:37,800 --> 00:04:34,090

we're going to have a we're going to

74

00:04:40,650 --> 00:04:37,810

have a prize a it's a it's a portable

75

00:04:44,340 --> 00:04:40,660

bluetooth speaker it's about the size of

76

00:04:46,230 --> 00:04:44,350

a big coffee cup and we might have

77

00:04:49,890 --> 00:04:46,240

prizes pretty often because I have quite

78

00:04:51,960 --> 00:04:49,900

a collection of little technology stuff

79

00:04:54,840 --> 00:04:51,970

that it's a long story but I get these

80

00:04:56,610 --> 00:04:54,850

things basically for free and i do want

81

00:04:58,680 --> 00:04:56,620

to imagine it last week we never got

82

00:05:01,140 --> 00:04:58,690

around its long about our show topic

83

00:05:05,130 --> 00:05:01,150

which is major depression so i will make

84

00:05:06,990 --> 00:05:05,140

sure they'll talk about it this week but

85

00:05:09,180 --> 00:05:07,000

speaking of last week there were some

86

00:05:12,870 --> 00:05:09,190

questions and i said i would look them

87

00:05:14,760 --> 00:05:12,880

up and I did and one other that was

88

00:05:17,610 --> 00:05:14,770

really interesting uh a couple people

89

00:05:19,890 --> 00:05:17,620

ask you know what how many brain cells

90

00:05:22,440 --> 00:05:19,900

do we really use because we so often

91

00:05:28,110 --> 00:05:22,450

hear these numbers like eight or nine or

92

00:05:29,510 --> 00:05:28,120

ten percent and you know when you read

93

00:05:31,800 --> 00:05:29,520

about it

94

00:05:33,719 --> 00:05:31,810

most thing it's as you get is that will

95

00:05:37,260 --> 00:05:33,729

use all of our brain cells I mean we

96

00:05:40,320 --> 00:05:37,270

have a big brain and we'll use them all

97

00:05:43,050 --> 00:05:40,330

but I think this is just a guess okay I

98

00:05:46,619 --> 00:05:43,060

think that what the eight or nine or ten

99

00:05:50,040 --> 00:05:46,629

percent mean is is that you know if we

100

00:05:52,290 --> 00:05:50,050

look at our hundred billion uh you know

101
00:05:54,059 --> 00:05:52,300
brain cells there's probably ten

102
00:05:56,670 --> 00:05:54,069
billions that were ten billion that we

103
00:05:58,740 --> 00:05:56,680
use the most that we use a lot and the

104
00:06:00,450 --> 00:05:58,750
reason I'm saying that is that there are

105
00:06:04,140 --> 00:06:00,460
people that for a variety of reasons

106
00:06:07,619 --> 00:06:04,150
have one half of their brain removed an

107
00:06:11,879 --> 00:06:07,629
entire hemisphere and this is often done

108
00:06:15,529 --> 00:06:11,889
with adolescents who have a reunion of

109
00:06:18,629 --> 00:06:15,539
these kids now they do have one problem

110
00:06:21,600 --> 00:06:18,639
if for example you remove the left

111
00:06:23,189 --> 00:06:21,610
hemisphere of the brain it's hard to

112
00:06:26,189 --> 00:06:23,199
control the right side of your body

113
00:06:28,740 --> 00:06:26,199

because primary control of of each side

114

00:06:30,689 --> 00:06:28,750

of your body is under the control the

115

00:06:33,600 --> 00:06:30,699

opposite side of the brain but they

116

00:06:35,129 --> 00:06:33,610

still walk and talk and move around par

117

00:06:38,339 --> 00:06:35,139

that's due to something called neuro

118

00:06:41,399 --> 00:06:38,349

plasticity meaning that your brain will

119

00:06:45,029 --> 00:06:41,409

try its best to work around problems so

120

00:06:47,610 --> 00:06:45,039

clearly if we can make half of our brain

121

00:06:50,580 --> 00:06:47,620

go away and still function pretty well

122

00:06:53,700 --> 00:06:50,590

we don't need all of our brain cells so

123

00:06:55,950 --> 00:06:53,710

I think it's a complicated question 1

124

00:06:58,830 --> 00:06:55,960

answer is that to some extent will use

125

00:07:00,450 --> 00:06:58,840

all of our brain cells another answer is

126
00:07:02,490 --> 00:07:00,460
we clearly don't need all of them

127
00:07:05,580 --> 00:07:02,500
because we can do without half of them

128
00:07:07,290 --> 00:07:05,590
if we have two and a third answer and

129
00:07:09,510 --> 00:07:07,300
this is kind of from me I don't really

130
00:07:12,330 --> 00:07:09,520
have research to back this up is that

131
00:07:14,850 --> 00:07:12,340
there's a clump of go to cells will call

132
00:07:20,369 --> 00:07:14,860
them that you know when we use those the

133
00:07:23,129 --> 00:07:20,379
most but there isn't a situation where

134
00:07:25,140 --> 00:07:23,139
we have ten percent of ourselves being

135
00:07:27,510 --> 00:07:25,150
used and ninety percent just sitting

136
00:07:30,360 --> 00:07:27,520
there idling you know waiting to be

137
00:07:34,140 --> 00:07:30,370
called in us into service but we do need

138
00:07:36,809 --> 00:07:34,150

redundancy when cells are hurt damaged

139

00:07:39,899 --> 00:07:36,819

or whatever other cells are pressed into

140

00:07:41,910 --> 00:07:39,909

service if we literally need every

141

00:07:44,550 --> 00:07:41,920

single cell we would

142

00:07:46,470 --> 00:07:44,560

be in trouble if we suddenly lost a

143

00:07:49,080 --> 00:07:46,480

bunch of them but I think it's really

144

00:07:52,730 --> 00:07:49,090

amazing that you can take away half of a

145

00:07:55,320 --> 00:07:52,740

person's brain and they still do well

146

00:07:57,240 --> 00:07:55,330

with the exception of they have poor

147

00:07:59,460 --> 00:07:57,250

control of the opposite side of their

148

00:08:01,500 --> 00:07:59,470

body so that's the answer to that

149

00:08:04,680 --> 00:08:01,510

question from last week and a great

150

00:08:06,930 --> 00:08:04,690

question that was because it forced me

151

00:08:08,790 --> 00:08:06,940

to do a little more research and I even

152

00:08:12,270 --> 00:08:08,800

used it a little bit in class this week

153

00:08:16,460 --> 00:08:12,280

because we happen to be in a section in

154

00:08:19,260 --> 00:08:16,470

the course where we were talking about

155

00:08:22,920 --> 00:08:19,270

the other question was on remote of the

156

00:08:28,260 --> 00:08:22,930

way now it was tough I could find why we

157

00:08:35,180 --> 00:08:28,270

go through academic research on on

158

00:08:39,120 --> 00:08:35,190

remote viewing but I was in the

159

00:08:41,370 --> 00:08:39,130

literature library and everything in

160

00:08:45,030 --> 00:08:41,380

there is pretty good i mean it's it's at

161

00:08:49,140 --> 00:08:45,040

least remotely related to science or it

162

00:08:51,660 --> 00:08:49,150

wouldn't be in there and I i came across

163

00:08:56,250 --> 00:08:51,670

two things first in terms of remote

164

00:08:58,470 --> 00:08:56,260

viewing i did find an article in the

165

00:09:01,830 --> 00:08:58,480

journal for spiritual and consciousness

166

00:09:05,300 --> 00:09:01,840

studies and it was actually sort of a

167

00:09:09,450 --> 00:09:05,310

recap of a discussion a talk that they

168

00:09:12,290 --> 00:09:09,460

that a marshal pain i think i'm

169

00:09:16,020 --> 00:09:12,300

pronouncing his name right that he gave

170

00:09:24,450 --> 00:09:16,030

but he he talked the daughter from a

171

00:09:26,460 --> 00:09:24,460

pretty interesting oh and you and his he

172

00:09:28,230 --> 00:09:26,470

said for example we found up early in

173

00:09:31,140 --> 00:09:28,240

the vietnam war that the Russians were

174

00:09:33,840 --> 00:09:31,150

practicing remote viewing and spending

175

00:09:35,730 --> 00:09:33,850

millions of rubles on it and that was

176

00:09:38,040 --> 00:09:35,740

driving our intelligence people nuts

177

00:09:41,130 --> 00:09:38,050

because they didn't know what it was so

178

00:09:43,670 --> 00:09:41,140

first they had to find out and so they

179

00:09:47,730 --> 00:09:43,680

came up with this guy named Ingo Swann

180

00:09:50,520 --> 00:09:47,740

but the I'm not sure if this is the guy

181

00:09:55,390 --> 00:09:50,530

they tested or not but let me just read

182

00:09:58,870 --> 00:09:55,400

this section to you uh let's see

183

00:10:03,190 --> 00:09:58,880

they got a hold of them they drove to

184

00:10:07,270 --> 00:10:03,200

downtown Palo Alto I'm parked on a

185

00:10:09,370 --> 00:10:07,280

corner and told him to bring a phone not

186

00:10:11,680 --> 00:10:09,380

to tell anybody where he was and and not

187

00:10:13,870 --> 00:10:11,690

make up his mind Andrey what's a park

188

00:10:16,240 --> 00:10:13,880

till I got there just parking wait to

189

00:10:19,360 --> 00:10:16,250

hear from us or the instructions then

190

00:10:22,900 --> 00:10:19,370

they brought in go in and they said tell

191

00:10:25,000 --> 00:10:22,910

us where John Brown is that was it so

192

00:10:27,640 --> 00:10:25,010

Ingo sat down and started drawing and

193

00:10:29,980 --> 00:10:27,650

then he drew a mcdonalds on one corner a

194

00:10:33,190 --> 00:10:29,990

gas station on another and a public

195

00:10:35,560 --> 00:10:33,200

library on another an Ingo said that is

196

00:10:38,020 --> 00:10:35,570

where he is he didn't know the town so

197

00:10:40,420 --> 00:10:38,030

he didn't know where this was but he

198

00:10:43,180 --> 00:10:40,430

described site so they got on the phone

199

00:10:45,520 --> 00:10:43,190

they called John Brown and asked him

200

00:10:47,140 --> 00:10:45,530

where he was and he sat on the corner of

201
00:10:50,140 --> 00:10:47,150
Fifth and main further mention

202
00:10:53,070 --> 00:10:50,150
mentioning a McDonald's a shell station

203
00:10:56,110 --> 00:10:53,080
and a public library right over there

204
00:10:59,140 --> 00:10:56,120
now that's pretty wild no I wasn't there

205
00:11:02,350 --> 00:10:59,150
and I'm always very skeptical but I mean

206
00:11:06,190 --> 00:11:02,360
this guy drew a picture of an

207
00:11:07,690 --> 00:11:06,200
intersection and what was on three of

208
00:11:10,540 --> 00:11:07,700
the quarters of the intersection

209
00:11:12,850 --> 00:11:10,550
anything else and you know that leaves

210
00:11:15,850 --> 00:11:12,860
me wondering how did he do that you know

211
00:11:18,790 --> 00:11:15,860
the how-to is what tends to drive

212
00:11:21,580 --> 00:11:18,800
scientists nuts but and it wasn't

213
00:11:25,020 --> 00:11:21,590

exactly a live study and it wasn't

