



The Rabbit Hole Conversations

ERIK SCHLIMMER,
UAP THERAPIST

Episode 1

1
00:00:02,080 --> 00:00:05,530

uh

2
00:00:10,420 --> 00:00:05,550

[Music]

3
00:00:16,630 --> 00:00:10,430

[Applause]

4
00:00:37,590 --> 00:00:16,640

[Music]

5
00:00:42,790 --> 00:00:40,150

hi everyone welcome to the very first

6
00:00:44,950 --> 00:00:42,800

episode of the rabbit hole conversations

7
00:00:46,709 --> 00:00:44,960

i'm your host kelly chase

8
00:00:49,029 --> 00:00:46,719

i'm assuming that a good number of you

9
00:00:50,869 --> 00:00:49,039

know me from my other podcast the ufo

10
00:00:53,270 --> 00:00:50,879

rabbit hole but for those of you who

11
00:00:55,910 --> 00:00:53,280

don't i'll do a quick introduction

12
00:00:58,470 --> 00:00:55,920

a year ago i was a skeptic about

13
00:01:00,310 --> 00:00:58,480

everything in fact skeptic might not

14

00:01:02,229 --> 00:01:00,320

even be quite the right word because it

15

00:01:03,910 --> 00:01:02,239

would imply that i considered that there

16

00:01:06,710 --> 00:01:03,920

might be more to our reality than meets

17

00:01:09,270 --> 00:01:06,720

the eye but was unconvinced but honestly

18

00:01:11,429 --> 00:01:09,280

i hadn't even really considered it i was

19

00:01:14,630 --> 00:01:11,439

locked into a dogmatic way of thinking

20

00:01:16,870 --> 00:01:14,640

that made such considerations impossible

21

00:01:18,550 --> 00:01:16,880

but then something changed

22

00:01:20,390 --> 00:01:18,560

through the fevered cacophony of the

23

00:01:22,550 --> 00:01:20,400

pandemic news cycle that seemed to

24

00:01:25,429 --> 00:01:22,560

careen daily from one disaster to the

25

00:01:27,429 --> 00:01:25,439

next i started to pick up on a strange

26

00:01:29,270 --> 00:01:27,439

little story that seemed to be slow

27

00:01:31,350 --> 00:01:29,280

dripping in the background

28

00:01:34,149 --> 00:01:31,360

something that even in the midst of this

29

00:01:37,510 --> 00:01:34,159

rising tide of the bizarre and chaotic

30

00:01:39,510 --> 00:01:37,520

seemed too strange to possibly be real

31

00:01:41,990 --> 00:01:39,520

and though i followed this story on the

32

00:01:43,030 --> 00:01:42,000

periphery it was with only a vague

33

00:01:44,469 --> 00:01:43,040

interest

34

00:01:47,030 --> 00:01:44,479

i assumed that it would eventually

35

00:01:49,270 --> 00:01:47,040

dissipate disappearing off to wherever

36

00:01:51,429 --> 00:01:49,280

murder hornets and forest clowns and

37

00:01:53,510 --> 00:01:51,439

other oddities of the fear-driven media

38

00:01:55,910 --> 00:01:53,520

go once they've moved on to the next

39

00:01:58,469 --> 00:01:55,920

imminent unavoidable threat

40

00:02:00,469 --> 00:01:58,479

it started in december of 2017 with the

41

00:02:02,550 --> 00:02:00,479

leak of three videos alleged to have

42

00:02:05,749 --> 00:02:02,560

been filmed by navy pilots of what can

43

00:02:08,070 --> 00:02:05,759

really only be described as ufos

44

00:02:10,469 --> 00:02:08,080

the appearance of these videos coincided

45

00:02:12,869 --> 00:02:10,479

with a stunning new york times article

46

00:02:15,350 --> 00:02:12,879

revealing the existence of a secret ufo

47

00:02:18,309 --> 00:02:15,360

program within the pentagon and telling

48

00:02:20,710 --> 00:02:18,319

the story of luis elizondo the man who

49

00:02:23,470 --> 00:02:20,720

ran this program before resigning in

50

00:02:25,510 --> 00:02:23,480

protest over what he saw as the

51
00:02:27,990 --> 00:02:25,520
over-classification of information

52
00:02:30,390 --> 00:02:28,000
surrounding the ufo phenomenon and the

53
00:02:32,470 --> 00:02:30,400
department of defense's refusal to

54
00:02:34,309 --> 00:02:32,480
engage this as a legitimate national

55
00:02:36,869 --> 00:02:34,319
security threat

56
00:02:39,509 --> 00:02:36,879
then in april of 2020 right as the

57
00:02:41,830 --> 00:02:39,519
pandemic was kicking into high gear the

58
00:02:44,150 --> 00:02:41,840
pentagon quietly declassified these

59
00:02:46,869 --> 00:02:44,160
three leaked videos confirming their

60
00:02:48,550 --> 00:02:46,879
authenticity and a few months later

61
00:02:50,710 --> 00:02:48,560
tucked into the december stimulus

62
00:02:52,949 --> 00:02:50,720
package was something odd

63
00:02:55,509 --> 00:02:52,959

an amendment requiring the pentagon to

64

00:02:57,350 --> 00:02:55,519

deliver a report to congress outlining

65

00:03:00,630 --> 00:02:57,360

all of the information that they had

66

00:03:04,309 --> 00:03:00,640

concerning ufos or unidentified aerial

67

00:03:06,949 --> 00:03:04,319

phenomenon as they had come to be called

68

00:03:09,030 --> 00:03:06,959

in june of 2021 this report was

69

00:03:11,589 --> 00:03:09,040

delivered to congress and though they

70

00:03:15,110 --> 00:03:11,599

hedged and obfuscated there was one

71

00:03:19,270 --> 00:03:15,120

clear and frankly astonishing admission

72

00:03:22,949 --> 00:03:19,280

uaps aka ufos are real

73

00:03:24,949 --> 00:03:22,959

and we have no idea what they are

74

00:03:26,869 --> 00:03:24,959

if you want to hear more about my own

75

00:03:28,869 --> 00:03:26,879

trip down the ufo rabbit hole and how i

76

00:03:30,949 --> 00:03:28,879

got here you can check out my other

77

00:03:33,750 --> 00:03:30,959

podcast linked in the episode notes

78

00:03:36,229 --> 00:03:33,760

below but suffice it to say that this

79

00:03:37,670 --> 00:03:36,239

revelation changed my life in more ways

80

00:03:39,509 --> 00:03:37,680

than one

81

00:03:40,550 --> 00:03:39,519

but perhaps the most significant was

82

00:03:43,030 --> 00:03:40,560

this

83

00:03:45,670 --> 00:03:43,040

i was confronted with the unescapable

84

00:03:47,910 --> 00:03:45,680

realization that my view of the world

85

00:03:51,030 --> 00:03:47,920

and in fact the very nature of my

86

00:03:54,229 --> 00:03:51,040

reality was nothing like i'd assumed

87

00:03:57,190 --> 00:03:54,239

it was humbling it was terrifying and it

88

00:03:59,270 --> 00:03:57,200

was exhilarating i was hooked

89

00:04:02,390 --> 00:03:59,280

i was also more than a little concerned

90

00:04:06,229 --> 00:04:04,949

after all a year ago i was a strict

91

00:04:08,149 --> 00:04:06,239

materialist

92

00:04:10,550 --> 00:04:08,159

i saw the universe as being ruled

93

00:04:12,630 --> 00:04:10,560

entirely by the laws of physics

94

00:04:14,789 --> 00:04:12,640

i saw the cosmos as no more than

95

00:04:17,189 --> 00:04:14,799

billiard balls set in motion by an

96

00:04:19,110 --> 00:04:17,199

indescribably large explosion billions

97

00:04:21,030 --> 00:04:19,120

of years ago that would continue to

98

00:04:24,469 --> 00:04:21,040

bounce off of each other in predictable

99

00:04:26,950 --> 00:04:24,479

and deterministic ways for billions more

100

00:04:29,670 --> 00:04:26,960

i felt awe at the scale and grandeur of

101

00:04:31,590 --> 00:04:29,680

it all but there was no mystery

102

00:04:34,390 --> 00:04:31,600

and even in humanity i saw nothing

103

00:04:36,550 --> 00:04:34,400

special just another kind of animal an

104

00:04:39,189 --> 00:04:36,560

overly anxious idiosyncratic and

105

00:04:41,030 --> 00:04:39,199

undeniably interesting animal but

106

00:04:42,629 --> 00:04:41,040

not so different from any other beasts

107

00:04:45,189 --> 00:04:42,639

of the land or sea is to warrant a

108

00:04:47,749 --> 00:04:45,199

special status in the cosmic order

109

00:04:49,590 --> 00:04:47,759

a soul was only a fanciful abstraction

110

00:04:51,270 --> 00:04:49,600

created by the minds of people who were

111

00:04:53,110 --> 00:04:51,280

too afraid to die

112

00:04:55,430 --> 00:04:53,120

and when we died i was certain that

113

00:04:57,430 --> 00:04:55,440

there was only darkness

114

00:05:00,070 --> 00:04:57,440

but sometime over the spring and summer

115

00:05:02,070 --> 00:05:00,080

of 2021 as i devoured everything i could

116

00:05:04,390 --> 00:05:02,080

get my hands on with regard to the topic

117

00:05:05,590 --> 00:05:04,400

of the ufo phenomenon all of that

118

00:05:08,550 --> 00:05:05,600

changed

119

00:05:11,590 --> 00:05:08,560

i suddenly believed not just in ufos and

120

00:05:14,550 --> 00:05:11,600

visitation from non-human intelligences

121

00:05:16,550 --> 00:05:14,560

but in god the soul and a profound

122

00:05:18,629 --> 00:05:16,560

destiny for humanity that i couldn't

123

00:05:21,430 --> 00:05:18,639

quite see the shape of but that i knew

124

00:05:23,270 --> 00:05:21,440

with a deep conviction was there and

125

00:05:25,350 --> 00:05:23,280

always had been

126

00:05:27,670 --> 00:05:25,360

there was so much going on in my head it

127

00:05:29,510 --> 00:05:27,680

consumed me and i wanted to tell the

128

00:05:31,990 --> 00:05:29,520

people closest to me what i was going

129

00:05:33,029 --> 00:05:32,000

through but whenever i tried i sounded

130

00:05:34,710 --> 00:05:33,039

crazy

131

00:05:37,590 --> 00:05:34,720

i could hear the words coming out of my

132

00:05:41,110 --> 00:05:37,600

mouth and i knew how they sounded it was

133

00:05:43,189 --> 00:05:41,120

all too big too vast too profound

134

00:05:45,270 --> 00:05:43,199

i couldn't wrap my mind around it much

135

00:05:47,590 --> 00:05:45,280

less organize it into a logical and

136

00:05:50,390 --> 00:05:47,600

coherent stream of words

137

00:05:52,550 --> 00:05:50,400

so was i crazy

138

00:05:54,150 --> 00:05:52,560

i started the ufo rabbit hole podcast as

139

00:05:55,270 --> 00:05:54,160

an attempt to answer that question for

140

00:05:58,070 --> 00:05:55,280

myself

141

00:06:00,070 --> 00:05:58,080

i've labored over each and every episode

142

00:06:02,710 --> 00:06:00,080

doing my best to lay out what happened

143

00:06:05,350 --> 00:06:02,720

in my head in a linear narrative order

144

00:06:07,749 --> 00:06:05,360

and meticulously documenting my sources

145

00:06:09,749 --> 00:06:07,759

for every scrap of evidence

146

00:06:10,790 --> 00:06:09,759

and through that slow and plotting

147

00:06:12,710 --> 00:06:10,800

process

148

00:06:14,150 --> 00:06:12,720

i've managed to find my way back to

149

00:06:16,390 --> 00:06:14,160

solid ground

150

00:06:17,830 --> 00:06:16,400

i may not know exactly what's going on

151
00:06:20,309 --> 00:06:17,840
but it's real

152
00:06:23,189 --> 00:06:20,319
as people often say in the ufo community

153
00:06:25,510 --> 00:06:23,199
there is a there there

154
00:06:28,070 --> 00:06:25,520
and in the ufo community i found a group

155
00:06:30,070 --> 00:06:28,080
of people who by and large are not the

156
00:06:31,590 --> 00:06:30,080
tin foil hat wearing nut jobs that i've

157
00:06:33,990 --> 00:06:31,600
been taught to expect

158
00:06:35,990 --> 00:06:34,000
although that element certainly exists

159
00:06:38,150 --> 00:06:36,000
but what i found instead was a

160
00:06:40,550 --> 00:06:38,160
collection of thoughtful intelligent

161
00:06:43,430 --> 00:06:40,560
people dedicated to rigorous and

162
00:06:46,230 --> 00:06:43,440
scientific pursuit of the truth wherever

163
00:06:48,870 --> 00:06:46,240

that may lead and with a deep knowledge

164

00:06:52,150 --> 00:06:48,880

not just of ufo history and lore but of

165

00:06:54,550 --> 00:06:52,160

philosophy mathematics physics history

166

00:06:56,710 --> 00:06:54,560

consciousness and more who have all

167

00:06:58,150 --> 00:06:56,720

found their way to this one stunning

168

00:07:01,270 --> 00:06:58,160

conclusion

169

00:07:02,710 --> 00:07:01,280

we're not alone and we never have been

170

00:07:04,390 --> 00:07:02,720

and although there are people who have

171

00:07:06,469 --> 00:07:04,400

predicted the imminence of such a

172

00:07:07,670 --> 00:07:06,479

revelation throughout the past hundred

173

00:07:09,589 --> 00:07:07,680

years or so

174

00:07:10,870 --> 00:07:09,599

and perhaps even thousands of years into

175

00:07:12,790 --> 00:07:10,880

our past

176

00:07:14,469 --> 00:07:12,800

the events playing out at the highest

177

00:07:16,790 --> 00:07:14,479

levels of the united states government

178

00:07:18,950 --> 00:07:16,800

regarding the ufo phenomenon

179

00:07:20,390 --> 00:07:18,960

seem to be coming to an undeniable

180

00:07:22,070 --> 00:07:20,400

crescendo

181

00:07:24,150 --> 00:07:22,080

things are moving in a way that they

182

00:07:26,309 --> 00:07:24,160

never have before

183

00:07:29,270 --> 00:07:26,319

perhaps most significantly just a few

184

00:07:31,350 --> 00:07:29,280

months ago in december of 2021 the

185

00:07:33,110 --> 00:07:31,360

gillibrand amendment passed as part of a

186

00:07:34,790 --> 00:07:33,120

defense spending bill

187

00:07:36,629 --> 00:07:34,800

if you'd like a full rundown of what

188

00:07:38,870 --> 00:07:36,639

that amendment contains you can find

189

00:07:41,270 --> 00:07:38,880

that link in the episode notes but it

190

00:07:43,350 --> 00:07:41,280

basically comes down to this

191

00:07:45,749 --> 00:07:43,360

the amendment authorized the creation of

192

00:07:48,070 --> 00:07:45,759

a new ufo office within the departments

193

00:07:50,309 --> 00:07:48,080

of defense and national security to

194

00:07:53,350 --> 00:07:50,319

investigate these unidentified aerial

195

00:07:55,270 --> 00:07:53,360

phenomenon and for the first time ever

196

00:07:57,990 --> 00:07:55,280

every branch of the military and every

197

00:07:59,270 --> 00:07:58,000

intelligence agency must turn over all

198

00:08:00,710 --> 00:07:59,280

of their records regarding this

199

00:08:02,869 --> 00:08:00,720

phenomenon

200

00:08:05,110 --> 00:08:02,879

going back as far as they go

201
00:08:07,589 --> 00:08:05,120
and these findings must be presented to

202
00:08:10,390 --> 00:08:07,599
congress which has shown increasing

203
00:08:12,469 --> 00:08:10,400
bipartisan support and urgency around

204
00:08:14,309 --> 00:08:12,479
getting to the bottom of all of this

205
00:08:16,790 --> 00:08:14,319
the first report will be delivered in

206
00:08:19,029 --> 00:08:16,800
october of 2022

207
00:08:21,029 --> 00:08:19,039
could meaningful disclosure about human

208
00:08:22,950 --> 00:08:21,039
contact with non-human intelligence

209
00:08:24,869 --> 00:08:22,960
actually becoming

210
00:08:26,469 --> 00:08:24,879
i believe that it is

211
00:08:28,469 --> 00:08:26,479
i hope that it is

212
00:08:30,469 --> 00:08:28,479
and having recently gone through the

213
00:08:32,310 --> 00:08:30,479

profound dismantling process that comes

214

00:08:34,230 --> 00:08:32,320

with such a revelation

215

00:08:36,790 --> 00:08:34,240

the thing that seems the most important

216

00:08:39,110 --> 00:08:36,800

right now at this moment in history is

217

00:08:41,190 --> 00:08:39,120

to show up and contribute whatever small

218

00:08:43,350 --> 00:08:41,200

part i can in helping people to prepare

219

00:08:44,630 --> 00:08:43,360

for the coming paradigm shift

220

00:08:46,389 --> 00:08:44,640

to be clear

221

00:08:48,150 --> 00:08:46,399

i don't have all the answers

222

00:08:50,790 --> 00:08:48,160

i don't know if i can even say for sure

223

00:08:52,310 --> 00:08:50,800

that i have one answer

224

00:08:53,430 --> 00:08:52,320

i'm still grappling with all of this

225

00:08:55,269 --> 00:08:53,440

myself

226

00:08:56,870 --> 00:08:55,279

and i'm not so far gone that i'm not

227

00:08:58,870 --> 00:08:56,880

prepared for the possibility that i'm

228

00:09:00,550 --> 00:08:58,880

wrong about all of this

229

00:09:04,230 --> 00:09:00,560

if i've learned anything over the past

230

00:09:06,710 --> 00:09:04,240

year it's a deep intellectual humility

231

00:09:08,389 --> 00:09:06,720

but i've found myself in this place and

232

00:09:10,790 --> 00:09:08,399

there are a lot of other people here too

233

00:09:12,710 --> 00:09:10,800

who have come to the same conclusions

234

00:09:14,470 --> 00:09:12,720

and i don't think they're crazy

235

00:09:17,750 --> 00:09:14,480

and in talking with them i find a

236

00:09:20,470 --> 00:09:17,760

profound commonality a deep and aching

237

00:09:22,550 --> 00:09:20,480

humanity and the hope that if and when

238

00:09:24,790 --> 00:09:22,560

this paradigm shift does come

239

00:09:26,230 --> 00:09:24,800

when the dust settles humanity will be

240

00:09:29,110 --> 00:09:26,240

better for having undergone this

241

00:09:31,590 --> 00:09:29,120

transformation painful though it may be

242

00:09:33,829 --> 00:09:31,600

and so i want to keep talking to them

243

00:09:35,269 --> 00:09:33,839

and i want you to hear from them too

244

00:09:37,110 --> 00:09:35,279

i don't exactly know where this new

245

00:09:39,750 --> 00:09:37,120

podcast is going or what this will end

246

00:09:41,750 --> 00:09:39,760

up becoming but through all of this one

247

00:09:43,670 --> 00:09:41,760

message keeps coming to me in waves of

248

00:09:45,030 --> 00:09:43,680

synchronicity that damn near knock me

249

00:09:47,190 --> 00:09:45,040

off my feet

250

00:09:49,269 --> 00:09:47,200

and that message is that the answers to

251

00:09:51,430 --> 00:09:49,279

all that i seek will be found and

252

00:09:53,430 --> 00:09:51,440

connecting with others

253

00:09:55,110 --> 00:09:53,440

and so that's what i intend to do

254

00:09:56,710 --> 00:09:55,120

through a series of conversations with

255

00:09:59,030 --> 00:09:56,720

people who hold these and other

256

00:10:01,269 --> 00:09:59,040

extraordinary beliefs about how they

257

00:10:03,509 --> 00:10:01,279

found the entrance to this rabbit hole

258

00:10:05,190 --> 00:10:03,519

and how it has impacted their lives

259

00:10:06,310 --> 00:10:05,200

i hope to perhaps light the way for

260

00:10:08,230 --> 00:10:06,320

others

261

00:10:09,670 --> 00:10:08,240

i'm glad you're joining me i'm honestly

262

00:10:11,430 --> 00:10:09,680

thrilled that you're here

263

00:10:13,590 --> 00:10:11,440

so let's do this

264

00:10:15,750 --> 00:10:13,600

in this first episode of the rabbit hole

265

00:10:17,670 --> 00:10:15,760

conversations i spoke with certified

266

00:10:19,990 --> 00:10:17,680

therapist eric schlemmer

267

00:10:22,550 --> 00:10:20,000

eric and i it turns out have taken very

268

00:10:24,470 --> 00:10:22,560

similar paths over the last year finding

269

00:10:27,190 --> 00:10:24,480

ourselves holding beliefs that up until

270

00:10:29,190 --> 00:10:27,200

recently would have sounded impossible

271

00:10:30,710 --> 00:10:29,200

and through his work as a therapist and

272

00:10:33,590 --> 00:10:30,720

his experience with helping people

273

00:10:35,430 --> 00:10:33,600

process trauma and major life changes he

274

00:10:37,350 --> 00:10:35,440

hopes to help the growing community of

275

00:10:39,910 --> 00:10:37,360

people whose direct contact with this

276

00:10:42,150 --> 00:10:39,920

phenomenon has upended their lives

277

00:10:44,230 --> 00:10:42,160

i really enjoyed this conversation and i

278

00:10:47,269 --> 00:10:44,240

hope you will too

279

00:10:50,110 --> 00:10:47,279

[Music]