214

00:11:31,450 --> 00:11:28,090

conditions but it's credible you know

215

00:11:33,690 --> 00:11:31,460

and I have no problem believing it now

216

00:11:37,240 --> 00:11:33,700

some of the other things that I read on

217

00:11:41,230 --> 00:11:37,250

remote viewing was to look at it from

218

00:11:44,890 --> 00:11:41,240

the nose from the notion of the passage

219

00:11:47,890 --> 00:11:44,900

of time I mean think about it a TV show

220

00:11:50,700 --> 00:11:47,900

that was on 30 years ago is passing

221

00:11:54,730 --> 00:11:50,710

through space now we can shorten that

222

00:11:58,030 --> 00:11:54,740

interval to something that happened a

223

00:12:00,640 --> 00:11:58,040

few seconds ago and that man image 2 is

224

00:12:03,310 --> 00:12:00,650

passing through space even if it only

225

00:12:05,950 --> 00:12:03,320

happened you know what you know one

226

00:12:07,930 --> 00:12:05,960

minute ago so some of the articles that

227

00:12:09,220 --> 00:12:07,940

I scan kind of quickly said remote

228

00:12:13,630 --> 00:12:09,230

viewing could simply

229

00:12:16,030 --> 00:12:13,640

be receiving those images and and then

230

00:12:18,370 --> 00:12:16,040

you know drawing a picture now we still

231

00:12:21,670 --> 00:12:18,380

have the question of you know how do you

232

00:12:25,000 --> 00:12:21,680

sort of dial in to that you know if I

233

00:12:26,350 --> 00:12:25,010

ask you to I mean there's a bazillion

234

00:12:28,630 --> 00:12:26,360

pictures floating around right

235

00:12:31,590 --> 00:12:28,640

everything going on anywhere that's

236

00:12:35,170 --> 00:12:31,600

reflecting light is generating a picture

237

00:12:38,590 --> 00:12:35,180

so how this fella for example you know

238

00:12:41,050 --> 00:12:38,600

picked John Brown out of six or seven

239

00:12:45,790 --> 00:12:41,060

people six or seven billion people is

240

00:12:49,450 --> 00:12:45,800

beyond me but it gave me a slightly less

241

00:12:51,940 --> 00:12:49,460

skeptical viewing a view of remote

242

00:12:54,220 --> 00:12:51,950

viewing and i will see if i can find

243

00:12:56,260 --> 00:12:54,230

some more I thought that was pretty cool

244

00:13:00,730 --> 00:12:56,270

and once again a really good question

245

00:13:05,500 --> 00:13:00,740

and I'm glad I'm glad someone asked past

246

00:13:08,040 --> 00:13:05,510

it but me uh whenever you hear a bit of

247

00:13:11,410 --> 00:13:08,050

silence just because I'm flopping around

248

00:13:13,390 --> 00:13:11,420

let's see wasn't Ingo saw involved and

249

00:13:17,200 --> 00:13:13,400

revoke mule and yeah he was his ameribag

250

00:13:19,180 --> 00:13:17,210

was I guess he was from I might have my

251
00:13:22,330 --> 00:13:19,190
facts mixed up here but he might have

252
00:13:25,690 --> 00:13:22,340
been from from Russia but apparently he

253
00:13:27,670 --> 00:13:25,700
was good at it and maybe that's part of

254
00:13:30,330 --> 00:13:27,680
the deal maybe some folks have a real

255
00:13:34,360 --> 00:13:30,340
gift for this and other folks you know

256
00:13:37,420 --> 00:13:34,370
simply don't but I really enjoyed

257
00:13:41,800 --> 00:13:37,430
reading that and by the way if you want

258
00:13:45,220 --> 00:13:41,810
a copy of the entire talk which is I

259
00:13:47,020 --> 00:13:45,230
don't know five or ten pages pages long

260
00:13:51,160 --> 00:13:47,030
I'm sorry my allergies are making it

261
00:13:54,070 --> 00:13:51,170
hard to talk uh if you'll contact the

262
00:13:58,270 --> 00:13:54,080
show or you can just send an email to

263
00:14:00,610 --> 00:13:58,280

live psych @ mail.com or put something

264

00:14:04,090 --> 00:14:00,620

in the chat room what it will find you

265

00:14:09,780 --> 00:14:04,100

I'd be happy to email it to you if you

266

00:14:13,750 --> 00:14:09,790

want to read the entire text of his talk

267

00:14:16,030 --> 00:14:13,760

okay a depression last week I want to

268

00:14:19,120 --> 00:14:16,040

make sure that we did talk about this

269

00:14:22,000 --> 00:14:19,130

week and major it's you know we have

270

00:14:22,750 --> 00:14:22,010

major depressive episodes which is the

271

00:14:25,830 --> 00:14:22,760

correct term

272

00:14:28,870 --> 00:14:25,840

for when a person has episode but the

273

00:14:31,840 --> 00:14:28,880

arching term is major depressive

274

00:14:35,530 --> 00:14:31,850

disorder that's the term we would use in

275

00:14:39,100 --> 00:14:35,540

the in the field okay now in a lot of

276

00:14:43,840 --> 00:14:39,110

disorders we require a certain amount of

277

00:14:47,230 --> 00:14:43,850

time to pass before we give a person a

278

00:14:50,650 --> 00:14:47,240

diagnosis for example in generalized

279

00:14:53,620 --> 00:14:50,660

anxiety disorder a person has to exhibit

280

00:14:55,420 --> 00:14:53,630

symptoms for six months but that makes

281

00:14:58,870 --> 00:14:55,430

sense you know we go through bad times

282

00:15:00,910 --> 00:14:58,880

in our lives and maybe the person is

283

00:15:03,460 --> 00:15:00,920

just going through a bad time a divorce

284

00:15:06,610 --> 00:15:03,470

a death the problem at work financial

285

00:15:09,580 --> 00:15:06,620

issues and they do tend to resolve so

286

00:15:11,530 --> 00:15:09,590

you know we feel that if the person

287

00:15:14,410 --> 00:15:11,540

still has the same symptoms in six

288

00:15:17,890 --> 00:15:14,420

months then maybe this does rise to the

289

00:15:20,050 --> 00:15:17,900

level of a disorder but major to set the

290

00:15:22,840 --> 00:15:20,060

press of this order is it is a little

291

00:15:25,600 --> 00:15:22,850

bit different because the onset is so

292

00:15:27,850 --> 00:15:25,610

rapid now I do want to mention that no

293

00:15:34,450 --> 00:15:27,860

matter where you go on the planet this

294

00:15:36,280 --> 00:15:34,460

is the most common disorder okay maybe

295

00:15:38,920 --> 00:15:36,290

that'll be the question I'll ask for a

296

00:15:40,930 --> 00:15:38,930

contest so keep that fact in your head

297

00:15:44,440 --> 00:15:40,940

okay the most common disorder on the

298

00:15:46,870 --> 00:15:44,450

planet is depression and run round nine

299

00:15:50,050 --> 00:15:46,880

percent if you add all the depressions

300

00:15:53,170 --> 00:15:50,060

together but I don't think major

301
00:15:54,760 --> 00:15:53,180
depressive disorder is more than seven

302
00:15:56,980 --> 00:15:54,770
or eight percent but that's still let's

303
00:15:59,020 --> 00:15:56,990
tell a pretty high number and it's still

304
00:16:01,000 --> 00:15:59,030
pretty amazing that it is the most

305
00:16:04,090 --> 00:16:01,010
common disorder anywhere on the planet

306
00:16:06,730 --> 00:16:04,100
because there are disorders that we have

307
00:16:09,310 --> 00:16:06,740
in North America for example that don't

308
00:16:11,440 --> 00:16:09,320
exist anywhere else and there's the

309
00:16:13,360 --> 00:16:11,450
orders bizarre ones that occur in some

310
00:16:16,840 --> 00:16:13,370
cultures that don't happen here but this

311
00:16:18,490 --> 00:16:16,850
one seems hat everywhere anyway what we

312
00:16:21,700 --> 00:16:18,500
are looking for a major depressive

313
00:16:24,090 --> 00:16:21,710

disorder is is that for a two-week

314

00:16:27,220 --> 00:16:24,100

period and two weeks isn't that long

315

00:16:30,760 --> 00:16:27,230

okay that a person now what I'm reading

316

00:16:32,940 --> 00:16:30,770

from is is a kind of the Bible of a

317

00:16:36,470 --> 00:16:32,950

diagnostic psychology in psychology

318

00:16:37,790 --> 00:16:36,480

psychiatry it's the it's called a DES

319

00:16:41,060 --> 00:16:37,800

I'm you might have heard of it it's a

320

00:16:44,720 --> 00:16:41,070

diagnostic and statistic manual and it

321

00:16:46,730 --> 00:16:44,730

gives us the diagnostic criteria for

322

00:16:48,379 --> 00:16:46,740

every disorder and the statistics

323

00:16:50,030 --> 00:16:48,389

forward and a new one just came out

324

00:16:52,340 --> 00:16:50,040

about two years ago and it's kind of a

325

00:16:54,560 --> 00:16:52,350

big deal because they only come out with

326

00:16:57,050 --> 00:16:54,570

new ones about every about every 10

327

00:16:58,639 --> 00:16:57,060

years they do these revisions once in a

328

00:17:00,949 --> 00:16:58,649

while but this was new and there were a

329

00:17:03,230 --> 00:17:00,959

lot of differences maybe we can talk

330

00:17:06,559 --> 00:17:03,240

about that at a different time anyway

331

00:17:09,110 --> 00:17:06,569

for a two-week period it's time the

332

00:17:11,689 --> 00:17:09,120

person that plays displays an increase

333

00:17:15,380 --> 00:17:11,699

in the pressed mood for the majority of

334

00:17:19,250 --> 00:17:15,390

each day and or a decrease in enjoyment

335

00:17:23,150 --> 00:17:19,260

or interest across most activities for

336

00:17:24,799 --> 00:17:23,160

the majority of each day so a decrease

337

00:17:28,370 --> 00:17:24,809

in interest for examples called

338

00:17:33,350 --> 00:17:28,380

abolition a person does doesn't want to

339

00:17:36,169 --> 00:17:33,360

do anything or they find that they don't

340

00:17:38,900 --> 00:17:36,179

experience joy in life life has become

341

00:17:43,250 --> 00:17:38,910

bland something you just try to get

342

00:17:45,590 --> 00:17:43,260

through now for the same two weeks the

343

00:17:47,840 --> 00:17:45,600

person also experienced at least three

344

00:17:49,820 --> 00:17:47,850

of the four the following symptoms and

345

00:17:53,570 --> 00:17:49,830

we often have these in checklist and you

346

00:17:55,820 --> 00:17:53,580

got to have several you know of these so

347

00:17:58,310 --> 00:17:55,830

they could include considerable weight

348

00:17:59,720 --> 00:17:58,320

change or appetite change some folks

349

00:18:02,000 --> 00:17:59,730

when they're depressed they find that

350

00:18:04,880 --> 00:18:02,010

eating as a self comforting behavior so

351

00:18:06,200 --> 00:18:04,890

they gain weight and and a folks find

352

00:18:08,750 --> 00:18:06,210

that when they're depressed their

353

00:18:12,530 --> 00:18:08,760

appetite just gets cut off they're not

354

00:18:15,470 --> 00:18:12,540

hungry at all they could have insomnia

355

00:18:17,720 --> 00:18:15,480

they have terrible trouble sleeping but

356

00:18:20,419 --> 00:18:17,730

what is more typical is hypersomnia

357

00:18:23,450 --> 00:18:20,429

which is a tendency to want to sleep all

358

00:18:26,210 --> 00:18:23,460

of the time and sleep doesn't seem to

359

00:18:28,789 --> 00:18:26,220

very refreshing a person can sleep 8 10

360

00:18:32,450 --> 00:18:28,799

20 hours and wake up and there's totally

361

00:18:35,980 --> 00:18:32,460

p that would be high in agavia another

362

00:18:38,840 --> 00:18:35,990

symptom could be daily agitation or

363

00:18:42,799 --> 00:18:38,850

decrease in motor activity and in this

364

00:18:46,490 --> 00:18:42,809

case slowing down quite a bit now a

365

00:18:48,770 --> 00:18:46,500

decrease in motor activity is far more

366

00:18:50,000 --> 00:18:48,780

common than agitation because depression

367

00:18:53,320 --> 00:18:50,010

is just that it's a

368

00:18:56,780 --> 00:18:53,330

depression it's a lessening of activity

369

00:18:58,730 --> 00:18:56,790

daily fatiguer lethargy I would always

370

00:19:01,160 --> 00:18:58,740

be surprised to have a client or a

371

00:19:05,920 --> 00:19:01,170

patient complaining of depression who

372

00:19:08,510 --> 00:19:05,930

didn't complain of fatigue and lethargy

373

00:19:11,690 --> 00:19:08,520

another symptom would be daily feelings

374

00:19:15,100 --> 00:19:11,700

of worthlessness or excessive guilt that

375

00:19:19,960 --> 00:19:15,110

sense of worthlessness which tends to be

376

00:19:23,720 --> 00:19:19,970

conjoined with the sense of hopelessness

377

00:19:25,940 --> 00:19:23,730

hopelessness are very very common people

378

00:19:28,580 --> 00:19:25,950

that are depressed feel like they're

379

00:19:30,890 --> 00:19:28,590

never going to feel better again that

380

00:19:33,320 --> 00:19:30,900

they are at the bottom of a very deep

381

00:19:36,800 --> 00:19:33,330

black hole and they're never going to

382

00:19:38,720 --> 00:19:36,810

see light again so if a P if a person's

383

00:19:41,870 --> 00:19:38,730

going to have three or four symptoms I

384

00:19:43,790 --> 00:19:41,880

would expect to see that one another

385

00:19:49,340 --> 00:19:43,800

symptom is a daily reduction in

386

00:19:51,890 --> 00:19:49,350

concentration or decisiveness the decree

387

00:19:54,920 --> 00:19:51,900

the reduction concentration is fairly

388

00:19:58,370 --> 00:19:54,930

common and then we have repeated focus

389

00:20:00,920 --> 00:19:58,380

on death or suicide not as common now

390

00:20:02,810 --> 00:20:00,930

suicide is certainly a risk and

391

00:20:05,030 --> 00:20:02,820

depression I don't think it's as high

392

00:20:08,090 --> 00:20:05,040

risk as most people would think but

393

00:20:11,150 --> 00:20:08,100

there is an increased risk in suicide

394

00:20:13,700 --> 00:20:11,160

because of the hopelessness and you know

395

00:20:16,130 --> 00:20:13,710

people that have been through a major

396

00:20:19,070 --> 00:20:16,140

depressive episode know exactly what I'm

397

00:20:21,950 --> 00:20:19,080

talking about you get three four or five

398

00:20:24,380 --> 00:20:21,960

months into this and you know you get

399

00:20:26,930 --> 00:20:24,390

tired of it it wears a person down and

400

00:20:29,810 --> 00:20:26,940

that sense of I am never going to feel

401
00:20:33,830 --> 00:20:29,820
better life is worthless there is no

402
00:20:36,800 --> 00:20:33,840
hope is going to increase the risk of

403
00:20:38,780 --> 00:20:36,810
suicide however we have to keep in mind

404
00:20:41,660 --> 00:20:38,790
that this person with or without

405
00:20:44,840 --> 00:20:41,670
depression may also have already had

406
00:20:47,990 --> 00:20:44,850
suicidal ideation so you know we're not

407
00:20:50,500 --> 00:20:48,000
sure which causes which but if we had a

408
00:20:53,540 --> 00:20:50,510
person that already had suicidal

409
00:20:55,550 --> 00:20:53,550
ideation and then becomes the press we

410
00:20:59,660 --> 00:20:55,560
would be very concerned about a patient

411
00:21:01,610 --> 00:20:59,670
like that and then so those those are a

412
00:21:02,980 --> 00:21:01,620
list of symptoms we're looking at the

413
00:21:04,930 --> 00:21:02,990

road

414

00:21:07,750 --> 00:21:04,940

and we usually find at least three or

415

00:21:09,130 --> 00:21:07,760

four that's the fire in the most common

416

00:21:12,160 --> 00:21:09,140

and if you've been going through a bad

417

00:21:15,820 --> 00:21:12,170

period and you're wondering you know if

418

00:21:17,140 --> 00:21:15,830

you might have depression the symptoms

419

00:21:20,440 --> 00:21:17,150

that I would be looking forward

420

00:21:24,700 --> 00:21:20,450

particular would be the fatigue the

421

00:21:28,620 --> 00:21:24,710

constant sleepiness a sense of of

422

00:21:33,940 --> 00:21:28,630

helplessness and worthlessness and

423

00:21:38,140 --> 00:21:33,950

possibly guilt lethargy the inability to

424

00:21:40,780 --> 00:21:38,150

feel joy and abolition the feeling that

425

00:21:42,340 --> 00:21:40,790

I just don't want to do anything a lot

426
00:21:44,680 --> 00:21:42,350
of people report that when they're going

427
00:21:48,700 --> 00:21:44,690
through a depression they just want to

428
00:21:51,880 --> 00:21:48,710
be in bed and depression causes a lot of

429
00:21:54,850 --> 00:21:51,890
damage you know I have seen this so many

430
00:21:57,400 --> 00:21:54,860
times people fall into a depression and

431
00:21:59,049 --> 00:21:57,410
they stop doing things unfortunately

432
00:22:04,540 --> 00:21:59,059
they stop doing the things they need to

433
00:22:06,549 --> 00:22:04,550
do to have a successful life so that the

434
00:22:09,100 --> 00:22:06,559
relationships could fall apart they

435
00:22:11,400 --> 00:22:09,110
might lose their job and in extreme

436
00:22:15,250 --> 00:22:11,410
cases they might find themselves

437
00:22:18,940 --> 00:22:15,260
homeless and a very important part of

438
00:22:21,850 --> 00:22:18,950

therapy is to try to prevent this

439

00:22:25,360 --> 00:22:21,860

collateral damage from happening to give

440

00:22:27,570 --> 00:22:25,370

the person you know some tactics and and

441

00:22:30,490 --> 00:22:27,580

some idea of how to get through this

442

00:22:32,440 --> 00:22:30,500

major depressive disorder tends to go

443

00:22:35,020 --> 00:22:32,450

away in six months and most people

444

00:22:37,270 --> 00:22:35,030

whether you treat it or not and that may

445

00:22:38,770 --> 00:22:37,280

ask you to you no wonder well why the

446

00:22:41,320 --> 00:22:38,780

hell treat it it's going to go away on

447

00:22:43,770 --> 00:22:41,330

its own well the reason we traded is

448

00:22:47,260 --> 00:22:43,780

that if we don't treat it a person might

449

00:22:49,210 --> 00:22:47,270

go through all this damage their their

450

00:22:50,919 --> 00:22:49,220

relationships might be ruined they might

451

00:22:53,799 --> 00:22:50,929

lose their job they might lose their

452

00:22:55,510 --> 00:22:53,809

home they might become hopeless and the

453

00:23:01,080 --> 00:22:55,520

other thing is that the you know the

454

00:23:04,180 --> 00:23:01,090

relationship with the with the proviso

455

00:23:08,830 --> 00:23:04,190

generally we treat depression with both

456

00:23:11,350 --> 00:23:08,840

medication and with with with therapy

457

00:23:13,240 --> 00:23:11,360

but I think that as soon as you feel

458

00:23:16,750 --> 00:23:13,250

that you probably do have depression

459

00:23:19,180 --> 00:23:16,760

it's really important to go see if

460

00:23:21,160 --> 00:23:19,190

doctor as soon as you can I'd prefer you

461

00:23:23,800 --> 00:23:21,170

see a psychiatrist go this is what they

462

00:23:25,780 --> 00:23:23,810

do but doctors are used to treating this

463

00:23:28,330 --> 00:23:25,790

too it will have no problem giving you

464

00:23:30,940 --> 00:23:28,340

an antidepressant now you have to be

465

00:23:33,310 --> 00:23:30,950

patient some people start feeling better

466

00:23:36,280 --> 00:23:33,320

within a few weeks and for some folks it

467

00:23:40,270 --> 00:23:36,290

could take up to two months such thing

468

00:23:42,910 --> 00:23:40,280

of running the same result but that

469

00:23:46,600 --> 00:23:42,920

means that anywhere from three to five

470

00:23:49,450 --> 00:23:46,610

or more months of of some relief and

471

00:23:52,540 --> 00:23:49,460

then hopefully you know you're a typical

472

00:23:55,090 --> 00:23:52,550

case and your depression will resolve

473

00:23:58,150 --> 00:23:55,100

and you can come off that the pearly the

474

00:23:59,950 --> 00:23:58,160

presents a small amount of people have

475

00:24:02,950 --> 00:23:59,960

what we call treatment resistant

476

00:24:06,790 --> 00:24:02,960

depression and they have to be on

477

00:24:09,130 --> 00:24:06,800

medications in many cases for the rest

478

00:24:11,380 --> 00:24:09,140

of their life because their brain simply

479

00:24:13,510 --> 00:24:11,390

won't relearn how to use a very

480

00:24:19,860 --> 00:24:13,520

important neurotransmitter called

481

00:24:22,750 --> 00:24:19,870

serotonin so if you if you've had one

482

00:24:25,450 --> 00:24:22,760

incidence of depression then you are

483

00:24:27,880 --> 00:24:25,460

more likely to have a second incidence

484

00:24:31,510 --> 00:24:27,890

of depression so that's that's pretty

485

00:24:35,200 --> 00:24:31,520

important now do you have thing called

486

00:24:37,690 --> 00:24:35,210

persistent the best disorder and this is

487

00:24:40,810 --> 00:24:37,700

a personal experience the symptoms of

488

00:24:45,940 --> 00:24:40,820

major form of the rest for at least two

489

00:24:48,960 --> 00:24:45,950

years now this is part of what we used

490

00:24:53,020 --> 00:24:48,970

to call dysthymia if you can imagine

491

00:24:54,970 --> 00:24:53,030

normalcy ok and then let's say we drop

492

00:24:57,730 --> 00:24:54,980

down 10 units and we're at major

493

00:25:00,580 --> 00:24:57,740

depression and if we go up 10 units