280

00:10:59,990 --> 00:10:50,120

is

281

00:11:05,590 --> 00:11:02,710

right hi everybody um i am here with our

282

00:11:08,630 --> 00:11:05,600

guest eric schlemmer he is a licensed

283

00:11:10,949 --> 00:11:08,640

therapist out of colorado springs um and

284

00:11:12,470 --> 00:11:10,959

he's working at a practice called willow

285

00:11:14,790 --> 00:11:12,480

creek wellness

286

00:11:17,750 --> 00:11:14,800

and the reason i'm talking to uh eric

287

00:11:20,389 --> 00:11:17,760

today is that he is a licensed therapist

288

00:11:22,870 --> 00:11:20,399

who works specifically with experiencers

289

00:11:24,230 --> 00:11:22,880

and so i had a lot of questions so uh

290

00:11:25,430 --> 00:11:24,240

welcome to the show eric it's great to

291

00:11:27,509 --> 00:11:25,440

have you

292

00:11:29,430 --> 00:11:27,519

thanks for having me good to be here

293

00:11:31,829 --> 00:11:29,440

awesome awesome so

294

00:11:33,509 --> 00:11:31,839

um first of all just to clarify uh for

295

00:11:35,590 --> 00:11:33,519

the listeners so you work with

296

00:11:37,750 --> 00:11:35,600

experiencers can you define exactly what

297

00:11:39,590 --> 00:11:37,760

that means like do you work specifically

298

00:11:42,710 --> 00:11:39,600

with people who've witnessed uaps or how

299

00:11:44,230 --> 00:11:42,720

do you define that

300

00:11:46,470 --> 00:11:44,240

well uh

301
00:11:49,990 --> 00:11:46,480
first off i'm a therapist who would like

302
00:11:51,750 --> 00:11:50,000
to work with experiencers

303
00:11:53,430 --> 00:11:51,760
this uh

304
00:11:56,310 --> 00:11:53,440
opening up uh

305
00:11:58,470 --> 00:11:56,320
to specifically solicit for experiencers

306
00:12:00,629 --> 00:11:58,480
to see me is a is a brand new thing for

307
00:12:01,910 --> 00:12:00,639
me i've been practicing almost three

308
00:12:03,990 --> 00:12:01,920
years but

309
00:12:05,750 --> 00:12:04,000
created my twitter account and kind of

310
00:12:08,230 --> 00:12:05,760
took on the uap

311
00:12:10,870 --> 00:12:08,240
therapist perspana only about

312
00:12:13,509 --> 00:12:10,880
two months ago so as far as i know i

313
00:12:16,150 --> 00:12:13,519

haven't worked with any yet uh but the

314

00:12:18,230 --> 00:12:16,160

invitation is of course there

315

00:12:20,710 --> 00:12:18,240

uh that's a good question wood is an

316

00:12:23,509 --> 00:12:20,720

experimenter i've seen

317

00:12:26,069 --> 00:12:23,519

a bunch of different definitions and

318

00:12:28,389 --> 00:12:26,079

none of them are wrong it's however

319

00:12:31,670 --> 00:12:28,399

somebody wants to perceive it

320

00:12:32,710 --> 00:12:31,680

i would regard it as anybody who has

321

00:12:35,269 --> 00:12:32,720

seen

322

00:12:37,110 --> 00:12:35,279

or had some kind of interaction

323

00:12:39,670 --> 00:12:37,120

with a uap

324

00:12:41,350 --> 00:12:39,680

or at least has a very strong suspicion

325

00:12:44,150 --> 00:12:41,360

that they saw something

326

00:12:46,230 --> 00:12:44,160

um now i think i'm going to end up

327

00:12:48,470 --> 00:12:46,240

working with people who aren't

328

00:12:50,629 --> 00:12:48,480

experiencers maybe somebody like myself

329

00:12:52,949 --> 00:12:50,639

so i'm not experienter i haven't seen

330

00:12:55,030 --> 00:12:52,959

anything weird no reason to believe i

331

00:12:56,790 --> 00:12:55,040

was ever around a uap

332

00:12:58,310 --> 00:12:56,800

but why i'm very interested in this

333

00:12:59,829 --> 00:12:58,320

field is this is

334

00:13:00,629 --> 00:12:59,839

i think very big things are coming our

335

00:13:02,629 --> 00:13:00,639

way

336

00:13:04,150 --> 00:13:02,639

uh the cat's out of the bag i was on a

337

00:13:05,590 --> 00:13:04,160

podcast recently i said this whole

338

00:13:08,790 --> 00:13:05,600

weather balloon stick

339

00:13:11,269 --> 00:13:08,800

that died like 20 years ago and so we

340

00:13:12,389 --> 00:13:11,279

have all this evidence coming out

341

00:13:14,629 --> 00:13:12,399

and

342

00:13:16,870 --> 00:13:14,639

i have good reason to believe that as

343

00:13:20,389 --> 00:13:16,880

more people examine the evidence they're

344

00:13:22,389 --> 00:13:20,399

going to become very worrisome and very

345

00:13:23,990 --> 00:13:22,399

anxious from it

346

00:13:26,069 --> 00:13:24,000

so will i end up working with

347

00:13:28,389 --> 00:13:26,079

experiencers

348

00:13:30,069 --> 00:13:28,399

maybe i mean coral springs is a perfect

349

00:13:32,870 --> 00:13:30,079

place to be for it right we have the

350

00:13:34,629 --> 00:13:32,880

space force and norad and the air force

351

00:13:36,870 --> 00:13:34,639

academy and a bunch of other

352

00:13:40,550 --> 00:13:36,880

military complexes out here

353

00:13:42,310 --> 00:13:40,560

yet i'm equally interested in people who

354

00:13:43,189 --> 00:13:42,320

may come to our practice and just say

355

00:13:45,670 --> 00:13:43,199

you know

356

00:13:47,269 --> 00:13:45,680

i've seen all these videos i have been

357

00:13:49,590 --> 00:13:47,279

listening all the podcasts i read a

358

00:13:51,590 --> 00:13:49,600

couple books and

359

00:13:53,750 --> 00:13:51,600

this stuff's crazy and i'm starting to

360

00:13:55,590 --> 00:13:53,760

get worried so i'm welcome to work with

361

00:13:57,350 --> 00:13:55,600

uh both populations

362

00:13:59,030 --> 00:13:57,360

awesome no that's that's a fantastic

363

00:14:00,870 --> 00:13:59,040

point and i know uh there are a couple

364

00:14:03,030 --> 00:14:00,880

of reasons i wanted to chat with you and

365

00:14:04,710 --> 00:14:03,040

you know one was that it seems like from

366

00:14:06,550 --> 00:14:04,720

the little chat that we had that we're

367

00:14:08,870 --> 00:14:06,560

both kind of newer to this topic like

368

00:14:10,550 --> 00:14:08,880

within the last you know year or so

369

00:14:11,829 --> 00:14:10,560

um and i think for both of us it seems

370

00:14:13,269 --> 00:14:11,839

like we're both like from you know

371

00:14:15,110 --> 00:14:13,279

taking it from different angles but the

372

00:14:17,430 --> 00:14:15,120

question of just like how do you

373

00:14:19,030 --> 00:14:17,440

how do we help people through this

374

00:14:21,189 --> 00:14:19,040

transition like how do we help people

375

00:14:22,310 --> 00:14:21,199

get ready for it so how did that start

376
00:14:23,750 --> 00:14:22,320
for you like what was sort of the

377
00:14:25,269 --> 00:14:23,760
beginning of that

378
00:14:26,710 --> 00:14:25,279
of that journey where you started to

379
00:14:29,110 --> 00:14:26,720
really say man i think there's something

380
00:14:33,910 --> 00:14:31,350
well it's funny i've been telling people

381
00:14:35,189 --> 00:14:33,920
it was when i saw the bob lazar video on

382
00:14:37,990 --> 00:14:35,199
joe rogan

383
00:14:40,150 --> 00:14:38,000
in june 2019 but

384
00:14:42,550 --> 00:14:40,160
it was weird how easily we forget things

385
00:14:44,710 --> 00:14:42,560
i was in my kitchen a couple weeks ago

386
00:14:47,110 --> 00:14:44,720
and i said wait a minute i think i met

387
00:14:49,910 --> 00:14:47,120
stanton friedman and stanton freeman

388
00:14:52,470 --> 00:14:49,920

since deceased was a nuclear physicist

389

00:14:54,629 --> 00:14:52,480

and he was kind of the big name

390

00:14:55,750 --> 00:14:54,639

of what they called ufos back in the 80s

391

00:14:57,910 --> 00:14:55,760

and 90s

392

00:14:59,910 --> 00:14:57,920

early 2000s and i actually saw him speak

393

00:15:02,629 --> 00:14:59,920

at the university this is like

394

00:15:04,389 --> 00:15:02,639

21 years ago i totally forgot about it

395

00:15:05,990 --> 00:15:04,399

so i must have had an interest back then

396

00:15:07,590 --> 00:15:06,000

or i wouldn't have paid the five bucks

397

00:15:09,750 --> 00:15:07,600

which was a lot for a broke college

398

00:15:12,150 --> 00:15:09,760

student in 2000

399

00:15:14,550 --> 00:15:12,160

to go see stanton friedman speak so i

400

00:15:17,670 --> 00:15:14,560

always had an interest in it but it

401

00:15:20,310 --> 00:15:17,680

really is the bob lazar interview with

402

00:15:23,350 --> 00:15:20,320

joe rogan again i believe that was june

403

00:15:25,829 --> 00:15:23,360

20th 2019

404

00:15:28,389 --> 00:15:25,839

and anybody who's familiar with a lazar

405

00:15:29,990 --> 00:15:28,399

story some people think it's total bs

406

00:15:33,990 --> 00:15:30,000

some people think it's

407

00:15:36,710 --> 00:15:34,000

gospel i'm leaning more towards probably

408

00:15:39,189 --> 00:15:36,720

true i'm not 100 convinced but i'm

409

00:15:40,470 --> 00:15:39,199

between probably and certainly

410

00:15:42,310 --> 00:15:40,480

and

411

00:15:43,749 --> 00:15:42,320

he was just saying some fantastic stuff

412

00:15:44,949 --> 00:15:43,759

so i watched that interview a couple

413

00:15:47,829 --> 00:15:44,959

times

414

00:15:50,310 --> 00:15:47,839

and then commander david fravor retired

415

00:15:52,790 --> 00:15:50,320

and he came out and talked about the tic

416

00:15:55,590 --> 00:15:52,800

tac incident and then we had three navy

417

00:15:58,150 --> 00:15:55,600

videos leaked he was on 60 minutes he

418

00:15:58,949 --> 00:15:58,160

was on lex friedman podcast

419

00:16:01,509 --> 00:15:58,959

and

420

00:16:03,509 --> 00:16:01,519

david fravor is

421

00:16:06,470 --> 00:16:03,519

a man of his word i mean he's a high

422

00:16:08,470 --> 00:16:06,480

caliber military man and i don't know

423

00:16:10,550 --> 00:16:08,480

much about pilots but i've been told i'm

424

00:16:12,230 --> 00:16:10,560

good authority that he's

425

00:16:14,230 --> 00:16:12,240

he at the time he could have been the

426
00:16:15,269 --> 00:16:14,240
best pilot in the world i mean just an

427
00:16:16,949 --> 00:16:15,279
amazing

428
00:16:18,150 --> 00:16:16,959
guy and a lifer

429
00:16:19,670 --> 00:16:18,160
so

430
00:16:20,870 --> 00:16:19,680
i started listing his story and i was

431
00:16:22,389 --> 00:16:20,880
like

432
00:16:24,389 --> 00:16:22,399
wow this

433
00:16:26,870 --> 00:16:24,399
is totally legitimate especially

434
00:16:28,069 --> 00:16:26,880
compared to lazar simply because of his

435
00:16:30,629 --> 00:16:28,079
credentials

436
00:16:32,710 --> 00:16:30,639
and that really started my journey into

437
00:16:35,110 --> 00:16:32,720
uap research um

438
00:16:37,430 --> 00:16:35,120

probably coming up on a year now

439

00:16:39,430 --> 00:16:37,440

and you know when you

440

00:16:42,069 --> 00:16:39,440

when you listen to

441

00:16:44,949 --> 00:16:42,079

one podcast episode or you read one

442

00:16:46,870 --> 00:16:44,959

layperson article or read one book

443

00:16:48,949 --> 00:16:46,880

and lou elizondo is kind of notorious

444

00:16:51,030 --> 00:16:48,959

for this like you just can't watch one

445

00:16:53,110 --> 00:16:51,040

because it maybe drops a hand or a

446

00:16:55,749 --> 00:16:53,120

little breadcrumb here and you have to

447

00:16:57,110 --> 00:16:55,759

look at all the material all the data

448

00:16:59,670 --> 00:16:57,120

all the evidence

449

00:17:01,829 --> 00:16:59,680

and start piecing this story together

450

00:17:03,990 --> 00:17:01,839

yourself and i think most of your

451
00:17:06,390 --> 00:17:04,000
listeners and viewers would agree

452
00:17:08,390 --> 00:17:06,400
there's no just holy grail you're not

453
00:17:09,669 --> 00:17:08,400
not even ross coldheart's book which is

454
00:17:11,510 --> 00:17:09,679
a really good book

455
00:17:13,350 --> 00:17:11,520
that covers just a sliver of what we

456
00:17:14,150 --> 00:17:13,360
might talk about tonight

457
00:17:16,150 --> 00:17:14,160
so

458
00:17:18,230 --> 00:17:16,160
at this point

459
00:17:21,029 --> 00:17:18,240
the evidence and the data and the

460
00:17:22,949 --> 00:17:21,039
testimony is completely overwhelming

461
00:17:25,429 --> 00:17:22,959
there's no way

462
00:17:27,110 --> 00:17:25,439
this is not real

463
00:17:28,789 --> 00:17:27,120

and it's interesting i actually tried to

464

00:17:31,510 --> 00:17:28,799

get involved in the field about a year

465

00:17:33,590 --> 00:17:31,520

ago i contacted some research

466

00:17:35,990 --> 00:17:33,600

organizations

467

00:17:38,070 --> 00:17:36,000

like uap expeditions

468

00:17:39,669 --> 00:17:38,080

uh the galileo project

469

00:17:42,470 --> 00:17:39,679

and i was like hey i'm a pretty smart

470

00:17:44,230 --> 00:17:42,480

guy can i help in any way and they said

471

00:17:47,270 --> 00:17:44,240

well yeah what do you know about

472

00:17:49,909 --> 00:17:47,280

propulsion and physics and and my answer

473

00:17:51,350 --> 00:17:49,919

was nothing

474

00:17:54,630 --> 00:17:51,360

and they said hey look eric seemed like