494

00:25:04,060 --> 00:25:00,590

we're at hyper mania well let's say we

495

00:25:07,030 --> 00:25:04,070

went down only five units ok that would

496

00:25:09,130 --> 00:25:07,040

be sort of like mild depression if that

497

00:25:12,220 --> 00:25:09,140

goes on for two years or more we call

498

00:25:15,400 --> 00:25:12,230

that dusty Mia or now we might call

499

00:25:18,760 --> 00:25:15,410

persistent depressive disorder there are

500

00:25:21,940 --> 00:25:18,770

flavors of depression and dysthymia or

501
00:25:25,240 --> 00:25:21,950
persistent depressive disorder is where

502
00:25:27,100 --> 00:25:25,250
a person has mild depression for two

503
00:25:29,650 --> 00:25:27,110
years and this is a little more

504
00:25:32,460 --> 00:25:29,660
complicated you know

505
00:25:35,740 --> 00:25:32,470
sure that depression is almost entirely

506
00:25:38,200 --> 00:25:35,750
biological what happens is that you know

507
00:25:42,010 --> 00:25:38,210
almost overnight your brain forgets how

508
00:25:44,790 --> 00:25:42,020
to how to use serotonin and a real quick

509
00:25:48,250 --> 00:25:44,800
explanation of that is that neurons

510
00:25:50,530 --> 00:25:48,260
essentially spit out serotonin and it

511
00:25:52,750 --> 00:25:50,540
leaves that serotonin out there long

512
00:25:55,300 --> 00:25:52,760
enough for the next neuron to notice it

513
00:25:58,360 --> 00:25:55,310

so that it fires but there's some left

514

00:26:01,330 --> 00:25:58,370

over and the leftover gets sucked up

515

00:26:04,060 --> 00:26:01,340

into the neuron that fired it kind of

516

00:26:07,240 --> 00:26:04,070

like turning on a vacuum cleaner and we

517

00:26:10,090 --> 00:26:07,250

call that reuptake well in depression

518

00:26:13,270 --> 00:26:10,100

what happens is that the neuron spits

519

00:26:16,030 --> 00:26:13,280

out a little bit of serotonin and then

520

00:26:17,860 --> 00:26:16,040

the vacuum cleaner comes on too fast so

521

00:26:20,830 --> 00:26:17,870

the reuptake gets a little out of whack

522

00:26:24,370 --> 00:26:20,840

so there's not enough serotonin sitting

523

00:26:26,710 --> 00:26:24,380

out there for the next set of fire so

524

00:26:31,060 --> 00:26:26,720

all these cells don't fire and when and

525

00:26:34,450 --> 00:26:31,070

when we don't have enough serotonin at

526
00:26:37,240 --> 00:26:34,460
work then we develop a depression and

527
00:26:40,080 --> 00:26:37,250
what the medications do is they try to

528
00:26:44,560 --> 00:26:40,090
fix that reuptake and that's why

529
00:26:49,060 --> 00:26:44,570
medications are called SSRIs selective

530
00:26:51,520 --> 00:26:49,070
serotonin reuptake inhibitor selectively

531
00:26:54,940 --> 00:26:51,530
means it works with serotonin serotonin

532
00:26:57,280 --> 00:26:54,950
means it is serotonin and reuptake

533
00:26:59,260 --> 00:26:57,290
inhibitor means that we make that vacuum

534
00:27:02,380 --> 00:26:59,270
cleaner switch wait just a little while

535
00:27:04,360 --> 00:27:02,390
longer so that that serotonin can sit

536
00:27:07,990 --> 00:27:04,370
out there long enough for the next cell

537
00:27:11,770 --> 00:27:08,000
to fire and and you know it seems like

538
00:27:16,090 --> 00:27:11,780

the bottle of the newer imitations work

539

00:27:18,370 --> 00:27:16,100

faster and work better and some of them

540

00:27:22,690 --> 00:27:18,380

work for quite a few things there's a

541

00:27:25,840 --> 00:27:22,700

medication called fluvoxamine maleate

542

00:27:28,750 --> 00:27:25,850

but the brand name is luvox it works

543

00:27:31,240 --> 00:27:28,760

well for depression it works well for

544

00:27:34,270 --> 00:27:31,250

compulsive worrying which is sort of

545

00:27:38,980 --> 00:27:34,280

fifty percent of OCD and it works well

546

00:27:43,150 --> 00:27:38,990

for for anxieties some doctors are using

547

00:27:45,460 --> 00:27:43,160

it more maybe than they used to it it's

548

00:27:47,860 --> 00:27:45,470

around for 10 or 12 years which in our

549

00:27:51,580 --> 00:27:47,870

field isn't very long at all but you

550

00:27:57,810 --> 00:27:51,590

might get you know you might get any of

551

00:28:02,920 --> 00:27:57,820

the other ssris such as gosh tan Oh

552

00:28:05,680 --> 00:28:02,930

effexor might be one prozac they're just

553

00:28:08,020 --> 00:28:05,690

a whole bunch of them out there but the

554

00:28:10,390 --> 00:28:08,030

newer ones seem to work better and they

555

00:28:14,080 --> 00:28:10,400

seem to have a fewer side effects side

556

00:28:16,960 --> 00:28:14,090

effects can be can be pretty bad i think

557

00:28:18,520 --> 00:28:16,970

the the side effect initially you'll

558

00:28:20,860 --> 00:28:18,530

just feel like you have the flu for

559

00:28:24,190 --> 00:28:20,870

about two weeks but one side effect that

560

00:28:27,610 --> 00:28:24,200

people complain a lot is a market a

561

00:28:29,410 --> 00:28:27,620

rabid and deep decrease in libido which

562

00:28:32,590 --> 00:28:29,420

means they don't want to have sex

563

00:28:36,400 --> 00:28:32,600

anymore and it's hard to complete the

564

00:28:40,920 --> 00:28:36,410

sex act so some of these newer drugs

565

00:28:45,640 --> 00:28:40,930

either that side effects isn't as bad or

566

00:28:47,830 --> 00:28:45,650

after a month or two you get past it so

567

00:28:50,830 --> 00:28:47,840

that's helping a little bit because fur

568

00:28:52,270 --> 00:28:50,840

and relationships that support and we

569

00:28:54,340 --> 00:28:52,280

talked about that a little bit and

570

00:28:58,650 --> 00:28:54,350

that'll be a topic again at some point

571

00:29:02,470 --> 00:28:58,660

but that covers major depressive episode

572

00:29:05,050 --> 00:29:02,480

if you aren't sure then why don't you

573

00:29:08,440 --> 00:29:05,060

get a hold of me through one of the many

574

00:29:15,900 --> 00:29:08,450

ways that I've talked about or pop up

575

00:29:19,360 --> 00:29:15,910

something on the the chat site or are I

576
00:29:21,280 --> 00:29:19,370
tell you what we need to take a break so

577
00:29:24,610 --> 00:29:21,290
when we come back I'll give you some

578
00:29:28,030 --> 00:29:24,620
other ways to to contact me if you have

579
00:29:30,130 --> 00:29:28,040
questions so we'll take a break here for

580
00:29:51,109 --> 00:29:30,140
a minute or two and I'll be back in just

581
00:29:56,639 --> 00:29:54,600
hello Irene listeners this is MJ saying

582
00:29:59,509 --> 00:29:56,649
hello and sharing us and secret I

583
00:30:02,340 --> 00:29:59,519
discovered it's called Green lodge calm

584
00:30:04,739 --> 00:30:02,350
fresh raw organic ingredients are used

585
00:30:06,930 --> 00:30:04,749
to create all their products they are

586
00:30:09,659 --> 00:30:06,940
made in very small batches to ensure

587
00:30:12,690 --> 00:30:09,669
quality and freshness and made in the

588
00:30:14,330 --> 00:30:12,700

USA each product is created with care

589

00:30:16,859 --> 00:30:14,340

and with the finest organic ingredients

590

00:30:19,680 --> 00:30:16,869

there are no preservatives dyes or

591

00:30:24,720 --> 00:30:19,690

chemicals in any product stop by dream

592

00:30:26,520 --> 00:30:24,730

lodge and laughs that's dream

593

00:30:28,430 --> 00:30:26,530

GE

594

00:30:30,080 --> 00:30:28,440

simple raw

595

00:30:35,840 --> 00:30:30,090

organic

596

00:30:41,669 --> 00:30:39,240

hello everyone Laurieann fenton here

597

00:30:44,999 --> 00:30:41,679

hosted the California MUFON radio show

598

00:30:48,060 --> 00:30:45,009

asking if you'd like special access to

599

00:30:51,360 --> 00:30:48,070

exclusive and amazing information about

600

00:30:54,629 --> 00:30:51,370

UFOs the paranormal and all things

601
00:30:58,259 --> 00:30:54,639
unexplained if you're nodding yes then

602
00:31:00,060 --> 00:30:58,269
join our ends insider club as an insider

603
00:31:03,029 --> 00:31:00,070
club member you'll get an all-access

604
00:31:05,430 --> 00:31:03,039
pass to premier inception radio network

605
00:31:07,980 --> 00:31:05,440
content for only four dollars and

606
00:31:11,850 --> 00:31:07,990
ninety-nine cents a month this includes

607
00:31:15,149 --> 00:31:11,860
live UFO and paranormal conferences live

608
00:31:17,850 --> 00:31:15,159
streaming UFO sky watches exclusive I

609
00:31:20,789 --> 00:31:17,860
are in radio and TV productions and of

610
00:31:23,519 --> 00:31:20,799
course paying radio with MJ and Ken

611
00:31:26,430 --> 00:31:23,529
Storch so don't wait any longer visit

612
00:31:29,519 --> 00:31:26,440
inception radio network calm and click

613
00:31:33,560 --> 00:31:29,529

on member login to join I our ends and

614

00:31:36,869 --> 00:31:33,570

cider club and get your VIP access today

615

00:31:38,700 --> 00:31:36,879

you have a smartphone if so conception

616

00:31:42,210 --> 00:31:38,710

radio network is the best app for you

617

00:31:44,310 --> 00:31:42,220

available I juice android samsung and

618

00:31:46,769 --> 00:31:44,320

most of their app stores just search

619

00:31:49,220 --> 00:31:46,779

inception radio network with the

620

00:31:52,280 --> 00:31:49,230

applicants and life check out

621

00:31:53,930 --> 00:31:52,290

recent and par showed you our videos see

622

00:31:56,750 --> 00:31:53,940

what shows are coming up through the

623

00:31:59,180 --> 00:31:56,760

guests are and via the chat room send

624

00:32:01,340 --> 00:31:59,190

live questions to those guests you know

625

00:32:04,280 --> 00:32:01,350

it makes sense check your app store now

626

00:32:08,659 --> 00:32:04,290

inception radio network I'll see you

627

00:32:10,610 --> 00:32:08,669

there are you a fan of inception radio

628

00:32:12,409 --> 00:32:10,620

network do you reckon it's the best

629

00:32:14,690 --> 00:32:12,419

alternative talk radio station on the

630

00:32:17,360 --> 00:32:14,700

planet well if you do head to

631

00:32:20,240 --> 00:32:17,370

facebook.com forward slash inception

632

00:32:22,070 --> 00:32:20,250

radio network like the page tell your

633

00:32:28,400 --> 00:32:22,080

friends spread the word and keep

634

00:32:29,930 --> 00:32:28,410

listening to the best don't have a

635

00:32:31,940 --> 00:32:29,940

computer is your internet connection

636

00:32:33,740 --> 00:32:31,950

down don't worry use your trusty

637

00:32:37,430 --> 00:32:33,750

cellphone or landline and Colin to our

638

00:32:39,620 --> 00:32:37,440

listen line at 40 128 367 00 to listen

639

00:32:43,490 --> 00:32:39,630

to the inception radio network 24-7

640

00:32:46,370 --> 00:32:43,500

again that Colin number is 40 1 2 a 3 6

641

00:32:49,919 --> 00:32:46,380

700 for the inception radio network I am

642

00:33:42,119 --> 00:32:52,830

you're locked into inception radio

643

00:33:44,430 --> 00:33:42,129

network superior Wisconsin welcome back

644

00:33:46,799 --> 00:33:44,440

folks okay I just want to finish up with

645

00:33:49,639 --> 00:33:46,809

uh I was just talking to MJ about the

646

00:33:53,779 --> 00:33:49,649

best way for folks to get ahold of me

647

00:33:59,039 --> 00:33:53,789

for almost anything you can always email

648

00:34:01,289 --> 00:33:59,049

inception radio network com and ask them

649

00:34:02,399 --> 00:34:01,299

to forward an email to me what we're

650

00:34:04,710 --> 00:34:02,409

going to do is we're going to switch to

651
00:34:09,569 --> 00:34:04,720
a gmail email for me and i'll have that

652
00:34:11,159 --> 00:34:09,579
next week and but to get back to the

653
00:34:12,960 --> 00:34:11,169
other topic you know if you have a

654
00:34:14,909 --> 00:34:12,970
question or if you're wondering if you

655
00:34:17,490 --> 00:34:14,919
have depression and you want to ask a

656
00:34:19,980 --> 00:34:17,500
few questions just go to psychologies

657
00:34:22,889 --> 00:34:19,990
outer limits and leave me a message okay

658
00:34:24,450 --> 00:34:22,899
and then i'll i'll private message you

659
00:34:27,149 --> 00:34:24,460
with a phone number or how to get a hold

660
00:34:29,190 --> 00:34:27,159
of me and that that would be the best

661
00:34:33,419 --> 00:34:29,200
way to do that the next week we'll have

662
00:34:36,030 --> 00:34:33,429
a better gmail address that we can use

663
00:34:39,359 --> 00:34:36,040

but don't be shy about you know reaching

664

00:34:42,750 --> 00:34:39,369

out if if you want a little bit advice i

665

00:34:45,000 --> 00:34:42,760

am more than happy to do that okay all

666

00:34:47,609 --> 00:34:45,010

right now let's let's let's go over to

667

00:34:51,599 --> 00:34:47,619

our news for the week and our articles

668

00:34:53,940 --> 00:34:51,609

and things like that see let me open up

669

00:34:56,639 --> 00:34:53,950

that oh by the way last week a couple

670

00:35:00,210 --> 00:34:56,649

people said you know the show should be

671

00:35:01,559 --> 00:35:00,220

longer and that was flying I mean that

672

00:35:03,840 --> 00:35:01,569

was certainly a nice thing to hear

673

00:35:06,600 --> 00:35:03,850

because when you first start a show I'm

674

00:35:08,700 --> 00:35:06,610

on my third episode you know you spent a

675

00:35:10,500 --> 00:35:08,710

lot of time thinking oh gosh I wonder if

676
00:35:13,010 --> 00:35:10,510
I suck so hearing someone say there

677
00:35:16,950 --> 00:35:13,020
should be at least a half hour longer

678
00:35:19,200 --> 00:35:16,960
and part of it is that I you know of I

679
00:35:21,830 --> 00:35:19,210
think we have 29 shows i think i may be

680
00:35:24,630 --> 00:35:21,840
the only person that does the whole show

681
00:35:27,090 --> 00:35:24,640
alone I don't have the guests so that

682
00:35:30,420 --> 00:35:27,100
doesn't you know sort of give me a break

683
00:35:33,600 --> 00:35:30,430
in I'll have a part of bounce off of so

684
00:35:35,610 --> 00:35:33,610
I spend a fair amount of time during the

685
00:35:39,660 --> 00:35:35,620
week making sure I have enough material

686
00:35:41,850 --> 00:35:39,670
for 30 minutes but the show will grow to

687
00:35:44,280 --> 00:35:41,860
90 minutes i mean i'm pretty certain to

688
00:35:47,040 --> 00:35:44,290

that I just haven't decided if i want to

689

00:35:50,430 --> 00:35:47,050

go to 90 minutes of how i do it now or

690

00:35:51,630 --> 00:35:50,440

have a guess the last half hour if we

691

00:35:53,520 --> 00:35:51,640

get to the point that we get a lot of

692

00:35:55,170 --> 00:35:53,530

phone calls that would certainly make it

693

00:35:57,780 --> 00:35:55,180

easier but it's going to take the show

694

00:35:59,850 --> 00:35:57,790

time to develop an audience but to

695

00:36:02,220 --> 00:35:59,860

respond to that you know i mean i love

696

00:36:07,620 --> 00:36:02,230

doing it i agree with it i'd to get out

697

00:36:10,290 --> 00:36:07,630

to not in it my my you know this time

698

00:36:12,990 --> 00:36:10,300

Peter number not teaching very much but

699

00:36:15,570 --> 00:36:13,000

during the fall i teach seven classes

700

00:36:19,230 --> 00:36:15,580

and i'm not sure how i could chase down

701
00:36:23,250 --> 00:36:19,240
guests for shows you know what when i'm

702
00:36:26,310 --> 00:36:23,260
quite that busy but anyway let's first

703
00:36:28,080 --> 00:36:26,320
of all I want to get to some of these

704
00:36:31,040 --> 00:36:28,090
articles because I found some really

705
00:36:34,470 --> 00:36:31,050
cool stuff to talk about this week and

706
00:36:37,950 --> 00:36:34,480
I'm hoping that you know somebody calls

707
00:36:40,950 --> 00:36:37,960
in in order to to win the prize and

708
00:36:43,680 --> 00:36:40,960
again i lost the phone number how do I

709
00:36:46,380 --> 00:36:43,690
keep doing that all right I'll get in

710
00:36:49,820 --> 00:36:46,390
just a moment but I'd like to have you

711
00:36:52,950 --> 00:36:49,830
call in to win the price may be e MJ can

712
00:36:54,320 --> 00:36:52,960
pass the phone no more I thought I'm

713
00:36:58,140 --> 00:36:54,330

wrong to meet you here at the moment

714

00:37:03,420 --> 00:36:58,150

I'll get better to my articles okay

715

00:37:05,760 --> 00:37:03,430

let's see um let's start with this one I

716

00:37:07,560 --> 00:37:05,770

thought was really okay here's the phone

717

00:37:14,580 --> 00:37:07,570

number I'm going to tattoo it on the

718

00:37:16,740 --> 00:37:14,590

back of my hand 8 8 8 9 192 355 okay so

719

00:37:17,819 --> 00:37:16,750

when i get to the contest part i'm going

720

00:37:19,319 --> 00:37:17,829

to ask a question and

721

00:37:20,789 --> 00:37:19,329

it's a really easy question because I've

722

00:37:22,229 --> 00:37:20,799

already told you the most common

723

00:37:24,809 --> 00:37:22,239

disorder in the planet is major

724

00:37:28,979 --> 00:37:24,819

depression okay so you're going to dial

725

00:37:31,709 --> 00:37:28,989

8 8 8 9 19 2 3 5 5 and if you're the

726

00:37:35,009 --> 00:37:31,719

first caller then you will win the price

727

00:37:38,489 --> 00:37:35,019

and when we get there I'll tell you how

728

00:37:40,079 --> 00:37:38,499

to collect it up ok now let's I want the

729

00:37:42,779 --> 00:37:40,089

first article I wanted to talk about was

730

00:37:45,989 --> 00:37:42,789

the color red I think this is really

731

00:37:50,219 --> 00:37:45,999

interesting read that article is called

732

00:37:52,259 --> 00:37:50,229

red is a warning color in nature and I

733

00:37:54,059 --> 00:37:52,269

suppose it is though when I see red

734

00:37:56,880 --> 00:37:54,069

birds and things I think they're all

735

00:37:58,739 --> 00:37:56,890

pretty bunny what I write is a war one

736

00:38:02,269 --> 00:37:58,749

color in nature and can affect

737

00:38:04,829 --> 00:38:02,279

perceptions and human social groups too

738

00:38:08,249 --> 00:38:04,839

they start out with men who wear red

739

00:38:10,469 --> 00:38:08,259

clothes send out a signal that they are

740

00:38:12,269 --> 00:38:10,479

angry and aggressive in much the same

741

00:38:15,089 --> 00:38:12,279

way as if their face had reddened

742

00:38:17,249 --> 00:38:15,099

suggests research published by Durham

743

00:38:20,190 --> 00:38:17,259

University in England now I don't know

744

00:38:23,099 --> 00:38:20,200

if that means they purposefully wear red

745

00:38:25,829 --> 00:38:23,109

clothes or if they unconsciously red

746

00:38:27,539 --> 00:38:25,839

clothes or if they randomly wear him and

747

00:38:29,819 --> 00:38:27,549

then realize that we're going to do that

748

00:38:31,920 --> 00:38:29,829

anyway they did an experiment because

749

00:38:35,219 --> 00:38:31,930

that's what you know we do in college as

750

00:38:37,589 --> 00:38:35,229

we do experiments and fifty male and 50

751
00:38:40,380 --> 00:38:37,599
female volunteers were showed images of

752
00:38:43,380 --> 00:38:40,390
men and different colored t-shirts and

753
00:38:46,529 --> 00:38:43,390
they raided those wearing red as more

754
00:38:48,630 --> 00:38:46,539
aggressive and angry than those in blue

755
00:38:51,749 --> 00:38:48,640
or gray kind of wish that use more

756
00:38:54,089 --> 00:38:51,759
colors however while the male volunteers

757
00:38:57,479 --> 00:38:54,099
also tended to considered men wearing

758
00:39:00,390 --> 00:38:57,489
red is dominant the female volunteers

759
00:39:04,140 --> 00:39:00,400
did not know it's not interesting female

760
00:39:09,870 --> 00:39:04,150
volunteers saw men wearing red t-shirts

761
00:39:13,199 --> 00:39:09,880
as aggressive and angry okay males saw

762
00:39:16,729 --> 00:39:13,209
them pretty much the same but also as

763
00:39:19,829 --> 00:39:16,739

dominant so the color dominant tells a

764

00:39:23,130 --> 00:39:19,839

male that the other males dominant and

765

00:39:25,559 --> 00:39:23,140

it tends to tell females that the male

766

00:39:27,689 --> 00:39:25,569

is aggressive and this kind of reminds

767

00:39:31,019 --> 00:39:27,699

me of that whole craze back in the 80s

768

00:39:31,859 --> 00:39:31,029

of the of the the Power Lunch that was

769

00:39:34,049 --> 00:39:31,869

such a big

770

00:39:37,079 --> 00:39:34,059

ill and then power ties you know every

771

00:39:39,529 --> 00:39:37,089

guy was wearing a red tie and even the

772

00:39:42,089 --> 00:39:39,539

people on TV everybody had a red tie on

773

00:39:43,739 --> 00:39:42,099

and that was sort of their symbols so

774

00:39:45,239 --> 00:39:43,749

maybe that maybe there was something to

775

00:39:49,259 --> 00:39:45,249