475

00:17:57,350 --> 00:17:54,640

a nice guy but we we really need some

476

00:17:59,350 --> 00:17:57,360

uh qualified experts to help us out

477

00:18:01,669 --> 00:17:59,360

i said well hell what am i good at

478

00:18:03,590 --> 00:18:01,679

i'm good at therapy so here i am i stick

479

00:18:05,669 --> 00:18:03,600

to what i know

480

00:18:08,070 --> 00:18:05,679

i'm the same i wish i could go back and

481

00:18:10,470 --> 00:18:08,080

study physics or you know propulsion

482

00:18:13,590 --> 00:18:10,480

systems or something like that but i'm a

483

00:18:15,190 --> 00:18:13,600

content creator so here we are you know

484

00:18:17,590 --> 00:18:15,200

but i think there's plenty of work to go

485

00:18:19,270 --> 00:18:17,600

around uh for all of us there's a lot a

486

00:18:20,789 --> 00:18:19,280

lot happening so

487

00:18:22,230 --> 00:18:20,799

um as a

488

00:18:23,909 --> 00:18:22,240

as a therapist

489

00:18:26,549 --> 00:18:23,919

what do you make of

490

00:18:28,789 --> 00:18:26,559

kind of the broad spectrum of

491

00:18:31,029 --> 00:18:28,799

of responses that people have to these

492

00:18:32,870 --> 00:18:31,039

kinds of experiences it seems like for

493

00:18:35,669 --> 00:18:32,880

some people it's really really positive

494

00:18:38,150 --> 00:18:35,679

for some people it's really traumatizing

495

00:18:39,270 --> 00:18:38,160

um i'm interested too that like you know

496

00:18:41,990 --> 00:18:39,280

some people

497

00:18:43,590 --> 00:18:42,000

they may have just seen a uap from you

498

00:18:45,350 --> 00:18:43,600

know a relatively short distance and

499

00:18:47,590 --> 00:18:45,360

that seems to have like an enormous

500

00:18:49,430 --> 00:18:47,600

impact so what do you just make of that

501
00:18:50,470 --> 00:18:49,440
as a therapist

502
00:18:52,070 --> 00:18:50,480
um

503
00:18:54,870 --> 00:18:52,080
yeah and you mentioned a couple ways to

504
00:18:57,350 --> 00:18:54,880
react to it and it's it's those two and

505
00:18:59,990 --> 00:18:57,360
you name it everything in between

506
00:19:01,270 --> 00:19:00,000
so i know travis walton he was involved

507
00:19:03,350 --> 00:19:01,280
i don't know him personally i know of

508
00:19:05,669 --> 00:19:03,360
the travis walton story

509
00:19:06,950 --> 00:19:05,679
where he was a lager in snowflake

510
00:19:09,430 --> 00:19:06,960
arizona

511
00:19:11,909 --> 00:19:09,440
and that was made into a very popular

512
00:19:14,310 --> 00:19:11,919
movie and a book fire in the sky

513
00:19:15,909 --> 00:19:14,320

and somebody asked him

514

00:19:17,270 --> 00:19:15,919

something along the lines of do you wish

515

00:19:18,710 --> 00:19:17,280

it ever happened

516

00:19:20,070 --> 00:19:18,720

he said no

517

00:19:22,150 --> 00:19:20,080

and then i believe they asked him a

518

00:19:24,150 --> 00:19:22,160

follow-up question i said why not and he

519

00:19:26,789 --> 00:19:24,160

experiences symptoms that are consistent

520

00:19:29,350 --> 00:19:26,799

with post-traumatic stress disorder

521

00:19:31,270 --> 00:19:29,360

so i think he's thinking

522

00:19:34,230 --> 00:19:31,280

you know

523

00:19:37,510 --> 00:19:34,240

i i wish i just never did it i i mean

524

00:19:38,390 --> 00:19:37,520

it's just so much to experience and so

525

00:19:40,470 --> 00:19:38,400

suddenly

526

00:19:42,950 --> 00:19:40,480

if his story is true and i do believe it

527

00:19:44,630 --> 00:19:42,960

is true or at least i'm leaning on the

528

00:19:46,710 --> 00:19:44,640

probably true

529

00:19:48,230 --> 00:19:46,720

uh scale here

530

00:19:51,190 --> 00:19:48,240

so it can be

531

00:19:54,710 --> 00:19:51,200

quite traumatic even if nothing

532

00:19:56,710 --> 00:19:54,720

harmful is done to you it's just i mean

533

00:19:59,990 --> 00:19:56,720

to put it mildly

534

00:20:02,230 --> 00:20:00,000

a big deal right it's a big experience

535

00:20:05,110 --> 00:20:02,240

other people so i know somebody who is

536

00:20:06,630 --> 00:20:05,120

an experienter and he's shared quite a

537

00:20:08,870 --> 00:20:06,640

bit with me

538

00:20:10,950 --> 00:20:08,880

and if i if i mention this person's name

539

00:20:11,590 --> 00:20:10,960

you would probably definitely recognize

540

00:20:12,950 --> 00:20:11,600

him

541

00:20:16,070 --> 00:20:12,960

and um

542

00:20:19,669 --> 00:20:16,080

his has been nothing but uh

543

00:20:21,909 --> 00:20:19,679

he describes him as benevolent

544

00:20:24,870 --> 00:20:21,919

and he has this relationship with

545

00:20:26,710 --> 00:20:24,880

whoever these uap occupants are where he

546

00:20:28,950 --> 00:20:26,720

feels he's tasked

547

00:20:30,230 --> 00:20:28,960

to make the world a better place and to

548

00:20:33,750 --> 00:20:30,240

help

549

00:20:36,789 --> 00:20:33,760

um so it does run the gamut the three

550

00:20:39,029 --> 00:20:36,799

most common mental illnesses i work with

551

00:20:40,870 --> 00:20:39,039

clients on in this office

552

00:20:42,549 --> 00:20:40,880

is uh anxiety

553

00:20:44,310 --> 00:20:42,559

post-traumatic stress disorder and

554

00:20:46,630 --> 00:20:44,320

depression

555

00:20:49,029 --> 00:20:46,640

so if somebody's going to have

556

00:20:51,590 --> 00:20:49,039

a less than ideal

557

00:20:53,510 --> 00:20:51,600

experience with the uap maybe they were

558

00:20:55,669 --> 00:20:53,520

brought on board maybe they just saw

559

00:20:59,029 --> 00:20:55,679

something whizz by

560

00:21:01,350 --> 00:20:59,039

it's probably going to be anxiety

561

00:21:03,669 --> 00:21:01,360

because anxiety is about the future okay

562

00:21:05,190 --> 00:21:03,679

it's almost always about the future and

563

00:21:07,510 --> 00:21:05,200

so if you had

564

00:21:11,110 --> 00:21:07,520

a less than pleasant or just

565

00:21:13,909 --> 00:21:11,120

overwhelming experience around a uap

566

00:21:15,990 --> 00:21:13,919

the main thought would probably be

567

00:21:17,990 --> 00:21:16,000

i think it's going to happen again or

568

00:21:19,669 --> 00:21:18,000

i'm fearful that it's going to happen

569

00:21:21,590 --> 00:21:19,679

again or you know what

570

00:21:23,190 --> 00:21:21,600

i saw it once i really don't want it to

571

00:21:24,549 --> 00:21:23,200

happen again right so if you had that

572

00:21:25,990 --> 00:21:24,559

negative interaction it would probably

573

00:21:28,470 --> 00:21:26,000

be anxiety

574

00:21:30,070 --> 00:21:28,480

uh stories like travis walton uh

575

00:21:32,630 --> 00:21:30,080

post-traumatic stress disorder again

576

00:21:34,549 --> 00:21:32,640

about the future so something terrible

577

00:21:36,549 --> 00:21:34,559

happened and i hope it doesn't happen

578

00:21:39,430 --> 00:21:36,559

again so for example i have two clients

579

00:21:41,190 --> 00:21:39,440

right now recovering from car accidents

580

00:21:42,950 --> 00:21:41,200

and we're trying to get them back on the

581

00:21:45,669 --> 00:21:42,960

horse so to speak they're

582

00:21:47,350 --> 00:21:45,679

one is terrified of driving and the

583

00:21:48,950 --> 00:21:47,360

other's been working on it for a year

584

00:21:51,190 --> 00:21:48,960

through exposure therapy and now she

585

00:21:54,310 --> 00:21:51,200

could drive and be okay

586

00:21:56,710 --> 00:21:54,320

depression is typically about the past

587

00:21:57,830 --> 00:21:56,720

so i mean could you be depressed with a

588

00:21:59,190 --> 00:21:57,840

uap

589

00:22:02,070 --> 00:21:59,200

interaction

590

00:22:03,190 --> 00:22:02,080

i guess but i just i'm not anticipating

591

00:22:04,789 --> 00:22:03,200

that to be

592

00:22:07,190 --> 00:22:04,799

a common mental illness or at least

593

00:22:09,029 --> 00:22:07,200

symptoms related to that and you can

594

00:22:11,029 --> 00:22:09,039

tell by the language just like with

595

00:22:12,950 --> 00:22:11,039

anxiety so i'll ask a client what are

596

00:22:15,190 --> 00:22:12,960

you upset about

597

00:22:16,710 --> 00:22:15,200

the answers are always in past tense i

598

00:22:18,549 --> 00:22:16,720

lost my job

599

00:22:20,470 --> 00:22:18,559

my grandfather died

600

00:22:23,830 --> 00:22:20,480

my wife left me

601
00:22:26,870 --> 00:22:23,840
maybe it's to present day i'm really not

602
00:22:28,390 --> 00:22:26,880
happy with how life turned out

603
00:22:29,669 --> 00:22:28,400
but we have a lot of trouble living in

604
00:22:31,350 --> 00:22:29,679
the present

605
00:22:33,590 --> 00:22:31,360
i have a lot of trouble maybe you have a

606
00:22:36,630 --> 00:22:33,600
lot of trouble it's just not our thing

607
00:22:38,549 --> 00:22:36,640
we're either depressed about the past

608
00:22:41,270 --> 00:22:38,559
or anxious about the future and

609
00:22:44,310 --> 00:22:41,280
sometimes you can't win either way

610
00:22:47,190 --> 00:22:44,320
so when it comes to uap experiencers

611
00:22:48,470 --> 00:22:47,200
uh if it if it was not a pleasant

612
00:22:52,789 --> 00:22:48,480
experience

613
00:22:54,870 --> 00:22:52,799

there's a chance for post-traumatic

614

00:22:56,310 --> 00:22:54,880

stress disorder it's not guaranteed like

615

00:22:58,310 --> 00:22:56,320

you said a lot of people have a fine

616

00:22:59,990 --> 00:22:58,320

interaction and they process it very

617

00:23:01,590 --> 00:23:00,000

well these are kind of the outlying

618

00:23:03,190 --> 00:23:01,600

cases

619

00:23:04,390 --> 00:23:03,200

yeah absolutely

620

00:23:11,029 --> 00:23:04,400

i wonder

621

00:23:13,350 --> 00:23:11,039

having the experience and not being able

622

00:23:15,510 --> 00:23:13,360

to share it with people like even if you

623

00:23:17,110 --> 00:23:15,520

tell them you have the stigma but even

624

00:23:19,350 --> 00:23:17,120

if you tell them and they like really

625

00:23:20,390 --> 00:23:19,360

take it well you know i hear so many

626

00:23:23,270 --> 00:23:20,400

times when people are talking to

627

00:23:24,950 --> 00:23:23,280

experiencers they say well i i believe

628

00:23:26,789 --> 00:23:24,960

that you believe it and i think that's

629

00:23:28,950 --> 00:23:26,799

like they feel like they're being nice

630

00:23:30,789 --> 00:23:28,960

but i feel like in some ways that would

631

00:23:33,270 --> 00:23:30,799

almost be the worst thing that someone

632

00:23:35,190 --> 00:23:33,280

could say to me you know i would almost

633

00:23:37,270 --> 00:23:35,200

rather say i would almost rather that

634

00:23:38,710 --> 00:23:37,280

they thought i was lying then that they

635

00:23:40,870 --> 00:23:38,720

thought that

636

00:23:41,909 --> 00:23:40,880

they believed that i believe it you know

637

00:23:43,909 --> 00:23:41,919

like that's

638

00:23:45,669 --> 00:23:43,919

that um having people question your

639

00:23:47,669 --> 00:23:45,679

sanity i feel like would be very

640

00:23:49,669 --> 00:23:47,679

difficult

641

00:23:50,630 --> 00:23:49,679

yeah and i think that is the biggest

642

00:23:52,230 --> 00:23:50,640

problem

643

00:23:54,310 --> 00:23:52,240

is this

644

00:23:55,590 --> 00:23:54,320

incredibly obnoxious

645

00:23:57,830 --> 00:23:55,600

stigma

646

00:23:58,710 --> 00:23:57,840

and disqualifying

647

00:24:01,350 --> 00:23:58,720

people

648

00:24:02,710 --> 00:24:01,360

where something definitely

649

00:24:05,029 --> 00:24:02,720

happened

650

00:24:07,190 --> 00:24:05,039

i was recently talking to another

651
00:24:09,110 --> 00:24:07,200
therapist and uh some people are

652
00:24:11,350 --> 00:24:09,120
listening and on our conversation it was

653
00:24:12,870 --> 00:24:11,360
a twitter talk space

654
00:24:15,269 --> 00:24:12,880
and i said if i was an experienced do

655
00:24:16,390 --> 00:24:15,279
you think i go to therapist hell no

656
00:24:18,789 --> 00:24:16,400
no way

657
00:24:21,830 --> 00:24:18,799
you know unless i could find somebody

658
00:24:25,190 --> 00:24:21,840
maybe like me who was well educated in

659
00:24:26,310 --> 00:24:25,200
uap history and modern uap evidence

660
00:24:28,390 --> 00:24:26,320
because i know

661
00:24:30,230 --> 00:24:28,400
it's real right

662
00:24:31,909 --> 00:24:30,240
and it's just

663
00:24:34,390 --> 00:24:31,919

you know not many i'm a pretty laid-back

664

00:24:35,350 --> 00:24:34,400

guy not many things annoy me but this

665

00:24:38,310 --> 00:24:35,360

whole

666

00:24:42,070 --> 00:24:38,320

it's a mental illness i

667

00:24:44,310 --> 00:24:42,080

i think you think you saw what you saw

668

00:24:47,190 --> 00:24:44,320

it's just so condescending

669

00:24:48,310 --> 00:24:47,200

and childish and outdated

670

00:24:49,750 --> 00:24:48,320

i mean

671

00:24:51,190 --> 00:24:49,760

you know it's like saying if somebody

672

00:24:52,470 --> 00:24:51,200

came to me with post-traumatic stress

673

00:24:54,789 --> 00:24:52,480

disorder because they were in an

674

00:24:56,149 --> 00:24:54,799

avalanche here in colorado and i'm just

675

00:24:58,149 --> 00:24:56,159

like

676

00:25:00,470 --> 00:24:58,159

i think you thought you were in the

677

00:25:03,669 --> 00:25:00,480

avalanche i mean that's how ridiculous

678

00:25:05,750 --> 00:25:03,679

it is again due to all the evidence and

679

00:25:09,590 --> 00:25:05,760

data that has come out

680

00:25:11,190 --> 00:25:09,600

since i've kind of build myself uh build

681

00:25:13,029 --> 00:25:11,200

myself as

682

00:25:14,630 --> 00:25:13,039

somebody who would like to work with

683

00:25:16,230 --> 00:25:14,640

experiencers

684

00:25:18,549 --> 00:25:16,240

i've had people say some really

685

00:25:20,789 --> 00:25:18,559

obnoxious stuff to me okay so i'll give

686

00:25:24,149 --> 00:25:20,799

you a great example

687

00:25:27,830 --> 00:25:24,159

so i have my twitter page and my

688

00:25:30,230 --> 00:25:27,840

instagram page and both handles are uap

689

00:25:31,590 --> 00:25:30,240

therapist okay

690

00:25:34,789 --> 00:25:31,600

and

691

00:25:35,909 --> 00:25:34,799

my first post on the twitter account was

692

00:25:37,590 --> 00:25:35,919

hey

693

00:25:39,990 --> 00:25:37,600

you've probably never heard of me i'm

694

00:25:43,590 --> 00:25:40,000

this guy in colorado i'm on a therapist

695

00:25:45,590 --> 00:25:43,600

and i'm really interested in uaps and if

696

00:25:48,310 --> 00:25:45,600

you come and talk to me

697

00:25:50,390 --> 00:25:48,320

i'm not going to disqualify you right i

698

00:25:53,590 --> 00:25:50,400

i'm going to start off believing you

699

00:25:56,549 --> 00:25:53,600

because i have no reason to not do that

700

00:26:00,870 --> 00:25:56,559

i stated some of my credentials

701
00:26:03,669 --> 00:26:00,880
and the very first response i got was

702
00:26:08,149 --> 00:26:03,679
are you effing

703
00:26:09,990 --> 00:26:08,159
actually done something useful with your

704
00:26:12,230 --> 00:26:10,000
degree

705
00:26:13,430 --> 00:26:12,240
the very first

706
00:26:15,110 --> 00:26:13,440
response

707
00:26:16,230 --> 00:26:15,120
and i've gotten other

708
00:26:17,830 --> 00:26:16,240
little

709
00:26:19,110 --> 00:26:17,840
stabs

710
00:26:21,669 --> 00:26:19,120
that

711
00:26:24,070 --> 00:26:21,679
i'm probably a lousy therapist

712
00:26:25,350 --> 00:26:24,080
because i'm giving in to conspiracy

713
00:26:27,669 --> 00:26:25,360

theories

714

00:26:31,190 --> 00:26:27,679

i'm wasting my time

715

00:26:32,870 --> 00:26:31,200

and i'm a rube i've been duped

716

00:26:35,990 --> 00:26:32,880

by people who say

717

00:26:37,029 --> 00:26:36,000

that they are experiencers

718

00:26:39,830 --> 00:26:37,039

and

719

00:26:42,230 --> 00:26:39,840

it's so if i'm

720

00:26:44,870 --> 00:26:42,240

billing myself as a highly qualified

721

00:26:47,269 --> 00:26:44,880

therapist who's done his homework and

722

00:26:49,430 --> 00:26:47,279

that's the response i get what do you

723

00:26:50,789 --> 00:26:49,440

think uap experiencers

724

00:26:52,470 --> 00:26:50,799

are being told

725

00:26:56,070 --> 00:26:52,480

right they're being told that they're

726

00:26:57,750 --> 00:26:56,080

crazy it's a mental illness etc the

727

00:26:59,269 --> 00:26:57,760

people saying this have absolutely no

728

00:27:01,190 --> 00:26:59,279

idea what they're talking about for two

729

00:27:04,710 --> 00:27:01,200

reasons okay

730

00:27:06,789 --> 00:27:04,720

so one they know nothing of uap history

731

00:27:08,630 --> 00:27:06,799

and modern uap evidence

732

00:27:11,029 --> 00:27:08,640

all right so they'll be like oh the

733

00:27:14,710 --> 00:27:11,039

nimitz encounter in 2004 with david

734

00:27:17,110 --> 00:27:14,720

fravor it was just a silver balloon

735

00:27:19,590 --> 00:27:17,120

and it's like dude a silver balloon

736

00:27:21,350 --> 00:27:19,600

doesn't descend from 80 000 feet to

737

00:27:23,350 --> 00:27:21,360

twenty eight thousand and then go to sea

738

00:27:24,870 --> 00:27:23,360

level and point seven eight seconds

739

00:27:26,870 --> 00:27:24,880

i've never heard a balloon like that

740

00:27:28,630 --> 00:27:26,880

right so they're totally ignorant on

741

00:27:29,990 --> 00:27:28,640

that they're also totally ignorant on

742

00:27:31,269 --> 00:27:30,000

mental illnesses

743

00:27:34,070 --> 00:27:31,279

so these are the people who go on

744

00:27:36,789 --> 00:27:34,080

wikipedia and type in schizophrenia

745

00:27:38,630 --> 00:27:36,799

they see that one of the symptoms

746

00:27:39,830 --> 00:27:38,640

maybe people see things that you and i

747

00:27:41,990 --> 00:27:39,840

don't see

748

00:27:45,909 --> 00:27:42,000

and they're like case closed they have

749

00:27:47,510 --> 00:27:45,919

schizophrenia and it was a hallucination

750

00:27:50,149 --> 00:27:47,520

but then i work with people with

751

00:27:51,909 --> 00:27:50,159

schizophrenia i worked in a secure

752

00:27:53,510 --> 00:27:51,919

psychiatric hospital in upstate new york

753

00:27:55,029 --> 00:27:53,520

where people were too unstable to go to

754

00:27:56,230 --> 00:27:55,039

jail so you know they're unstable

755

00:27:57,590 --> 00:27:56,240

because there's some pretty unstable

756

00:28:00,149 --> 00:27:57,600

people in jail

757

00:28:02,230 --> 00:28:00,159

that's not schizophrenia right nobody's

758

00:28:04,149 --> 00:28:02,240

been able to articulate so somebody says

759

00:28:05,750 --> 00:28:04,159

oh it's a mental illness you know they

760

00:28:07,669 --> 00:28:05,760

were hallucinating

761

00:28:09,830 --> 00:28:07,679

i'll just come back with so they saw

762

00:28:11,430 --> 00:28:09,840

this but they can hold down a job

763

00:28:13,590 --> 00:28:11,440

because people with schizophrenia cannot

764

00:28:15,990 --> 00:28:13,600

hold down a job in general

765

00:28:17,990 --> 00:28:16,000

why are they just seeing uaps why aren't

766

00:28:20,389 --> 00:28:18,000

they seeing dragons right why aren't

767

00:28:21,590 --> 00:28:20,399

they hearing people talking to them when

768

00:28:24,230 --> 00:28:21,600

they're at a restaurant with their

769

00:28:27,590 --> 00:28:24,240

friends it doesn't add up so it's a

770

00:28:29,669 --> 00:28:27,600

combination of arrogance and ignorance

771

00:28:31,669 --> 00:28:29,679

yeah absolutely

772

00:28:33,269 --> 00:28:31,679

i think um something i wanted to ask you

773

00:28:35,669 --> 00:28:33,279

about is that i know

774

00:28:38,389 --> 00:28:35,679

just as not really an experience or i

775

00:28:41,190 --> 00:28:38,399

perhaps saw a uap when i was like 12 it

776

00:28:44,789 --> 00:28:41,200

didn't have a huge impact on me but

777

00:28:46,470 --> 00:28:44,799

going through this process of

778

00:28:48,310 --> 00:28:46,480

being like oh like this is something

779

00:28:50,149 --> 00:28:48,320

that like i used to be like a complete

780

00:28:52,389 --> 00:28:50,159

skeptic and to go through this process

781

00:28:54,389 --> 00:28:52,399

of looking into this and then being like

782

00:28:56,149 --> 00:28:54,399

oh my gosh there really is something

783

00:28:58,230 --> 00:28:56,159

here and it's undeniable

784

00:29:00,710 --> 00:28:58,240

has had a little bit of an impact on me

785

00:29:04,149 --> 00:29:00,720

in terms of

786

00:29:06,950 --> 00:29:04,159

questioning my own perception of reality

787

00:29:07,909 --> 00:29:06,960

and wondering if i can trust myself in

788

00:29:10,149 --> 00:29:07,919

that

789

00:29:12,470 --> 00:29:10,159

um and i wonder

790

00:29:14,630 --> 00:29:12,480

what impact on a mass scale if there

791

00:29:17,350 --> 00:29:14,640

were at some point in the future some

792

00:29:19,110 --> 00:29:17,360

sort of a mass disclosure event you know

793

00:29:21,190 --> 00:29:19,120

how do you think like all of us

794

00:29:22,470 --> 00:29:21,200

culturally processing that at once i

795

00:29:23,830 --> 00:29:22,480

know you can't

796

00:29:25,510 --> 00:29:23,840

so unprecedented you don't have a

797

00:29:27,669 --> 00:29:25,520

crystal ball but like as a therapist

798

00:29:29,669 --> 00:29:27,679

like how do you even think through

799

00:29:32,950 --> 00:29:29,679

something like that like a possible like

800

00:29:32,960 --> 00:29:35,909

man

801
00:29:35,919 --> 00:29:39,590
i don't know

802
00:29:44,230 --> 00:29:41,830
it's going to run the gamut i know that

803
00:29:45,590 --> 00:29:44,240
right so some people

804
00:29:47,269 --> 00:29:45,600
there's going to be a whole host of so

805
00:29:48,630 --> 00:29:47,279
let's say okay

806
00:29:50,789 --> 00:29:48,640
um

807
00:29:52,950 --> 00:29:50,799
this evidence is released for example

808
00:29:54,710 --> 00:29:52,960
lou elizondo talks about this notorious

809
00:29:57,110 --> 00:29:54,720
23 minute video

810
00:29:58,310 --> 00:29:57,120
where a uap is 150 feet away it has

811
00:30:00,789 --> 00:29:58,320
portholes

812
00:30:02,389 --> 00:30:00,799
and he said you can see who's inside

813
00:30:04,070 --> 00:30:02,399

okay that's a

814

00:30:06,549 --> 00:30:04,080

that's a really big deal if that ever

815

00:30:08,870 --> 00:30:06,559

got leaked or released

816

00:30:10,870 --> 00:30:08,880

that's like the the keystone of

817

00:30:13,510 --> 00:30:10,880

disclosure something like that okay

818

00:30:16,549 --> 00:30:13,520

something totally undeniable there are

819

00:30:17,269 --> 00:30:16,559

going to be a whole host of reactions

820

00:30:18,789 --> 00:30:17,279

okay

821

00:30:20,149 --> 00:30:18,799

the people who are going to have the

822

00:30:23,510 --> 00:30:20,159

healthiest

823

00:30:26,149 --> 00:30:23,520

least stressful reaction are me and you

824

00:30:28,389 --> 00:30:26,159

and people listening to this podcast

825

00:30:31,029 --> 00:30:28,399

right so if this video comes out my

826

00:30:33,269 --> 00:30:31,039

reaction would be finally

827

00:30:34,710 --> 00:30:33,279

there it is all right yeah oh yes i can

828

00:30:37,269 --> 00:30:34,720

see in the portholes

829

00:30:38,710 --> 00:30:37,279

ah you can see the occupants

830

00:30:40,470 --> 00:30:38,720

and i wouldn't

831

00:30:42,789 --> 00:30:40,480

you know i i would still be

832

00:30:44,710 --> 00:30:42,799

stable i would be fine

833

00:30:46,149 --> 00:30:44,720

i wouldn't be freaking out because i

834

00:30:48,710 --> 00:30:46,159

know

835

00:30:51,350 --> 00:30:48,720

that was out there somewhere right and

836

00:30:53,750 --> 00:30:51,360

so i'm much more comfortable

837

00:30:55,830 --> 00:30:53,760

with all this uap stuff from the

838

00:30:58,789 --> 00:30:55,840

research i've done

839

00:31:02,149 --> 00:30:58,799

then you have people who

840

00:31:04,710 --> 00:31:02,159

you say uap they've never heard of that

841

00:31:07,029 --> 00:31:04,720

of those initials that abbreviation

842

00:31:09,110 --> 00:31:07,039

um they've never heard of lou elizondo

843

00:31:10,630 --> 00:31:09,120

they've never heard of john ramirez and

844

00:31:11,590 --> 00:31:10,640

all these kind of big names right they

845

00:31:13,750 --> 00:31:11,600

just

846

00:31:15,430 --> 00:31:13,760

they don't know you know they they

847

00:31:17,830 --> 00:31:15,440

they're like i think there were like a

848

00:31:19,350 --> 00:31:17,840

bunch of uaps or excuse me ufo sightings

849

00:31:21,590 --> 00:31:19,360

in the 50s and that's kind of all they

850

00:31:22,870 --> 00:31:21,600

know right and they've heard of roswell

851
00:31:24,870 --> 00:31:22,880
you know everybody's kind of heard of

852
00:31:27,750 --> 00:31:24,880
that

853
00:31:30,870 --> 00:31:27,760
those are the folks who are gonna

854
00:31:33,350 --> 00:31:30,880
probably have a very difficult time

855
00:31:35,990 --> 00:31:33,360
processing this okay

856
00:31:38,310 --> 00:31:36,000
so the easy explanation with the uaps

857
00:31:39,190 --> 00:31:38,320
like the the most benign is

858
00:31:41,509 --> 00:31:39,200
they're just

859
00:31:43,909 --> 00:31:41,519
from another planet like no big deal you

860
00:31:46,549 --> 00:31:43,919
know like they kind of look like us and

861
00:31:49,430 --> 00:31:46,559
you know maybe they're from uh something

862
00:31:50,630 --> 00:31:49,440
not too far away relatively speaking

863
00:31:51,750 --> 00:31:50,640

right

864

00:31:54,310 --> 00:31:51,760

uh

865

00:31:57,190 --> 00:31:54,320

the other theories get

866

00:31:59,350 --> 00:31:57,200

pretty wacky but they could certainly be

867

00:32:01,590 --> 00:31:59,360

true so for example on

868

00:32:03,669 --> 00:32:01,600

i'm of the school of thought that these

869

00:32:05,029 --> 00:32:03,679