that you know everybody wanted to be the

776

00:39:52,109 --> 00:39:49,269

alpha male anyway the article goes on

777

00:39:54,900 --> 00:39:52,119

read often signals aggression and

778

00:39:57,239 --> 00:39:54,910

animals and the tendency for men to turn

779

00:39:59,579 --> 00:39:57,249

red faced when they're angry is believed

780

00:40:02,880 --> 00:39:59,589

to be inherited from our ancient

781

00:40:05,160 --> 00:40:02,890

ancestors is a warning sign and some

782

00:40:09,089 --> 00:40:05,170

animal species red may be displayed by

783

00:40:11,549 --> 00:40:09,099

competing males during mating rituals I

784

00:40:15,539 --> 00:40:11,559

thought that was pretty interesting we

785

00:40:17,249 --> 00:40:15,549

know ms wide Weidman who conducted the

786

00:40:20,220 --> 00:40:17,259

experiment said we know that the color

787

00:40:21,930 --> 00:40:20,230

red has an effect on the human brain so

788

00:40:23,970 --> 00:40:21,940

that tells us that it's kind of hard

789

00:40:27,690 --> 00:40:23,980

wired you know and it feeds into my bias

790

00:40:29,759 --> 00:40:27,700

of a biological basis as a behavior the

791

00:40:31,859 --> 00:40:29,769

implications of our research or that

792

00:40:34,950 --> 00:40:31,869

people may wish to think carefully about

793

00:40:37,739 --> 00:40:34,960

wearing red in social situations and

794

00:40:40,079 --> 00:40:37,749

perhaps important meetings such as job

795

00:40:42,359 --> 00:40:40,089

interviews now see that makes sense in a

796

00:40:43,950 --> 00:40:42,369

job interview I don't know that you want

797

00:40:46,559 --> 00:40:43,960

to come off as aggressive and less

798

00:40:49,349 --> 00:40:46,569

aggression is really important in that

799

00:40:51,509 --> 00:40:49,359

particular interview I think we want to

800

00:40:53,819 --> 00:40:51,519

let the interviewer be in charge being

801
00:40:55,579 --> 00:40:53,829
perceived as aggressive or dominant may

802
00:40:58,799 --> 00:40:55,589
be an advantage in some circumstances

803
00:41:01,319 --> 00:40:58,809
but a disadvantage and others for

804
00:41:03,749 --> 00:41:01,329
example when teamwork or trustworthiness

805
00:41:05,549 --> 00:41:03,759
is important and as I'm readiness I'm

806
00:41:08,970 --> 00:41:05,559
trying to think of how often I see

807
00:41:12,660 --> 00:41:08,980
people wearing red shirts and it doesn't

808
00:41:15,569 --> 00:41:12,670
seem to me like it's very often and I'm

809
00:41:17,579 --> 00:41:15,579
just I don't know I I love wearing red

810
00:41:20,279 --> 00:41:17,589
t-shirts but that's probably because

811
00:41:23,729 --> 00:41:20,289
sometime a long time ago someone told me

812
00:41:26,430 --> 00:41:23,739
that I look like the red t-shirts but I

813
00:41:28,319 --> 00:41:26,440

don't you know I see people like the

814

00:41:31,739 --> 00:41:28,329

other professors at work tend to wear

815

00:41:33,299 --> 00:41:31,749

white shirts or sort of bland shirts but

816

00:41:35,640 --> 00:41:33,309

i don't know maybe we're kind of blind

817

00:41:37,289 --> 00:41:35,650

people but it but you know it's kind of

818

00:41:39,539 --> 00:41:37,299

an interesting tactic you know think

819

00:41:42,450 --> 00:41:39,549

about situations you're going into and

820

00:41:45,630 --> 00:41:42,460

when wearing a red shirt being advantage

821

00:41:48,660 --> 00:41:45,640

you'll want to give off the aura

822

00:41:51,120 --> 00:41:48,670

being in charge and aggressive or you or

823

00:41:53,519 --> 00:41:51,130

if you want to be more of a team member

824

00:41:57,089 --> 00:41:53,529

maybe you should wear you know a lighter

825

00:42:03,960 --> 00:41:57,099

colored shirt it is at least something

826
00:42:07,829 --> 00:42:03,970
to think about okay and we did that we

827
00:42:09,960 --> 00:42:07,839
talked about the brain okay this article

828
00:42:13,589 --> 00:42:09,970
to me was interested me one of the

829
00:42:15,720 --> 00:42:13,599
things that as counselors talked about

830
00:42:18,299 --> 00:42:15,730
in almost you know every session when

831
00:42:21,269 --> 00:42:18,309
we're collecting information and it can

832
00:42:23,849 --> 00:42:21,279
take two or three sessions to collect up

833
00:42:26,549 --> 00:42:23,859
information from a client because we

834
00:42:28,529 --> 00:42:26,559
need a history but at the same time we

835
00:42:30,390 --> 00:42:28,539
really need to let people get things off

836
00:42:33,779 --> 00:42:30,400
their chest you know I use the allow a

837
00:42:36,390 --> 00:42:33,789
client you know to full sessions to just

838
00:42:39,539 --> 00:42:36,400

tell their story but I try to collect

839

00:42:42,420 --> 00:42:39,549

collect a little history you know when I

840

00:42:44,250 --> 00:42:42,430

can sneak it in but if the person is in

841

00:42:46,410 --> 00:42:44,260

a relationship one of the things i do

842

00:42:49,710 --> 00:42:46,420

want to know is to be blunt are you

843

00:42:51,809 --> 00:42:49,720

having sex and if yet how often I'm

844

00:42:55,410 --> 00:42:51,819

prized and how often people don't commit

845

00:42:59,789 --> 00:42:55,420

a yes we have sex every several months

846

00:43:02,460 --> 00:42:59,799

or be an elite or stay I get last time

847

00:43:04,700 --> 00:43:02,470

we had sex and sex is important in

848

00:43:07,620 --> 00:43:04,710

relationships it's important

849

00:43:11,400 --> 00:43:07,630

biologically we produce oxytocin which

850

00:43:13,490 --> 00:43:11,410

is a bonding chemical and it's important

851
00:43:16,170 --> 00:43:13,500
in keeping human beings together and

852
00:43:18,599 --> 00:43:16,180
keeping human beings together is kind of

853
00:43:22,890 --> 00:43:18,609
good for society and it helps keep the

854
00:43:25,349 --> 00:43:22,900
planet populated but this one study cast

855
00:43:28,319 --> 00:43:25,359
doubt on the theory that the more sex we

856
00:43:31,109 --> 00:43:28,329
have the happier we are now I don't know

857
00:43:33,329 --> 00:43:31,119
what they mean by more I'm usually happy

858
00:43:36,390 --> 00:43:33,339
if a couple says they're having sex once

859
00:43:38,849 --> 00:43:36,400
a week and and you know it's really hard

860
00:43:40,680 --> 00:43:38,859
to trust the tix to statistics because

861
00:43:43,319 --> 00:43:40,690
you got to wonder how they gather done

862
00:43:45,420 --> 00:43:43,329
but you know the average couple that's

863
00:43:48,390 --> 00:43:45,430

happy in their marriage is having sex

864

00:43:54,390 --> 00:43:48,400

two to three times a week and I think

865

00:43:56,640 --> 00:43:54,400

that's pretty good anyway this the study

866

00:43:58,920 --> 00:43:56,650

found that people who had sex once a

867

00:44:00,930 --> 00:43:58,930

week or forty four percent

868

00:44:03,720 --> 00:44:00,940

more like to report a higher level of

869

00:44:06,420 --> 00:44:03,730

happiness compared with peers who had no

870

00:44:08,099 --> 00:44:06,430

sex in the previous year well it's kind

871

00:44:11,069 --> 00:44:08,109

of a no-brainer getting sex is better

872

00:44:12,990 --> 00:44:11,079

than no sex and people who had sex up to

873

00:44:15,089 --> 00:44:13,000

three times a week worth fifty five

874

00:44:18,809 --> 00:44:15,099

percent more likely to report higher

875

00:44:21,260 --> 00:44:18,819

levels of happiness okay so we know that

876

00:44:23,700 --> 00:44:21,270

people don't have an exact copy or

877

00:44:26,190 --> 00:44:23,710

having sex and again that as a sick

878

00:44:27,839 --> 00:44:26,200

research I know some of you are slapping

879

00:44:29,640 --> 00:44:27,849

yourselves on the forehead saying yeah

880

00:44:34,230 --> 00:44:29,650

well you know that kind of makes sense

881

00:44:37,670 --> 00:44:34,240

sex is fun and if you have it now in

882

00:44:43,020 --> 00:44:37,680

this particular study this was done in

883

00:44:45,809 --> 00:44:43,030

2013 the researchers behind the study

884

00:44:49,079 --> 00:44:45,819

recruited 128 healthy married

885

00:44:52,079 --> 00:44:49,089

individuals between the ages of 35 and

886

00:44:54,109 --> 00:44:52,089

65 who were you know they were in

887

00:44:58,770 --> 00:44:54,119

relationships in an attempt to

888

00:45:02,040 --> 00:44:58,780

investigate a sexual frequency effects

889

00:45:04,829 --> 00:45:02,050

happiness and frequency means how often

890

00:45:06,930 --> 00:45:04,839

not how fast ok so the couples were

891

00:45:09,000 --> 00:45:06,940

randomly assigned either a group that

892

00:45:13,289 --> 00:45:09,010

was asked to double the frequency of

893

00:45:15,329 --> 00:45:13,299

their weekly sexual intercourse or they

894

00:45:17,910 --> 00:45:15,339

were basically put in a control group

895

00:45:20,579 --> 00:45:17,920

that received no instructions at all so

896

00:45:23,010 --> 00:45:20,589

let's say that you know you had sex

897

00:45:26,039 --> 00:45:23,020

twice a week ok you were now asked to

898

00:45:28,470 --> 00:45:26,049

have sex four times a week and then the

899

00:45:33,270 --> 00:45:28,480

other group was said you know carry on

900

00:45:36,839 --> 00:45:33,280

so the couple also completed online

901
00:45:39,440 --> 00:45:36,849
questionnaires measuring variables

902
00:45:42,329 --> 00:45:39,450
having to do with health behaviors

903
00:45:46,260 --> 00:45:42,339
happiness levels occurrence and all that

904
00:45:49,260 --> 00:45:46,270
and the research team found that the

905
00:45:52,069 --> 00:45:49,270
couple's instructed to have sex more

906
00:45:55,049 --> 00:45:52,079
recorded a small decrease in happiness

907
00:45:58,289 --> 00:45:55,059
lower sexual desire and decreased

908
00:46:01,470 --> 00:45:58,299
enjoyment for sex however the receipt

909
00:46:03,660 --> 00:46:01,480
the researchers believe that this

910
00:46:06,930 --> 00:46:03,670
lowered happiness was not simply caused

911
00:46:09,780 --> 00:46:06,940
by having more sex but by the fact that

912
00:46:12,300 --> 00:46:09,790
couples required to have more sex so

913
00:46:15,090 --> 00:46:12,310

that's that's a variable and

914

00:46:18,150 --> 00:46:15,100

study that troubles me because you know

915

00:46:22,290 --> 00:46:18,160