are humans from the future

870

00:32:06,549 --> 00:32:05,039

and they don't travel through distance

871

00:32:07,669 --> 00:32:06,559

they travel through time

872

00:32:09,110 --> 00:32:07,679

that's

873

00:32:11,350 --> 00:32:09,120

what i'm thinking

874

00:32:13,509 --> 00:32:11,360

uh lou elizondo some other people on a

875

00:32:14,549 --> 00:32:13,519

roundtable podcast were thinking another

876

00:32:16,789 --> 00:32:14,559

dimension

877

00:32:18,789 --> 00:32:16,799

and that's where things get beyond my

878

00:32:20,789 --> 00:32:18,799

comprehension right so

879

00:32:23,909 --> 00:32:20,799

if we go with a future human doing time

880

00:32:25,909 --> 00:32:23,919

travel or through another dimension

881

00:32:27,350 --> 00:32:25,919

how does your average person process

882

00:32:28,870 --> 00:32:27,360

that

883

00:32:30,310 --> 00:32:28,880

i mean it's just

884

00:32:33,669 --> 00:32:30,320

it's just

885

00:32:35,110 --> 00:32:33,679

too much i mean it's even difficult like

886

00:32:36,549 --> 00:32:35,120

i don't even know that

887

00:32:38,230 --> 00:32:36,559

i like the thing i'm a pretty smart guy

888

00:32:40,950 --> 00:32:38,240

i don't even know what that means they

889

00:32:42,630 --> 00:32:40,960

might be from another dimension i cannot

890

00:32:44,389 --> 00:32:42,640

wrap my head around that i've reached my

891

00:32:45,990 --> 00:32:44,399

intellectual capacity

892

00:32:47,350 --> 00:32:46,000

so when you throw something that big at

893

00:32:48,310 --> 00:32:47,360

people

894

00:32:50,950 --> 00:32:48,320

um

895

00:32:53,350 --> 00:32:50,960

they're probably going to be

896

00:32:55,590 --> 00:32:53,360

totally overwhelmed and that can take on

897

00:32:57,269 --> 00:32:55,600

a bunch of different presentations

898

00:32:59,509 --> 00:32:57,279

or

899

00:33:01,350 --> 00:32:59,519

it's going to be business

900

00:33:05,509 --> 00:33:01,360

as usual

901
00:33:06,789 --> 00:33:05,519
and it will kind of be like a form of

902
00:33:09,029 --> 00:33:06,799
denial

903
00:33:10,710 --> 00:33:09,039
right so people are going to say let's

904
00:33:11,909 --> 00:33:10,720
say that 23-minute video is the thing

905
00:33:14,310 --> 00:33:11,919
that comes out they're going to say oh

906
00:33:15,669 --> 00:33:14,320
that's fake yeah that's fake you know i

907
00:33:18,149 --> 00:33:15,679
mean some people think the moon landing

908
00:33:20,149 --> 00:33:18,159
is fake so why not think this is fake

909
00:33:21,110 --> 00:33:20,159
this is even weirder than landing on the

910
00:33:24,230 --> 00:33:21,120
moon

911
00:33:25,990 --> 00:33:24,240
so the point is we're going to have this

912
00:33:27,269 --> 00:33:26,000
massive

913
00:33:29,190 --> 00:33:27,279

scale

914

00:33:31,269 --> 00:33:29,200

of different reactions

915

00:33:33,830 --> 00:33:31,279

on when i first started looking into

916

00:33:36,950 --> 00:33:33,840

uaps

917

00:33:41,029 --> 00:33:36,960

i became very worried

918

00:33:42,789 --> 00:33:41,039

i was not in a good place because

919

00:33:47,269 --> 00:33:42,799

it was kind of like my own disclosure

920

00:33:50,470 --> 00:33:47,279

event yeah i was like lord have mercy

921

00:33:52,870 --> 00:33:50,480

dude i think all this is real right

922

00:33:55,110 --> 00:33:52,880

which sir which i'm fortunate to

923

00:33:57,190 --> 00:33:55,120

experience because i found it so

924

00:33:59,990 --> 00:33:57,200

overwhelming and bothersome

925

00:34:01,590 --> 00:34:00,000

i went out of my way to disprove

926

00:34:03,909 --> 00:34:01,600

what i was seeing

927

00:34:05,750 --> 00:34:03,919

right so ah the tic tac uh could have

928

00:34:07,269 --> 00:34:05,760

been this and no i'm not gonna believe

929

00:34:10,069 --> 00:34:07,279

bob lazar

930

00:34:12,470 --> 00:34:10,079

but this mountain of evidence brought me

931

00:34:14,069 --> 00:34:12,480

back into reality i'm much more

932

00:34:16,069 --> 00:34:14,079

comfortable with it now and it's simply

933

00:34:18,389 --> 00:34:16,079

because i'm educated

934

00:34:19,669 --> 00:34:18,399

yeah no absolutely i think it's really

935

00:34:20,470 --> 00:34:19,679

interesting what you said about denial

936

00:34:21,349 --> 00:34:20,480

because

937

00:34:23,510 --> 00:34:21,359

you know i was just chatting with

938

00:34:25,270 --> 00:34:23,520

someone about this earlier where

939

00:34:28,230 --> 00:34:25,280

i almost wonder like that if that

940

00:34:30,149 --> 00:34:28,240

23-minute video comes out if people's

941

00:34:32,069 --> 00:34:30,159

response will just be that it's

942

00:34:34,149 --> 00:34:32,079

that it's fake you know i think we've

943

00:34:35,270 --> 00:34:34,159

gotten to this place where cgi is so

944

00:34:36,230 --> 00:34:35,280

good that

945

00:34:37,909 --> 00:34:36,240

you know

946

00:34:39,990 --> 00:34:37,919

no matter what the video it's either

947

00:34:41,750 --> 00:34:40,000

it's too blurry it's too short you can't

948

00:34:44,470 --> 00:34:41,760

see anything or it's too perfect can't

949

00:34:47,109 --> 00:34:44,480

be real it's totally cgi and it's just

950

00:34:48,950 --> 00:34:47,119

you know i wonder

951
00:34:50,710 --> 00:34:48,960
i i the human brain i feel like just

952
00:34:52,950 --> 00:34:50,720
protects itself and people protect

953
00:34:55,270 --> 00:34:52,960
themselves and so from this kind of

954
00:34:57,030 --> 00:34:55,280
stuff and i just wonder

955
00:34:58,470 --> 00:34:57,040
i wonder if there's a possibility that

956
00:35:00,710 --> 00:34:58,480
people just wouldn't even

957
00:35:02,470 --> 00:35:00,720
believe it that there'd be no expert the

958
00:35:04,150 --> 00:35:02,480
president could get on tv and say it you

959
00:35:06,550 --> 00:35:04,160
know and and the people wouldn't

960
00:35:09,030 --> 00:35:06,560
necessarily believe it

961
00:35:10,069 --> 00:35:09,040
yeah i agree with you i i mean some

962
00:35:14,310 --> 00:35:10,079
people think

963
00:35:15,910 --> 00:35:14,320

moon landing's fake i mean

964

00:35:17,589 --> 00:35:15,920

some people probably think elvis is

965

00:35:18,950 --> 00:35:17,599

alive somewhere chilling in south

966

00:35:22,710 --> 00:35:18,960

america

967

00:35:25,990 --> 00:35:22,720

and no evidence would suggest that

968

00:35:29,190 --> 00:35:26,000

so we have great examples of

969

00:35:31,670 --> 00:35:29,200

not very disturbing things people being

970

00:35:33,430 --> 00:35:31,680

in denial of and i love that you talked

971

00:35:35,910 --> 00:35:33,440

about video

972

00:35:37,670 --> 00:35:35,920

and uh photographic evidence so if it's

973

00:35:40,310 --> 00:35:37,680

blurry

974

00:35:45,030 --> 00:35:40,320

we'll just dismiss it but if it's really

975

00:35:50,790 --> 00:35:47,829

what like do you what do you need like a

976
00:35:51,589 --> 00:35:50,800
kind of blurry photo i'm i'm not exactly

977
00:35:53,030 --> 00:35:51,599
sure

978
00:35:54,390 --> 00:35:53,040
what people are looking for but

979
00:35:56,150 --> 00:35:54,400
somebody's recently talked about that

980
00:35:57,270 --> 00:35:56,160
and i think it's kind of funny yeah if

981
00:35:59,430 --> 00:35:57,280
it's blurry

982
00:36:01,430 --> 00:35:59,440
it's like a sun spot on a windshield if

983
00:36:03,030 --> 00:36:01,440
it's clear it's fake

984
00:36:06,230 --> 00:36:03,040
you just can't win

985
00:36:08,710 --> 00:36:06,240
absolutely and i wonder too about

986
00:36:10,230 --> 00:36:08,720
uh i won't name names but i'm sure you

987
00:36:11,349 --> 00:36:10,240
know anyone in the ufo community knows

988
00:36:14,150 --> 00:36:11,359

but you know there are these kind of

989

00:36:15,910 --> 00:36:14,160

like like really passionate debunkers

990

00:36:17,990 --> 00:36:15,920

who just like they have dedicated their

991

00:36:19,589 --> 00:36:18,000

lives to you know looking at just one

992

00:36:21,030 --> 00:36:19,599

video and saying like i'm gonna prove

993

00:36:22,310 --> 00:36:21,040

that this isn't real

994

00:36:23,589 --> 00:36:22,320

and i wonder

995

00:36:25,349 --> 00:36:23,599

i wonder if they aren't having the

996

00:36:26,870 --> 00:36:25,359

experience that you were talking about

997

00:36:28,310 --> 00:36:26,880

about being like really freaked out and

998

00:36:30,870 --> 00:36:28,320

then being like i'm going to convince

999

00:36:32,710 --> 00:36:30,880

myself that this can't be this can't be

1000

00:36:35,109 --> 00:36:32,720

real because i remember that fear

1001
00:36:37,589 --> 00:36:35,119
also when the moment when it all clicks

1002
00:36:39,030 --> 00:36:37,599
is not necessarily a pleasant experience

1003
00:36:40,790 --> 00:36:39,040
honestly

1004
00:36:42,390 --> 00:36:40,800
mm-hmm

1005
00:36:43,990 --> 00:36:42,400
yeah and i could think of a couple names

1006
00:36:46,230 --> 00:36:44,000
here you were probably thinking about a

1007
00:36:48,150 --> 00:36:46,240
couple of the same people

1008
00:36:48,790 --> 00:36:48,160
and

1009
00:36:54,069 --> 00:36:48,800
i

1010
00:36:56,230 --> 00:36:54,079
people go after the uh the navy fleer

1011
00:36:58,950 --> 00:36:56,240
gimbal video

1012
00:37:01,030 --> 00:36:58,960
where the uap is clearly rotating and

1013
00:37:02,470 --> 00:37:01,040

they go no it's just the gimbal and the

1014

00:37:03,750 --> 00:37:02,480

where the name gimbal comes from i

1015

00:37:05,109 --> 00:37:03,760

believe it's part of the camera that

1016

00:37:06,790 --> 00:37:05,119

actually rotates

1017

00:37:09,589 --> 00:37:06,800

the actual gimbal

1018

00:37:11,670 --> 00:37:09,599

was rotating and it's like look

1019

00:37:13,109 --> 00:37:11,680

if you want to go with that that's fine

1020

00:37:14,870 --> 00:37:13,119

all right so let's just say i throw in

1021

00:37:17,270 --> 00:37:14,880

the towel i'm like look

1022

00:37:18,870 --> 00:37:17,280

all right it was a weather balloon and

1023

00:37:20,630 --> 00:37:18,880

wasn't a uap

1024

00:37:22,790 --> 00:37:20,640

but it's like dude

1025

00:37:25,349 --> 00:37:22,800

that's that's only one

1026

00:37:27,030 --> 00:37:25,359

you've disputed right that i'll give you

1027

00:37:29,750 --> 00:37:27,040

that win you could put that in your w

1028

00:37:31,589 --> 00:37:29,760

column i'll put it in my l column

1029

00:37:33,270 --> 00:37:31,599

but

1030

00:37:38,790 --> 00:37:33,280

it's all

1031

00:37:41,190 --> 00:37:38,800

flocks of birds

1032

00:37:44,069 --> 00:37:41,200

at this point the the evidence is

1033

00:37:46,470 --> 00:37:44,079

undeniable and chris lato who runs a

1034

00:37:49,270 --> 00:37:46,480

great youtube channel he's a former air

1035

00:37:50,630 --> 00:37:49,280

force f-16 pilot now turned uap

1036

00:37:53,670 --> 00:37:50,640

investigator

1037

00:37:56,230 --> 00:37:53,680

he had a recent podcast episode he um

1038

00:37:57,829 --> 00:37:56,240

uh releases a youtube video every friday

1039

00:37:59,990 --> 00:37:57,839

so i wake up and i can't wait for my

1040

00:38:01,430 --> 00:38:00,000

chris lado video every friday

1041

00:38:03,589 --> 00:38:01,440

and um

1042

00:38:06,390 --> 00:38:03,599

he had a recent one where he he wasn't

1043

00:38:07,910 --> 00:38:06,400

analyzing video and still images he was

1044

00:38:09,190 --> 00:38:07,920

just saying

1045

00:38:13,990 --> 00:38:09,200

if

1046

00:38:14,870 --> 00:38:14,000

crazy

1047

00:38:15,910 --> 00:38:14,880

there's

1048

00:38:18,310 --> 00:38:15,920

no

1049

00:38:19,829 --> 00:38:18,320

way okay and even if we were to say okay

1050

00:38:21,670 --> 00:38:19,839

let's say 80

1051

00:38:23,990 --> 00:38:21,680

is totally bogus

1052

00:38:26,390 --> 00:38:24,000

then what about the 20 and what ledo

1053

00:38:29,349 --> 00:38:26,400

said is you just need one

1054

00:38:33,270 --> 00:38:29,359

right you just need one so if one of the

1055

00:38:34,790 --> 00:38:33,280

fleeer videos is legit that's all we need

1056

00:38:39,750 --> 00:38:34,800

right it's just one

1057

00:38:42,069 --> 00:38:39,760

so to be a defect an effective debunker

1058

00:38:45,030 --> 00:38:42,079

um you would have to look at every piece

1059

00:38:46,950 --> 00:38:45,040

of evidence and have a series of wins

1060

00:38:48,390 --> 00:38:46,960

for everyone and that's simply not

1061

00:38:50,950 --> 00:38:48,400

possible

1062

00:38:52,069 --> 00:38:50,960

yeah absolutely i think i think it's a

1063

00:38:53,589 --> 00:38:52,079

little

1064

00:38:55,190 --> 00:38:53,599

you know people focus on debunking the

1065

00:38:57,430 --> 00:38:55,200

videos but like you said it would just

1066

00:38:59,430 --> 00:38:57,440

be one that they debunked but also like

1067

00:39:01,990 --> 00:38:59,440

where's the story behind that but

1068

00:39:03,589 --> 00:39:02,000

because what i don't understand is

1069

00:39:05,349 --> 00:39:03,599

i don't think that the pentagon wanted

1070

00:39:07,190 --> 00:39:05,359

to say any of this it took them a while

1071

00:39:10,069 --> 00:39:07,200

after it had already been leaked they've

1072

00:39:12,870 --> 00:39:10,079

done nothing but push back deflect

1073

00:39:14,710 --> 00:39:12,880

you know obfuscate uh

1074

00:39:17,589 --> 00:39:14,720

you know louis lozando had all of his

1075

00:39:19,349 --> 00:39:17,599

records just mysteriously disappeared

1076
00:39:21,829 --> 00:39:19,359
and peeled from the pentagon reaching

1077
00:39:23,270 --> 00:39:21,839
out to you know ufo podcasters to say

1078
00:39:26,069 --> 00:39:23,280
this guy's a fake and then we find out

1079
00:39:29,030 --> 00:39:26,079
that's not the case and it's just why

1080
00:39:30,790 --> 00:39:29,040
all of this if the if the video

1081
00:39:33,030 --> 00:39:30,800
was fake like for what i don't

1082
00:39:35,190 --> 00:39:33,040
understand

1083
00:39:37,829 --> 00:39:35,200
yeah and uh

1084
00:39:39,990 --> 00:39:37,839
you make a very good point so one of the

1085
00:39:41,829 --> 00:39:40,000
one of the treatment models i use

1086
00:39:43,670 --> 00:39:41,839
here at our practice is cognitive

1087
00:39:45,430 --> 00:39:43,680
behavioral therapy

1088
00:39:47,430 --> 00:39:45,440

we just call it cbt

1089

00:39:49,670 --> 00:39:47,440

and it's just facts evidence reasoning

1090

00:39:52,310 --> 00:39:49,680

logic so when you have somebody having a

1091

00:39:53,670 --> 00:39:52,320

cognitive distortion

1092

00:39:55,190 --> 00:39:53,680

let's say

1093

00:39:57,270 --> 00:39:55,200

they think that

1094

00:39:59,510 --> 00:39:57,280

the government is monitoring them

1095

00:40:01,109 --> 00:39:59,520

through traffic cameras here in colorado

1096

00:40:02,630 --> 00:40:01,119

springs okay

1097

00:40:04,870 --> 00:40:02,640

and they're not right it's just for

1098

00:40:07,109 --> 00:40:04,880

people who run red lights

1099

00:40:09,990 --> 00:40:07,119

what i do is i start at the very

1100

00:40:11,270 --> 00:40:10,000

beginning so i might say who made the

1101
00:40:13,030 --> 00:40:11,280
cameras

1102
00:40:15,190 --> 00:40:13,040
and maybe they know that all right and

1103
00:40:16,390 --> 00:40:15,200
who installed them well they they don't

1104
00:40:18,870 --> 00:40:16,400
know that

1105
00:40:21,430 --> 00:40:18,880
and okay but if they are recording this

1106
00:40:23,589 --> 00:40:21,440
data where's the data going

1107
00:40:25,750 --> 00:40:23,599
and they don't know that and so the

1108
00:40:27,750 --> 00:40:25,760
wheels fall off when people have

1109
00:40:29,430 --> 00:40:27,760
cognitive distortions and they're

1110
00:40:32,790 --> 00:40:29,440
they're stuck in this story that they

1111
00:40:35,030 --> 00:40:32,800
made up and they believe it's true

1112
00:40:39,190 --> 00:40:35,040
um i just say can you tell me more about

1113
00:40:42,790 --> 00:40:39,200

it and within less than a minute it's

1114

00:40:44,950 --> 00:40:42,800

they can see that this is not true right

1115

00:40:47,589 --> 00:40:44,960

so if somebody were to say

1116

00:40:50,870 --> 00:40:47,599

well you know this is made up and lou

1117

00:40:52,950 --> 00:40:50,880

elizondo never worked for atip and nick

1118

00:40:55,510 --> 00:40:52,960

pope never worked for the ministry of

1119

00:40:57,430 --> 00:40:55,520

defense over in the uk

1120

00:40:59,589 --> 00:40:57,440

and i would just say okay let's start at

1121

00:41:01,990 --> 00:40:59,599

the end of the story like a good

1122

00:41:03,750 --> 00:41:02,000

question is what

1123

00:41:06,309 --> 00:41:03,760

why would they why

1124

00:41:08,470 --> 00:41:06,319

you know why would lou elizondo not work

1125

00:41:11,510 --> 00:41:08,480

for atip or

1126

00:41:13,589 --> 00:41:11,520

is a tip a thing well yeah it is a thing

1127

00:41:15,109 --> 00:41:13,599

okay but he didn't work for him so who

1128

00:41:16,790 --> 00:41:15,119

did well

1129

00:41:18,470 --> 00:41:16,800

i don't know but it definitely wasn't

1130

00:41:21,190 --> 00:41:18,480

hint and it's like

1131

00:41:22,870 --> 00:41:21,200

okay it's like well how does he know

1132

00:41:24,790 --> 00:41:22,880

where the cafeteria in the pentagon is

1133

00:41:27,589 --> 00:41:24,800

then like

1134

00:41:31,589 --> 00:41:27,599

so with these folks who make up

1135

00:41:33,990 --> 00:41:31,599

intricate stories about how this is fake

1136

00:41:36,069 --> 00:41:34,000

it it's almost another example of

1137

00:41:37,349 --> 00:41:36,079

cognitive distortion and they have to

1138

00:41:40,309 --> 00:41:37,359

prove to me

1139

00:41:41,829 --> 00:41:40,319

like lou elizondo is just i i don't know

1140

00:41:43,750 --> 00:41:41,839

i guess he's some random guy they just

1141

00:41:46,630 --> 00:41:43,760

picked him out of a phone book

1142

00:41:48,790 --> 00:41:46,640

when i start questioning that story the

1143

00:41:51,270 --> 00:41:48,800

wheels are going to fall off about one

1144

00:41:54,069 --> 00:41:51,280

minute in and it's really funny not to

1145

00:41:55,670 --> 00:41:54,079

talk about lou alexander too much but

1146

00:41:58,390 --> 00:41:55,680

him and nick pope

1147

00:41:59,190 --> 00:41:58,400

um i've seen articles

1148

00:42:00,710 --> 00:41:59,200

where

1149

00:42:03,190 --> 00:42:00,720

the authors of the articles and these

1150

00:42:06,630 --> 00:42:03,200

are major publications

1151
00:42:08,710 --> 00:42:06,640
they'll say lou elizondo claimed

1152
00:42:10,230 --> 00:42:08,720
to work for atip

1153
00:42:11,750 --> 00:42:10,240
now they're like what are you talking

1154
00:42:13,349 --> 00:42:11,760
about and i saw the same thing about

1155
00:42:16,470 --> 00:42:13,359
nick pope nick pope was kind of like the

1156
00:42:19,109 --> 00:42:16,480
louis elizondo of the uk in the 90s

1157
00:42:21,910 --> 00:42:19,119
and it will say nick pope claims to have

1158
00:42:23,910 --> 00:42:21,920
worked for the ministry of defense

1159
00:42:25,589 --> 00:42:23,920
and it's like

1160
00:42:28,069 --> 00:42:25,599
that's like saying eric schneider claims

1161
00:42:30,630 --> 00:42:28,079
he works at willow creek wellness no

1162
00:42:32,950 --> 00:42:30,640
i work at willow creek once

1163
00:42:35,109 --> 00:42:32,960

so they do these little

1164

00:42:37,430 --> 00:42:35,119

they're not jabs they use this very

1165

00:42:40,309 --> 00:42:37,440

weird language to question everything

1166

00:42:42,390 --> 00:42:40,319

that is clearly a fact

1167

00:42:44,950 --> 00:42:42,400

yeah yeah i think i really started to

1168

00:42:47,030 --> 00:42:44,960

recognize that that kind of conspiracy

1169

00:42:48,870 --> 00:42:47,040

thinking is not limited to people that

1170

00:42:51,990 --> 00:42:48,880

have been labeled in our society as

1171

00:42:53,430 --> 00:42:52,000

conspiracy theorists

1172

00:42:55,349 --> 00:42:53,440

there's a there's one journalist in

1173

00:42:56,950 --> 00:42:55,359

particular keith cloor who's written a

1174

00:42:58,309 --> 00:42:56,960

bunch of hit pieces on different you

1175

00:43:00,710 --> 00:42:58,319

know on different people in the

1176
00:43:02,630 --> 00:43:00,720
community including you know avilab and

1177
00:43:04,150 --> 00:43:02,640
lou elizondo and what i find so

1178
00:43:05,910 --> 00:43:04,160
interesting is not only does he do

1179
00:43:07,990 --> 00:43:05,920
exactly what you're talking about in his

1180
00:43:09,829 --> 00:43:08,000
articles without anything to back it up

1181
00:43:11,750 --> 00:43:09,839
but he also then

1182
00:43:13,829 --> 00:43:11,760
goes on his twitter anytime he does one

1183
00:43:15,589 --> 00:43:13,839
of this and does a huge thread for all

1184
00:43:17,270 --> 00:43:15,599
of his like you know he's a journalism

1185
00:43:19,190 --> 00:43:17,280
professor at nyu and that sort of thing

1186
00:43:22,550 --> 00:43:19,200
and like for all of his friends to see

1187
00:43:24,150 --> 00:43:22,560
that like oh why am i writing about ufos

1188
00:43:26,390 --> 00:43:24,160

you know and it's like he's so squeamish

1189

00:43:28,309 --> 00:43:26,400

about the topic that i'm like can you

1190

00:43:29,910 --> 00:43:28,319

really be like truly operating with

1191

00:43:32,069 --> 00:43:29,920

journalistic integrity if you're this

1192

00:43:34,390 --> 00:43:32,079

squeamish about the topic that you're

1193

00:43:37,750 --> 00:43:34,400

covering just seems weird

1194

00:43:39,829 --> 00:43:37,760

yeah uh my uh my undergrad is in a

1195

00:43:41,430 --> 00:43:39,839

speech communication and so i'm kind of

1196

00:43:43,910 --> 00:43:41,440

a rhetoric nerd i also write books

1197

00:43:45,510 --> 00:43:43,920

totally unrelated to my field so i'm a

1198

00:43:48,150 --> 00:43:45,520

word nerd

1199

00:43:50,069 --> 00:43:48,160

and the rhetoric

1200

00:43:52,150 --> 00:43:50,079

it all right well maybe there are two

1201
00:43:55,270 --> 00:43:52,160
things that annoy me the other one is

1202
00:43:57,910 --> 00:43:55,280
rhetoric and uh you know like

1203
00:44:00,069 --> 00:43:57,920
and i just wrote on twitter today uh it

1204
00:44:02,390 --> 00:44:00,079
was a it was a article and it said

1205
00:44:03,349 --> 00:44:02,400
something about a ufo hunter and i'm

1206
00:44:06,550 --> 00:44:03,359
like

1207
00:44:10,710 --> 00:44:06,560
why is it that anybody with any interest

1208
00:44:14,309 --> 00:44:10,720
in uaps is an alien hunter or ufo hunter

1209
00:44:16,309 --> 00:44:14,319
it's so weird i mean why not just say

1210
00:44:18,150 --> 00:44:16,319
uap researcher

1211
00:44:21,829 --> 00:44:18,160
or like uap

1212
00:44:23,829 --> 00:44:21,839
hobbyist or something like that and ross

1213
00:44:25,510 --> 00:44:23,839

coldheart has spoken about this and

1214

00:44:28,069 --> 00:44:25,520

that's where he starts belting out the f

1215

00:44:28,870 --> 00:44:28,079

word uh quite frequently

1216

00:44:31,349 --> 00:44:28,880

is

1217

00:44:34,829 --> 00:44:31,359

he he finds it just so

1218

00:44:37,349 --> 00:44:34,839

annoying and so incredibly

1219

00:44:38,710 --> 00:44:37,359

childish you know it's like if i were to

1220

00:44:40,470 --> 00:44:38,720

say to somebody

1221

00:44:42,390 --> 00:44:40,480

yeah uh i'm looking to work with

1222

00:44:44,630 --> 00:44:42,400

experiences or what's that uh you know

1223

00:44:46,550 --> 00:44:44,640

if they had an interaction with the uap

1224

00:44:49,190 --> 00:44:46,560

i know half the people would be like oh

1225

00:44:50,390 --> 00:44:49,200

like they saw little green men

1226
00:44:52,630 --> 00:44:50,400
it it's just

1227
00:44:53,990 --> 00:44:52,640
it's so effing

1228
00:44:56,870 --> 00:44:54,000
annoying

1229
00:44:59,990 --> 00:44:56,880
because it's incredibly

1230
00:45:01,910 --> 00:45:00,000
unnecessary it it it and i'm not sure

1231
00:45:03,190 --> 00:45:01,920
where their motivation comes from i mean

1232
00:45:05,030 --> 00:45:03,200
it could just be

1233
00:45:07,109 --> 00:45:05,040
ignorance it could be

1234
00:45:09,670 --> 00:45:07,119
everybody likes to be right it could be

1235
00:45:11,750 --> 00:45:09,680
their uncomfortability working around

1236
00:45:13,910 --> 00:45:11,760
somebody who's an expert in their field

1237
00:45:15,349 --> 00:45:13,920
i'm not really sure

1238
00:45:17,910 --> 00:45:15,359

but

1239

00:45:19,270 --> 00:45:17,920

revenge is a dish best served cold all

1240

00:45:20,150 --> 00:45:19,280

right so

1241

00:45:22,390 --> 00:45:20,160

when

1242

00:45:24,630 --> 00:45:22,400

a lot more comes out

1243

00:45:27,190 --> 00:45:24,640

i am going to gleefully say and i

1244

00:45:30,710 --> 00:45:27,200

usually don't get it this much i am

1245

00:45:32,630 --> 00:45:30,720

going to gleefully say i told you so

1246

00:45:34,069 --> 00:45:32,640

which is uh probably one of my favorite

1247

00:45:36,390 --> 00:45:34,079

things to say

1248

00:45:38,630 --> 00:45:36,400

same

1249

00:45:40,470 --> 00:45:38,640

no i think i mean i think that there's a

1250

00:45:43,109 --> 00:45:40,480

i know that like i used to think more

1251
00:45:46,710 --> 00:45:43,119
that way but i mean there is a very very

1252
00:45:50,230 --> 00:45:46,720
healthy dose of humility that comes with

1253
00:45:52,150 --> 00:45:50,240
recognizing that you had it so wrong and

1254
00:45:54,470 --> 00:45:52,160
there's part of me as much as i worry

1255
00:45:56,950 --> 00:45:54,480
about how disclosure if it happens

1256
00:45:58,470 --> 00:45:56,960
hopefully you know how that might go

1257
00:46:00,390 --> 00:45:58,480
there is part of me that wonders if like

1258
00:46:02,790 --> 00:46:00,400
ufos couldn't almost

1259
00:46:04,390 --> 00:46:02,800