artificial situations create artificial

916

00:46:24,060 --> 00:46:22,300

behaviors the authors it is noted still

917

00:46:27,900 --> 00:46:24,070

believe the couples do not have enough

918

00:46:30,360 --> 00:46:27,910

sex and I agree with that and you know

919

00:46:32,910 --> 00:46:30,370

it's it's never because of some big

920

00:46:35,400 --> 00:46:32,920

thing it's always because of all these

921

00:46:37,830 --> 00:46:35,410

little tiny resentments to build up over

922

00:46:40,110 --> 00:46:37,840

the days and weeks and months because

923

00:46:41,940 --> 00:46:40,120

when you ask you know if I'm doing

924

00:46:44,160 --> 00:46:41,950

counseling with someone and I asked them

925

00:46:45,360 --> 00:46:44,170

but why aren't you having sex you know

926

00:46:48,390 --> 00:46:45,370

they don't say well we had a big

927

00:46:50,910 --> 00:46:48,400

argument last week or you know he

928

00:46:53,610 --> 00:46:50,920

doesn't put the toilet lid back down

929

00:46:55,680 --> 00:46:53,620

they're usually out of loss and what it

930

00:46:59,010 --> 00:46:55,690

is it's you know it's an accumulation of

931

00:47:01,700 --> 00:46:59,020

lots of little resentments okay that's

932

00:47:04,620 --> 00:47:01,710

one and the other is that you know

933

00:47:06,300 --> 00:47:04,630

especially young couples which order and

934

00:47:09,260 --> 00:47:06,310

they're tired when they go to that and

935

00:47:12,690 --> 00:47:09,270

their inclination is to go to sleep

936

00:47:15,840 --> 00:47:12,700

sympathique plays a role boredom plays

937

00:47:19,230 --> 00:47:15,850

on a roll and fortunately you lyin

938

00:47:24,150 --> 00:47:19,240

pornography play Israel I probably might

939

00:47:25,860 --> 00:47:24,160

save that for a separate topic and you

940

00:47:28,520 --> 00:47:25,870

know in counseling what we tell people

941

00:47:31,290 --> 00:47:28,530

do first just to get them back on track

942

00:47:33,900 --> 00:47:31,300

is you know we'll make a date and no

943

00:47:35,910 --> 00:47:33,910

matter how tired you are you know have

944

00:47:39,540 --> 00:47:35,920

sex that evening this does not have to

945

00:47:42,240 --> 00:47:39,550

be a marathon the thing this can did

946

00:47:45,600 --> 00:47:42,250

this can be a quickie you know just have

947

00:47:47,430 --> 00:47:45,610

sex because you know we find and we know

948

00:47:49,110 --> 00:47:47,440

and I think it's a common sex notion

949

00:47:52,740 --> 00:47:49,120

that once people get started they get

950

00:47:54,660 --> 00:47:52,750

interested and and they and they enjoy

951
00:47:57,960 --> 00:47:54,670
it's the getting started that seems

952
00:48:00,030 --> 00:47:57,970
to be the problem and now it's

953
00:48:02,850 --> 00:48:00,040
encouraging you know that couples that

954
00:48:05,610 --> 00:48:02,860
are happy you know are having sex but i

955
00:48:08,430 --> 00:48:05,620
think that's that's the big variable are

956
00:48:10,980 --> 00:48:08,440
they happy and and are they putting the

957
00:48:13,890 --> 00:48:10,990
effort into making sure that all aspects

958
00:48:16,170 --> 00:48:13,900
of their marriage are going well they're

959
00:48:17,940 --> 00:48:16,180
communicating well they're taking care

960
00:48:23,970 --> 00:48:17,950
of each other they're doing the little

961
00:48:25,680 --> 00:48:23,980
things that show affection and saying i

962
00:48:28,230 --> 00:48:25,690
love you and all those things

963
00:48:32,340 --> 00:48:28,240

but that tends to fall off after the

964

00:48:36,570 --> 00:48:32,350

initial you know that over the top I'm

965

00:48:39,930 --> 00:48:36,580

in love headiness you know goes away so

966

00:48:41,550 --> 00:48:39,940

we have to work at it I guess a good

967

00:48:43,710 --> 00:48:41,560

metaphor is that when you buy a plant

968

00:48:46,200 --> 00:48:43,720

it's in perfect condition because the

969

00:48:47,820 --> 00:48:46,210

people you know that raise plants and

970

00:48:49,830 --> 00:48:47,830

sell them you know want them to look

971

00:48:52,590 --> 00:48:49,840

perfect but when you bring it home it

972

00:48:56,940 --> 00:48:52,600

needs sunlight it needs nourishment that

973

00:48:59,220 --> 00:48:56,950

needs water and I sometimes kid with my

974

00:49:01,440 --> 00:48:59,230

students and with my clients that you

975

00:49:04,230 --> 00:49:01,450

know you take better care of your plant

976

00:49:09,870 --> 00:49:04,240

life your plants than you do with your

977

00:49:12,540 --> 00:49:09,880

relationship so people have to take time

978

00:49:15,540 --> 00:49:12,550

for it yes you're sleepy but you know

979

00:49:17,880 --> 00:49:15,550

surely you can set aside you know five

980

00:49:19,770 --> 00:49:17,890

or ten minutes and then it tends to be

981

00:49:21,750 --> 00:49:19,780

like a plant you know if you water it

982

00:49:25,020 --> 00:49:21,760

and grow it and you pay attention to it

983

00:49:27,780 --> 00:49:25,030

it blooms and it and it is you know

984

00:49:31,530 --> 00:49:27,790

physical intimacy is really really

985

00:49:33,210 --> 00:49:31,540

important for couples and as I said

986

00:49:36,480 --> 00:49:33,220

earlier and you know I'd be happy if

987

00:49:39,210 --> 00:49:36,490

folks were having you know sex once a

988

00:49:41,540 --> 00:49:39,220

week but you know to the three times

989

00:49:44,280 --> 00:49:41,550

week is kind of what we're shooting for

990

00:49:47,190 --> 00:49:44,290

but I've had clients that were very

991

00:49:49,110 --> 00:49:47,200

happy with their sex lives I a member

992

00:49:51,270 --> 00:49:49,120

one client in particular they've been

993

00:49:54,750 --> 00:49:51,280

married for 25 years and they still may

994

00:49:57,450 --> 00:49:54,760

love every day you know and sure you can

995

00:49:59,040 --> 00:49:57,460

get stuck in a rut but you know try

996

00:50:01,680 --> 00:49:59,050

something different and i'm not talking

997

00:50:05,370 --> 00:50:01,690

about being excessively kinky but you

998

00:50:07,860 --> 00:50:05,380

know you know we go into a different

999

00:50:10,980 --> 00:50:07,870

room or to just do something different

1000

00:50:14,640 --> 00:50:10,990

you know go outside just make sure your

1001
00:50:16,500 --> 00:50:14,650
neighbors aren't watching okay anyway I

1002
00:50:18,600 --> 00:50:16,510
was a pretty interesting study but I

1003
00:50:20,400 --> 00:50:18,610
think that a really important variable

1004
00:50:23,130 --> 00:50:20,410
in this study is that when we're told to

1005
00:50:25,350 --> 00:50:23,140
do something you know that does create a

1006
00:50:28,320 --> 00:50:25,360
little bit of an art of artificial pneus

1007
00:50:31,050 --> 00:50:28,330
but I wanted to talk about the story

1008
00:50:34,080 --> 00:50:31,060
because it fits into a really important

1009
00:50:36,990 --> 00:50:34,090
issue in with couples which is physical

1010
00:50:39,010 --> 00:50:37,000
intimacy and we think couples grossly

1011
00:50:40,840 --> 00:50:39,020
grossly

1012
00:50:45,400 --> 00:50:40,850
underestimate the importance of physical

1013
00:50:50,590 --> 00:50:45,410

intimacy in their relationship I study I

1014

00:50:53,770 --> 00:50:50,600

want to bring up here it was okay this

1015

00:50:55,600 --> 00:50:53,780

is sort of related I don't want to harp

1016

00:50:59,410 --> 00:50:55,610

on sex tonight you'll think you tuned

1017

00:51:02,500 --> 00:50:59,420

into some other some other network how

1018

00:51:07,300 --> 00:51:02,510

many times you should be having sex a

1019

00:51:11,040 --> 00:51:07,310

week okay and I think this is the one

1020

00:51:14,050 --> 00:51:11,050

where they talked about let's see

1021

00:51:16,030 --> 00:51:14,060

according to couples psychotherapist and

1022

00:51:18,760 --> 00:51:16,040

certified sex therapist sarah cooper

1023

00:51:21,370 --> 00:51:18,770

cooper studies have found that happy

1024

00:51:23,560 --> 00:51:21,380

couples have sex three to four times a

1025

00:51:26,320 --> 00:51:23,570

week and a lot of you were thinking oh

1026

00:51:28,750 --> 00:51:26,330

my god how would i fit that in but it's

1027

00:51:30,730 --> 00:51:28,760

because they're happy couples and happy

1028

00:51:32,710 --> 00:51:30,740

couples take good care of each other and

1029

00:51:34,360 --> 00:51:32,720

they're affectionate they hold hands

1030

00:51:36,190 --> 00:51:34,370

they say I love you and they buy each

1031

00:51:39,550 --> 00:51:36,200

other a little gifts just for the hell

1032

00:51:42,760 --> 00:51:39,560

of it and that and that leads to feeling

1033

00:51:45,120 --> 00:51:42,770

good and it's a lot easier to have

1034

00:51:47,530 --> 00:51:45,130

physical intimacy when you go to bed

1035

00:51:49,270 --> 00:51:47,540

than it is if you go to bed full of

1036

00:51:52,420 --> 00:51:49,280

little resentments or not feeling

1037

00:51:57,820 --> 00:51:52,430

appreciated okay let's move on from sex

1038

00:51:59,860 --> 00:51:57,830

here a little bit how to be content when

1039

00:52:01,390 --> 00:51:59,870

your life feels out of control I want to

1040

00:52:03,970 --> 00:52:01,400

make sure this is the one that I want

1041

00:52:09,600 --> 00:52:03,980

here and I've got to pay attention to

1042

00:52:16,540 --> 00:52:09,610

the clock nope that's not the one I want

1043

00:52:21,370 --> 00:52:16,550

it's similar though let's see the cute

1044

00:52:24,040 --> 00:52:21,380

though yeah here it is here it is this

1045

00:52:27,820 --> 00:52:24,050

is the the wonderful human behavior that

1046

00:52:30,880 --> 00:52:27,830

elevates all our morals and what this

1047

00:52:34,330 --> 00:52:30,890

article talks about is that a kindness

1048

00:52:37,990 --> 00:52:34,340

can spread surprisingly easily between

1049

00:52:39,670 --> 00:52:38,000

and among people and in my social psych

1050

00:52:41,320 --> 00:52:39,680

class we actually talked about this in

1051
00:52:43,600 --> 00:52:41,330
some detail because there's been a lot

1052
00:52:46,420 --> 00:52:43,610
of experiments done just by observing

1053
00:52:48,490 --> 00:52:46,430
someone else being generous increases

1054
00:52:50,740 --> 00:52:48,500