save our culture just because we're in

1260
00:46:06,950 --> 00:46:04,400
this place right now where everyone is

1261
00:46:08,950 --> 00:46:06,960
so sure that they're that they're right

1262
00:46:10,550 --> 00:46:08,960
and in a very unexamined way where it's

1263
00:46:12,550 --> 00:46:10,560

like you have this package of beliefs

1264

00:46:13,990 --> 00:46:12,560

like if you believe this then you also

1265

00:46:15,510 --> 00:46:14,000

believe this then you also believe this

1266

00:46:17,750 --> 00:46:15,520

and you hate the people over here who

1267

00:46:20,630 --> 00:46:17,760

believe this and like

1268

00:46:22,390 --> 00:46:20,640

i i feel like having your reality shaken

1269

00:46:24,470 --> 00:46:22,400

up like that i have some hope that that

1270

00:46:27,430 --> 00:46:24,480

might snap us out of that a little bit

1271

00:46:30,710 --> 00:46:27,440

is just a culture

1272

00:46:32,710 --> 00:46:30,720

yeah yeah i um

1273

00:46:34,390 --> 00:46:32,720

one of the things i like about studying

1274

00:46:36,150 --> 00:46:34,400

uaps is

1275

00:46:38,550 --> 00:46:36,160

every single thing i could have said so

1276

00:46:40,069 --> 00:46:38,560

far is totally wrong

1277

00:46:43,430 --> 00:46:40,079

i'm just making like

1278

00:46:44,870 --> 00:46:43,440

pretty good guesses um and there's no

1279

00:46:47,510 --> 00:46:44,880

one out there

1280

00:46:48,950 --> 00:46:47,520

in the government private aerospace

1281

00:46:50,790 --> 00:46:48,960

whatever

1282

00:46:53,109 --> 00:46:50,800

who knows

1283

00:46:55,430 --> 00:46:53,119

the majority of

1284

00:46:58,230 --> 00:46:55,440

whatever the hell is going on here and

1285

00:47:00,630 --> 00:46:58,240

so what we can do is just

1286

00:47:02,630 --> 00:47:00,640

collect what evidence we have and come

1287

00:47:04,870 --> 00:47:02,640

up with reasonable

1288

00:47:06,950 --> 00:47:04,880

hypotheses you know again i'm going with

1289

00:47:07,910 --> 00:47:06,960

the with the future human thing i could

1290

00:47:11,430 --> 00:47:07,920

be

1291

00:47:13,190 --> 00:47:11,440

something that

1292

00:47:14,870 --> 00:47:13,200

we're not even discussing

1293

00:47:16,790 --> 00:47:14,880

it could be something totally beyond our

1294

00:47:19,589 --> 00:47:16,800

comprehension and we're like whoa we

1295

00:47:20,870 --> 00:47:19,599

didn't even think of that right

1296

00:47:22,470 --> 00:47:20,880

so i like

1297

00:47:23,430 --> 00:47:22,480

it's very good that you brought that up

1298

00:47:26,630 --> 00:47:23,440

i'm

1299

00:47:28,950 --> 00:47:26,640

about

1300

00:47:31,109 --> 00:47:28,960

what i think i know

1301

00:47:34,549 --> 00:47:31,119

right so i'll always say

1302

00:47:35,910 --> 00:47:34,559

i think i believe evidence seems to

1303

00:47:38,230 --> 00:47:35,920

suggest

1304

00:47:41,829 --> 00:47:38,240

i'm usually not that definitive in my

1305

00:47:44,470 --> 00:47:41,839

language so that's interesting is that

1306

00:47:47,190 --> 00:47:44,480

i do very good research into this and i

1307

00:47:48,470 --> 00:47:47,200

just have a new passion for it

1308

00:47:51,349 --> 00:47:48,480

and i'm very

1309

00:47:52,950 --> 00:47:51,359

cautious about what i say

1310

00:47:54,309 --> 00:47:52,960

but then again they're the people who

1311

00:47:56,390 --> 00:47:54,319

know nothing

1312

00:47:58,630 --> 00:47:56,400

and one of the reasons they're mildly

1313

00:48:02,230 --> 00:47:58,640

obnoxious is they say it was such

1314

00:48:05,750 --> 00:48:04,950

yeah yeah it's hard i see i mean you're

1315

00:48:10,630 --> 00:48:05,760

on

1316

00:48:11,510 --> 00:48:10,640

what goes down and the drama and all of

1317

00:48:13,190 --> 00:48:11,520

that and

1318

00:48:15,109 --> 00:48:13,200

you know i have a hard time engaging

1319

00:48:15,990 --> 00:48:15,119

just because there is a part of me that

1320

00:48:17,430 --> 00:48:16,000

i mean there are some people who are

1321

00:48:19,750 --> 00:48:17,440

just completely out of line and are just

1322

00:48:20,950 --> 00:48:19,760

trying to cause problems but

1323

00:48:22,549 --> 00:48:20,960

for a lot of people i actually have a

1324

00:48:23,990 --> 00:48:22,559

lot of compassion for them because the

1325

00:48:26,470 --> 00:48:24,000

things that they're saying you know a

1326

00:48:28,549 --> 00:48:26,480

year ago it could have been me and i

1327

00:48:30,309 --> 00:48:28,559

you know i sometimes i try to engage a

1328

00:48:31,349 --> 00:48:30,319

little but you can tell when somebody

1329

00:48:34,309 --> 00:48:31,359

just

1330

00:48:35,510 --> 00:48:34,319

away and i'm like all right maybe

1331

00:48:36,549 --> 00:48:35,520

another day

1332

00:48:38,950 --> 00:48:36,559

um

1333

00:48:40,470 --> 00:48:38,960

because it's it's tough to you can tell

1334

00:48:42,230 --> 00:48:40,480

that people are just so shut down that

1335

00:48:43,349 --> 00:48:42,240

you know they they say they want to talk

1336

00:48:45,190 --> 00:48:43,359

about it but they don't really want to

1337

00:48:47,510 --> 00:48:45,200

talk about it they want to tell you what

1338

00:48:48,390 --> 00:48:47,520

they think

1339

00:48:50,950 --> 00:48:48,400

i agree

1340

00:48:53,190 --> 00:48:50,960

uh when it comes to twitter and i've

1341

00:48:54,470 --> 00:48:53,200

written this on my account i said i'm

1342

00:48:56,870 --> 00:48:54,480

only here to help

1343

00:48:58,069 --> 00:48:56,880

but that's all i want to do is help

1344

00:49:00,790 --> 00:48:58,079

whether

1345

00:49:02,470 --> 00:49:00,800

an amateur uap researcher or

1346

00:49:04,549 --> 00:49:02,480

professional therapist

1347

00:49:08,069 --> 00:49:04,559

i'm only here to help

1348

00:49:09,829 --> 00:49:08,079

and very shortly into my twitter journey

1349

00:49:11,829 --> 00:49:09,839

when people were saying

1350

00:49:13,829 --> 00:49:11,839

you know eric you're a dummy and you got

1351

00:49:15,670 --> 00:49:13,839

duped and

1352

00:49:18,390 --> 00:49:15,680

charlatan and you can't do anything

1353

00:49:21,030 --> 00:49:18,400

useful with your degree

1354

00:49:23,750 --> 00:49:21,040

they get muted or blocked and i just say

1355

00:49:25,910 --> 00:49:23,760

if you're not here to help

1356

00:49:28,230 --> 00:49:25,920

you're on the wrong twitter page

1357

00:49:30,710 --> 00:49:28,240

you're on the wrong page don't be on my

1358

00:49:32,309 --> 00:49:30,720

page because that's all i want to do

1359

00:49:35,910 --> 00:49:32,319

right i'm learning

1360

00:49:39,750 --> 00:49:35,920

from this community i've been so warmly

1361

00:49:41,750 --> 00:49:39,760

welcomed it's been like very very nice

1362

00:49:43,750 --> 00:49:41,760

and as long as somebody shows up with a

1363

00:49:45,589 --> 00:49:43,760

genuine interest they like facts

1364

00:49:47,109 --> 00:49:45,599

evidence reasoning logic

1365

00:49:48,950 --> 00:49:47,119

and are humble

1366

00:49:50,710 --> 00:49:48,960

um you're certainly going to be welcomed

1367

00:49:53,349 --> 00:49:50,720

into this community

1368

00:49:55,109 --> 00:49:53,359

and that i'm very appreciative of

1369

00:49:56,549 --> 00:49:55,119

yeah absolutely

1370

00:49:58,150 --> 00:49:56,559

um something you said you know about

1371

00:49:59,270 --> 00:49:58,160

being here to help you know like i said

1372

00:50:00,710 --> 00:49:59,280

i think that's something that you know

1373

00:50:02,230 --> 00:50:00,720

from our own different angles and our

1374

00:50:04,630 --> 00:50:02,240

own different expertise that's something

1375

00:50:06,710 --> 00:50:04,640

we're both trying to do so you know as a

1376

00:50:08,309 --> 00:50:06,720

therapist who works with people who

1377

00:50:09,990 --> 00:50:08,319

you know have had traumatizing

1378

00:50:11,510 --> 00:50:10,000

experiences and have you know been

1379

00:50:14,069 --> 00:50:11,520

through these sorts of things what

1380

00:50:16,710 --> 00:50:14,079

advice would you have for me you know as

1381

00:50:18,069 --> 00:50:16,720

i embark on this journey of interviewing

1382

00:50:19,510 --> 00:50:18,079

people and you know i'm sure that along

1383

00:50:21,430 --> 00:50:19,520

the way i'm going to be talking to

1384

00:50:23,190 --> 00:50:21,440

experiencers you know what advice would

1385

00:50:25,030 --> 00:50:23,200

you have for me for like really dealing

1386

00:50:29,589 --> 00:50:25,040

with those conversations in a respectful

1387

00:50:34,150 --> 00:50:31,270

well i'm sure you do a fine job i mean

1388

00:50:36,950 --> 00:50:34,160

you're a great interviewer um

1389

00:50:38,950 --> 00:50:36,960

you just ask questions right and they go

1390

00:50:41,109 --> 00:50:38,960

at their own pace

1391

00:50:42,950 --> 00:50:41,119

so if i have somebody

1392

00:50:44,790 --> 00:50:42,960

uh we use the uh

1393

00:50:47,349 --> 00:50:44,800

i have the couple clients who got into

1394

00:50:50,309 --> 00:50:47,359

car accidents recently and they they

1395

00:50:52,390 --> 00:50:50,319

have poster back stress disorder from it

1396

00:50:55,349 --> 00:50:52,400

uh their first

1397

00:50:57,270 --> 00:50:55,359

visit here you know i'll say

1398

00:50:58,630 --> 00:50:57,280

in one sentence can you tell me what

1399

00:51:01,510 --> 00:50:58,640

happened

1400

00:51:03,829 --> 00:51:01,520

i was in a car wreck last spring okay

1401
00:51:05,589 --> 00:51:03,839
that's all i need to know right and then

1402
00:51:07,670 --> 00:51:05,599
they just kind of

1403
00:51:10,470 --> 00:51:07,680
progress at their own pace now i have

1404
00:51:12,470 --> 00:51:10,480
the advantage i have 50 minute sessions

1405
00:51:13,750 --> 00:51:12,480
unlimited as long as they want to keep

1406
00:51:15,109 --> 00:51:13,760
coming back and we have something to

1407
00:51:17,349 --> 00:51:15,119
talk about

1408
00:51:19,990 --> 00:51:17,359
and i see them once a week right so your

1409
00:51:21,430 --> 00:51:20,000
time is crunched

1410
00:51:23,270 --> 00:51:21,440
into this

1411
00:51:26,150 --> 00:51:23,280
but again

1412
00:51:29,109 --> 00:51:26,160
the the guest knows

1413
00:51:31,430 --> 00:51:29,119

what this podcast is about they know

1414

00:51:33,510 --> 00:51:31,440

kind of what they're getting into right

1415

00:51:34,309 --> 00:51:33,520

they certainly feel comfortable around

1416

00:51:35,589 --> 00:51:34,319

you

1417

00:51:37,430 --> 00:51:35,599

as it is

1418

00:51:39,589 --> 00:51:37,440

and they're going to go

1419

00:51:41,190 --> 00:51:39,599

at their own pace people are very good

1420

00:51:43,349 --> 00:51:41,200

at that when they

1421

00:51:45,430 --> 00:51:43,359

have some kind of traumatic experience

1422

00:51:48,870 --> 00:51:45,440

or their heart broken their husband

1423

00:51:50,710 --> 00:51:48,880

leaves them whatever it is i lost my job

1424

00:51:52,870 --> 00:51:50,720

they're the ones who

1425

00:51:54,710 --> 00:51:52,880

set the pace right and how much they

1426
00:51:57,030 --> 00:51:54,720
want to share

1427
00:51:58,630 --> 00:51:57,040
i know you wouldn't do this a common

1428
00:52:00,870 --> 00:51:58,640
pitfall

1429
00:52:02,470 --> 00:52:00,880
and i talk about this my clients all the

1430
00:52:04,150 --> 00:52:02,480
time because they've experienced this

1431
00:52:07,190 --> 00:52:04,160
with friends and family who aren't

1432
00:52:09,670 --> 00:52:07,200
professionals is

1433
00:52:11,030 --> 00:52:09,680
by our nature humans are

1434
00:52:14,950 --> 00:52:11,040
fixers

1435
00:52:15,990 --> 00:52:14,960
and we really like to give advice

1436
00:52:18,630 --> 00:52:16,000
so

1437
00:52:20,390 --> 00:52:18,640
a great example um

1438
00:52:22,549 --> 00:52:20,400

i experienced a setback in my life a

1439

00:52:24,710 --> 00:52:22,559

couple years ago it was it was about

1440

00:52:25,589 --> 00:52:24,720

employment and uh

1441

00:52:28,549 --> 00:52:25,599

i

1442

00:52:32,309 --> 00:52:28,559

mother

1443

00:52:37,670 --> 00:52:34,950

uh i was i was heartbroken over a job

1444

00:52:39,349 --> 00:52:37,680

loss uh it was my career at the time but

1445

00:52:41,829 --> 00:52:39,359

hey everything happens for a reason i

1446

00:52:43,190 --> 00:52:41,839

wouldn't be here if that never happened

1447

00:52:46,710 --> 00:52:43,200

and i'm

1448

00:52:49,109 --> 00:52:46,720

have this look of despair right and just

1449

00:52:52,309 --> 00:52:49,119

my tone my mannerisms i mean this looks

1450

00:52:55,430 --> 00:52:52,319

like a guy who's really bummed out right

1451
00:52:57,270 --> 00:52:55,440
and uh what happened and i told her and

1452
00:52:58,770 --> 00:52:57,280
the response i got was well you can't

1453
00:52:59,990 --> 00:52:58,780
dwell on

1454
00:53:01,030 --> 00:53:00,000
[Music]