the likelihood that will be generous and

1055
00:52:52,200 --> 00:52:50,750
you've heard of people that pay for the

1056
00:52:54,750 --> 00:52:52,210
person behind them it make

1057
00:52:56,820 --> 00:52:54,760
Donald's of that person and pays for the

1058
00:52:58,890 --> 00:52:56,830
person behind them and I've had students

1059
00:53:00,329 --> 00:52:58,900
say that this can go on for hours you

1060
00:53:02,849 --> 00:53:00,339
know it's just and that's amazing we

1061
00:53:05,970 --> 00:53:02,859
watched someone be nice so we'd be nice

1062
00:53:09,839 --> 00:53:05,980
I guess they call it you know paying it

1063
00:53:14,550 --> 00:53:09,849

forward but part part of it is rooted in

1064

00:53:17,910 --> 00:53:14,560

in human survival you know we were not

1065

00:53:20,490 --> 00:53:17,920

nice all the time just to be nice you

1066

00:53:23,609 --> 00:53:20,500

know there's something called in social

1067

00:53:26,450 --> 00:53:23,619

discourse called mutual exchange and the

1068

00:53:29,520 --> 00:53:26,460

hope is is that if in general I'm nice

1069

00:53:32,550 --> 00:53:29,530

when I turn comes around people will be

1070

00:53:34,890 --> 00:53:32,560

nice to me and I don't know do you think

1071

00:53:37,530 --> 00:53:34,900

there's enough of that do you see enough

1072

00:53:39,839 --> 00:53:37,540

niceness do you see I mean I think I do

1073

00:53:42,420 --> 00:53:39,849

I see people holding doors open for

1074

00:53:44,490 --> 00:53:42,430

people when I'm driving and I need to be

1075

00:53:46,349 --> 00:53:44,500

led into heavy traffic you know someone

1076

00:53:50,970 --> 00:53:46,359

eventually lets me and I think that's

1077

00:53:53,400 --> 00:53:50,980

pretty nice I I see people volunteering

1078

00:53:55,530 --> 00:53:53,410

my students amaze me they are really

1079

00:53:58,560 --> 00:53:55,540

really nice to each other I overhear a

1080

00:54:01,470 --> 00:53:58,570

little conversation somebody you know it

1081

00:54:03,480 --> 00:54:01,480

doesn't have lunch so they the other

1082

00:54:06,240 --> 00:54:03,490

person shares their lunch or gives them

1083

00:54:09,990 --> 00:54:06,250

a little bit of money so I'm fairly

1084

00:54:12,660 --> 00:54:10,000

upbeat about this but there's also a

1085

00:54:14,820 --> 00:54:12,670

neuroscience conduction researchers

1086

00:54:18,720 --> 00:54:14,830

scanned people's brains while they

1087

00:54:21,630 --> 00:54:18,730

watched videos showing heroic acts of

1088

00:54:24,030 --> 00:54:21,640

kindness and they found that areas of

1089

00:54:26,160 --> 00:54:24,040

the brain involved in arousal and those

1090

00:54:29,250 --> 00:54:26,170

involved in social engagement were

1091

00:54:31,740 --> 00:54:29,260

activated at the same time and those

1092

00:54:33,930 --> 00:54:31,750

areas are connected the areas that have

1093

00:54:37,050 --> 00:54:33,940

to do with dopamine and dopamine is kind

1094

00:54:38,760 --> 00:54:37,060

of our happy chemical so it's it you

1095

00:54:42,750 --> 00:54:38,770

know when we feel happy we're more

1096

00:54:44,910 --> 00:54:42,760

likely to do happy things and all of

1097

00:54:47,010 --> 00:54:44,920

this has to do with social networking

1098

00:54:49,859 --> 00:54:47,020

and maybe this is something you already

1099

00:54:53,940 --> 00:54:49,869

knew but you know I would encourage you

1100

00:54:56,460 --> 00:54:53,950

to become the person you know be nice

1101

00:54:58,020 --> 00:54:56,470

first and know that for the rest of the

1102

00:55:01,800 --> 00:54:58,030

day you probably set off a chain

1103

00:55:03,900 --> 00:55:01,810

reaction I am surprised when I walk up

1104

00:55:05,730 --> 00:55:03,910

to someone and say you look really nice

1105

00:55:09,050 --> 00:55:05,740

today or

1106

00:55:11,609 --> 00:55:09,060

it's a nice dress or I like your haircut

1107

00:55:13,760 --> 00:55:11,619

you know and you know this too that the

1108

00:55:17,010 --> 00:55:13,770

person just smiles there their whole

1109

00:55:20,040 --> 00:55:17,020

their whole person seems to light up and

1110

00:55:22,830 --> 00:55:20,050

and and what cost you it cost you a few

1111

00:55:24,930 --> 00:55:22,840

seconds of your time and then maybe that

1112

00:55:27,420 --> 00:55:24,940

person goes out and does something nice

1113

00:55:29,550 --> 00:55:27,430

you know nice is actually one of the

1114

00:55:33,570 --> 00:55:29,560

greatest gifts that we can give and it

1115

00:55:35,400 --> 00:55:33,580

costs us almost nothing and i think this

1116

00:55:37,050 --> 00:55:35,410

study was pointing you know pointing

1117

00:55:39,620 --> 00:55:37,060

that out though the rest of the study

1118

00:55:42,420 --> 00:55:39,630

was also connecting it to moral behavior

1119

00:55:48,300 --> 00:55:42,430

but i would certainly think that nice is

1120

00:55:49,650 --> 00:55:48,310

connected to it immoral behavior ok now

1121

00:55:52,710 --> 00:55:49,660

the contest will you got three minutes

1122

00:56:00,060 --> 00:55:52,720

left okay okay the phone number is 8 8 8

1123

00:56:02,460 --> 00:56:00,070

9 192 355 okay that's 8 8 8 9 19 2 3 55

1124

00:56:05,790 --> 00:56:02,470

and all you got to do is call into the

1125

00:56:09,240 --> 00:56:05,800

show and tell me what the most common

1126
00:56:11,609 --> 00:56:09,250
disorder is on the planet and the answer

1127
00:56:13,609 --> 00:56:11,619
is depression and you will win this

1128
00:56:17,940 --> 00:56:13,619
wonderful portable bluetooth speaker

1129
00:56:19,710 --> 00:56:17,950
okay and you got about 33 it well I know

1130
00:56:21,870 --> 00:56:19,720
we're allowed to go over a little bit so

1131
00:56:24,000 --> 00:56:21,880
while you're busy Lee dialing the phone

1132
00:56:25,980 --> 00:56:24,010
and I know people are out tonight

1133
00:56:27,840 --> 00:56:25,990
because of fathers day so if we don't

1134
00:56:34,530 --> 00:56:27,850
get a call we'll do it again next week

1135
00:56:37,050 --> 00:56:34,540
and while I'm waiting for a call I will

1136
00:56:39,560 --> 00:56:37,060
dabble in another article here because

1137
00:56:43,260 --> 00:56:39,570
there is one I wanted to try to fit in

1138
00:56:46,140 --> 00:56:43,270

the hidden power of humor because I love

1139

00:56:48,599 --> 00:56:46,150

humor that you know them there are some

1140

00:56:50,280 --> 00:56:48,609

really good research studies that show

1141

00:56:53,190 --> 00:56:50,290

that if you use humor when you're

1142

00:56:55,650 --> 00:56:53,200

teaching people are more likely to learn

1143

00:56:58,890 --> 00:56:55,660

and research studies they would teach

1144

00:57:00,990 --> 00:56:58,900

one group of people some facts but they

1145

00:57:02,790 --> 00:57:01,000

would use humor and then another group

1146

00:57:05,580 --> 00:57:02,800

they would just simply teach the facts

1147

00:57:07,380 --> 00:57:05,590

and then when they had both groups you

1148

00:57:11,640 --> 00:57:07,390

know when they tested them for recall

1149

00:57:15,150 --> 00:57:11,650

the group disick so who's a humor I had

1150

00:57:17,940 --> 00:57:15,160

a higher Herb Kohl rate so now if you

1151
00:57:19,470 --> 00:57:17,950
track not naturally produce buddy you

1152
00:57:21,900 --> 00:57:19,480
know it's cut its going to cut off

1153
00:57:25,770 --> 00:57:21,910
the fake and I'm not suggesting that but

1154
00:57:28,230 --> 00:57:25,780
you could smile make eye contact you

1155
00:57:30,030 --> 00:57:28,240
know and if yet and and tell tell a

1156
00:57:32,490 --> 00:57:30,040
funny little anecdote once in a while

1157
00:57:33,870 --> 00:57:32,500
it's worth it anyway I'm shot from this

1158
00:57:36,540 --> 00:57:33,880
article and then I'm going to run out of

1159
00:57:38,490 --> 00:57:36,550
time is evidence for the direct benefits

1160
00:57:41,280 --> 00:57:38,500
of humor line studies the body's

1161
00:57:43,020 --> 00:57:41,290
chemical reaction to laughter among

1162
00:57:46,560 --> 00:57:43,030
other things laughter has been shown to

1163
00:57:48,960 --> 00:57:46,570

reduce stress boost the human immune

1164

00:57:50,820 --> 00:57:48,970

system and enhanced brain chemistry

1165

00:57:54,150 --> 00:57:50,830

through the release of serotonin and

1166

00:57:56,900 --> 00:57:54,160

endorphins serotonin is our important

1167

00:58:00,510 --> 00:57:56,910

mood chemical and endorphins or natural

1168

00:58:03,030 --> 00:58:00,520

painkillers met Potter antidepressants

1169

00:58:05,520 --> 00:58:03,040

target the neurotransmitter serotonin so

1170

00:58:08,390 --> 00:58:05,530

laughing can kind of do their opponent

1171

00:58:12,240 --> 00:58:08,400

does I've done some many experiment and

1172

00:58:14,609 --> 00:58:12,250

mi ni many experiments with students

1173

00:58:17,040 --> 00:58:14,619

where I had them just laugh even though

1174

00:58:19,109 --> 00:58:17,050

nothing was funny just laugh and then

1175

00:58:21,060 --> 00:58:19,119

tell me how you feel and most people

1176

00:58:23,970 --> 00:58:21,070

will say you know it's funny but I feel

1177

00:58:26,250 --> 00:58:23,980

better my body feels lighter I feel

1178

00:58:28,320 --> 00:58:26,260

happy when you're unhappy when you're

1179

00:58:29,400 --> 00:58:28,330

going through a bad time you know and if

1180

00:58:32,250 --> 00:58:29,410

you don't want people to think you're

1181

00:58:35,370 --> 00:58:32,260

crazy just go in the bathroom close the

1182

00:58:38,210 --> 00:58:35,380

door turn the water on and laugh laugh

1183

00:58:41,940 --> 00:58:38,220

really hard and you will be surprised at

1184

00:58:44,430 --> 00:58:41,950

how much better you'll feel even if it's

1185

00:58:46,980 --> 00:58:44,440

only a little bit better it haps but

1186

00:58:49,280 --> 00:58:46,990

humor does a lot for us psychologically

1187

00:58:51,840 --> 00:58:49,290

and it takes a does a lot for us

1188

00:58:53,700 --> 00:58:51,850

socially well I have really enjoyed our

1189

00:58:55,500 --> 00:58:53,710

time with you I wish somebody would have

1190

00:58:59,480 --> 00:58:55,510

called them but I know people are busy

1191

00:59:02,520 --> 00:58:59,490

will do the same contest next week