1455
00:53:03,030 --> 00:53:01,040
and

1456
00:53:05,109 --> 00:53:03,040
i tell clients

1457
00:53:07,910 --> 00:53:05,119
if somebody ever says that to you you

1458
00:53:09,589 --> 00:53:07,920
need to come back with says who

1459
00:53:11,270 --> 00:53:09,599
hmm

1460
00:53:15,069 --> 00:53:11,280
so i hear these

1461
00:53:16,630 --> 00:53:15,079
kind of pieces of of advice and um

1462
00:53:18,150 --> 00:53:16,640
well-intentioned

1463
00:53:20,630 --> 00:53:18,160

comforting

1464

00:53:21,910 --> 00:53:20,640

uh pieces of advice i guess you could

1465

00:53:24,630 --> 00:53:21,920

say

1466

00:53:26,790 --> 00:53:24,640

i don't like when you're sad

1467

00:53:29,030 --> 00:53:26,800

you can't dwell on it forever

1468

00:53:31,349 --> 00:53:29,040

that happened so long ago

1469

00:53:34,309 --> 00:53:31,359

my favorite one is just think positive

1470

00:53:35,990 --> 00:53:34,319

thoughts uh by the way uh the person

1471

00:53:37,510 --> 00:53:36,000

probably considered that

1472

00:53:38,950 --> 00:53:37,520

uh

1473

00:53:39,910 --> 00:53:38,960

so

1474

00:53:41,589 --> 00:53:39,920

you know

1475

00:53:42,950 --> 00:53:41,599

let's say we'll go back to this job loss

1476
00:53:44,390 --> 00:53:42,960
thing right off the top of my head and i

1477
00:53:46,150 --> 00:53:44,400
know i'm a therapist so i kind of say

1478
00:53:47,270 --> 00:53:46,160
these things for a living if somebody

1479
00:53:50,230 --> 00:53:47,280
lost their job and they're looking

1480
00:53:53,510 --> 00:53:50,240
really depressed i might say

1481
00:53:57,349 --> 00:53:55,270
that sounds really difficult

1482
00:53:59,510 --> 00:53:57,359
or the car wreck

1483
00:54:02,309 --> 00:53:59,520
i've never been in one

1484
00:54:04,549 --> 00:54:02,319
but that does sound tough

1485
00:54:07,750 --> 00:54:04,559
right and what people are looking for is

1486
00:54:09,829 --> 00:54:07,760
just validation right if i so if i want

1487
00:54:12,230 --> 00:54:09,839
advice from you

1488
00:54:15,589 --> 00:54:12,240

i will start the sentence with

1489

00:54:20,230 --> 00:54:18,150

exactly anything other than that i am

1490

00:54:21,190 --> 00:54:20,240

not looking for advice i'm not looking

1491

00:54:23,270 --> 00:54:21,200

for you

1492

00:54:25,910 --> 00:54:23,280

to solve my problems

1493

00:54:28,470 --> 00:54:25,920

i'm just talking right kind of like we

1494

00:54:29,829 --> 00:54:28,480

are now so when these experiencers come

1495

00:54:31,670 --> 00:54:29,839

out and talk to you

1496

00:54:33,750 --> 00:54:31,680

it's going to be great because you're a

1497

00:54:35,829 --> 00:54:33,760

great interviewer and you're patient and

1498

00:54:39,109 --> 00:54:35,839

they're going to set the pace and you're

1499

00:54:41,510 --> 00:54:39,119

not going to start giving them advice

1500

00:54:43,030 --> 00:54:41,520

yeah no thank you i think um

1501
00:54:44,390 --> 00:54:43,040
you know my dad passed away when i was

1502
00:54:46,069 --> 00:54:44,400
20 and

1503
00:54:48,950 --> 00:54:46,079
i

1504
00:54:50,630 --> 00:54:48,960
that was just

1505
00:54:53,109 --> 00:54:50,640
you know everybody who does want to make

1506
00:54:54,950 --> 00:54:53,119
you feel better um but no one can make

1507
00:54:56,789 --> 00:54:54,960
you feel better you know and and

1508
00:54:59,109 --> 00:54:56,799
sometimes it just felt really

1509
00:55:00,549 --> 00:54:59,119
isolating all the the well-intentioned

1510
00:55:01,829 --> 00:55:00,559
comments that like he's in a better

1511
00:55:03,030 --> 00:55:01,839
place it's like

1512
00:55:04,309 --> 00:55:03,040
you have three kids under the age of

1513
00:55:06,950 --> 00:55:04,319

five i'm pretty sure the best place it

1514

00:55:07,829 --> 00:55:06,960

could have been was here you know i just

1515

00:55:09,349 --> 00:55:07,839

um

1516

00:55:11,109 --> 00:55:09,359

so that makes a lot of sense to me i'll

1517

00:55:12,789 --> 00:55:11,119

definitely keep that in mind

1518

00:55:13,990 --> 00:55:12,799

yeah

1519

00:55:14,870 --> 00:55:14,000

and then

1520

00:55:18,630 --> 00:55:14,880

so

1521

00:55:20,230 --> 00:55:18,640

springs do people need to be like in the

1522

00:55:21,670 --> 00:55:20,240

area to work with you or are you able to

1523

00:55:23,990 --> 00:55:21,680

take clients that are you know long

1524

00:55:26,630 --> 00:55:24,000

distance like doing on the like on zoom

1525

00:55:28,309 --> 00:55:26,640

or something like that

1526
00:55:30,549 --> 00:55:28,319
right so

1527
00:55:33,109 --> 00:55:30,559
uh i'm the only

1528
00:55:35,589 --> 00:55:33,119
uh therapist at this practice we have

1529
00:55:37,270 --> 00:55:35,599
seven now we just hired a couple more

1530
00:55:38,549 --> 00:55:37,280
who only does

1531
00:55:40,630 --> 00:55:38,559
in person

1532
00:55:41,670 --> 00:55:40,640
i do it for a couple reasons

1533
00:55:43,510 --> 00:55:41,680
okay

1534
00:55:45,910 --> 00:55:43,520
uh one is

1535
00:55:47,990 --> 00:55:45,920
if a person lives locally

1536
00:55:51,109 --> 00:55:48,000
and i offer them telehealth i believe

1537
00:55:52,549 --> 00:55:51,119
i'm doing the client a disservice

1538
00:55:54,870 --> 00:55:52,559

because especially if the client's

1539

00:55:58,470 --> 00:55:54,880

depressed what they want

1540

00:56:00,309 --> 00:55:58,480

is to stay in bed in their pajamas

1541

00:56:02,789 --> 00:56:00,319

and do telehealth

1542

00:56:05,510 --> 00:56:02,799

that is not a good idea right take a

1543

00:56:07,349 --> 00:56:05,520

shower get out of your pjs get in the

1544

00:56:09,670 --> 00:56:07,359

car or walk

1545

00:56:12,710 --> 00:56:09,680

and talk to eric at his office so i

1546

00:56:14,549 --> 00:56:12,720

think it's a i would be enabling them

1547

00:56:16,950 --> 00:56:14,559

to stay where they are it's it's kind of

1548

00:56:18,470 --> 00:56:16,960

funny at a client a year or two ago and

1549

00:56:21,030 --> 00:56:18,480

i could i could see his house through my

1550

00:56:22,630 --> 00:56:21,040

office and look out the window and see

1551
00:56:25,430 --> 00:56:22,640
his backyard and he wanted to do

1552
00:56:27,109 --> 00:56:25,440
telehealth and i was like dude just

1553
00:56:29,430 --> 00:56:27,119
you'll thank me right get up take a

1554
00:56:30,549 --> 00:56:29,440
shower and come over here

1555
00:56:33,030 --> 00:56:30,559
um

1556
00:56:35,990 --> 00:56:33,040
i don't

1557
00:56:38,549 --> 00:56:36,000
telehealth is

1558
00:56:41,910 --> 00:56:38,559
effective but i take that back

1559
00:56:43,510 --> 00:56:41,920
in person is most effective okay so so

1560
00:56:46,390 --> 00:56:43,520
telehealth does work

1561
00:56:48,630 --> 00:56:46,400
in person is most effective now

1562
00:56:51,750 --> 00:56:48,640
with that said i have a but there's

1563
00:56:54,710 --> 00:56:51,760

always a but right and that but is

1564

00:56:55,589 --> 00:56:54,720

if a uap experiencer wants to work with

1565

00:56:58,549 --> 00:56:55,599

me

1566

00:57:00,710 --> 00:56:58,559

i'd be more than happy to do telehealth

1567

00:57:02,390 --> 00:57:00,720

that's the only population i'll do it

1568

00:57:04,630 --> 00:57:02,400

with because i think they're going to

1569

00:57:06,309 --> 00:57:04,640

have a hell of a time

1570

00:57:09,030 --> 00:57:06,319

finding a therapist

1571

00:57:10,150 --> 00:57:09,040

educated in uap history and modern uap

1572

00:57:13,190 --> 00:57:10,160

evidence

1573

00:57:15,589 --> 00:57:13,200

right so i saw a client for a little bit

1574

00:57:16,789 --> 00:57:15,599

he moved to seattle and he wanted to do

1575

00:57:18,309 --> 00:57:16,799

telehealth

1576

00:57:20,630 --> 00:57:18,319

i was like dude just get a therapist in

1577

00:57:22,470 --> 00:57:20,640

seattle i'm sure there's plenty of good

1578

00:57:23,990 --> 00:57:22,480

therapists in seattle

1579

00:57:25,910 --> 00:57:24,000

that you can work with there's no need

1580

00:57:27,750 --> 00:57:25,920

to do telehealth with me right so

1581

00:57:31,270 --> 00:57:27,760

there's a there's a there's a great

1582

00:57:33,510 --> 00:57:31,280

supply of you know normal therapists out

1583

00:57:35,589 --> 00:57:33,520

there but if somebody's looking

1584

00:57:37,750 --> 00:57:35,599

to talk to a therapist about uaps

1585

00:57:40,710 --> 00:57:37,760

they're apprehensive to just

1586

00:57:43,349 --> 00:57:40,720

inquire with a random therapist

1587

00:57:45,270 --> 00:57:43,359

and again maybe be disqualified and oh

1588

00:57:47,589 --> 00:57:45,280

maybe you were hallucinating and do you

1589

00:57:48,870 --> 00:57:47,599

have a mental illness diagnosis and i

1590

00:57:50,390 --> 00:57:48,880

don't think that's real or i don't know

1591

00:57:51,990 --> 00:57:50,400

what you're talking about

1592

00:57:52,789 --> 00:57:52,000

they're not going to get that from me

1593

00:57:55,109 --> 00:57:52,799

right

1594

00:57:56,870 --> 00:57:55,119

so i think there are only few of us out

1595

00:57:59,589 --> 00:57:56,880

there there's myself and i recently

1596

00:58:01,910 --> 00:57:59,599

spoke to a gentleman in idaho

1597

00:58:03,030 --> 00:58:01,920

i'm aware of like maybe three

1598

00:58:04,230 --> 00:58:03,040

people

1599

00:58:06,829 --> 00:58:04,240

who

1600

00:58:10,230 --> 00:58:06,839

a uap experiencer could come to and feel

1601

00:58:11,430 --> 00:58:10,240

really comfortable right so for

1602

00:58:12,950 --> 00:58:11,440

run-of-the-mill

1603

00:58:14,870 --> 00:58:12,960

i'm having problems in life i have a

1604

00:58:16,150 --> 00:58:14,880

mental illness i ask them to come into

1605

00:58:18,549 --> 00:58:16,160

my office

1606

00:58:21,109 --> 00:58:18,559

if it's uap centered i'd be more than

1607

00:58:22,789 --> 00:58:21,119

happy to do telehealth just to make

1608

00:58:24,150 --> 00:58:22,799

myself more available to a bigger

1609

00:58:25,990 --> 00:58:24,160

audience

1610

00:58:28,150 --> 00:58:26,000

yeah that makes a lot of sense

1611

00:58:29,829 --> 00:58:28,160

um it's actually perfectly to my next

1612

00:58:31,990 --> 00:58:29,839

question which is you know

1613

00:58:33,109 --> 00:58:32,000

once you are too full can't take any

1614

00:58:33,910 --> 00:58:33,119

more clients

1615

00:58:35,990 --> 00:58:33,920

where

1616

00:58:39,190 --> 00:58:36,000

how would somebody

1617

00:58:40,309 --> 00:58:39,200

go about figuring out if a therapist

1618

00:58:41,750 --> 00:58:40,319

maybe they

1619

00:58:43,829 --> 00:58:41,760

it's very unlikely that they'd have like

1620

00:58:45,349 --> 00:58:43,839

your level of you know understanding

1621

00:58:47,910 --> 00:58:45,359

about the current evidence and where

1622

00:58:49,910 --> 00:58:47,920

we're at with all of that but how might

1623

00:58:51,349 --> 00:58:49,920

somebody go about figuring out if a

1624

00:58:54,549 --> 00:58:51,359

therapist was

1625

00:58:55,430 --> 00:58:54,559

safe for this sort of thing

1626
00:58:56,630 --> 00:58:55,440
right

1627
00:58:59,510 --> 00:58:56,640
so

1628
00:59:01,910 --> 00:58:59,520
i know of just one organization

1629
00:59:05,270 --> 00:59:01,920
and that's called opus

1630
00:59:07,349 --> 00:59:05,280
opus it's an acronym they're out of i

1631
00:59:08,789 --> 00:59:07,359
believe santa barbara

1632
00:59:12,309 --> 00:59:08,799
california

1633
00:59:14,549 --> 00:59:12,319
and when i got an interest in uaps as a

1634
00:59:16,390 --> 00:59:14,559
therapist a couple of people said oh you

1635
00:59:18,630 --> 00:59:16,400
need to get in touch with

1636
00:59:20,470 --> 00:59:18,640
opus this is the only only organization

1637
00:59:22,630 --> 00:59:20,480
i know of that operates like this so i

1638
00:59:24,870 --> 00:59:22,640

contacted them

1639

00:59:26,549 --> 00:59:24,880

and i said hey i'm a i'm a therapist i

1640

00:59:28,630 --> 00:59:26,559

know what i'm doing i'm really

1641

00:59:31,670 --> 00:59:28,640

interested in uaps

1642

00:59:33,750 --> 00:59:31,680

can you put me on your list of providers

1643

00:59:35,670 --> 00:59:33,760

so they vetted me or they're still in

1644

00:59:37,349 --> 00:59:35,680

the process of vetting me it's kind of

1645

00:59:39,030 --> 00:59:37,359

not sure what's going on

1646

00:59:42,710 --> 00:59:39,040

but basically

1647

00:59:45,190 --> 00:59:42,720

uh somebody in colorado could call opus

1648

00:59:49,190 --> 00:59:45,200

and say hey

1649

00:59:50,390 --> 00:59:49,200

do you know any therapists near me

1650

00:59:51,750 --> 00:59:50,400

who

1651
00:59:54,549 --> 00:59:51,760
um

1652
00:59:56,069 --> 00:59:54,559
would be safe for me to go to as a uap

1653
00:59:58,630 --> 00:59:56,079
experiencer

1654
00:59:59,829 --> 00:59:58,640
they'll look up my name my name pops up

1655
01:00:01,349 --> 00:59:59,839
in colorado and they're like yeah

1656
01:00:05,349 --> 01:00:01,359
there's eric schlemmer

1657
01:00:08,630 --> 01:00:05,359
down in colorado springs i just started

1658
01:00:10,710 --> 01:00:08,640
working with them so i sent an inquiry

1659
01:00:11,670 --> 01:00:10,720
they asked for my credentials i got back

1660
01:00:14,870 --> 01:00:11,680
to them

1661
01:00:16,789 --> 01:00:14,880
they recently sent me some material

1662
01:00:19,670 --> 01:00:16,799
i don't think i'm officially on their

1663
01:00:21,910 --> 01:00:19,680

website yet but it seems to be

1664

01:00:25,829 --> 01:00:21,920

just around the corner

1665

01:00:29,109 --> 01:00:25,839

when i do get on that list and get a

1666

01:00:30,710 --> 01:00:29,119

little more chummy with opus i'm dying

1667

01:00:32,150 --> 01:00:30,720

to know how many people they have on

1668

01:00:34,230 --> 01:00:32,160

their list

1669

01:00:35,829 --> 01:00:34,240

i mean

1670

01:00:39,190 --> 01:00:35,839

50

1671

01:00:42,549 --> 01:00:39,200

800 i have absolutely

1672

01:00:44,230 --> 01:00:42,559

no idea the p in opus is paranormal so

1673

01:00:45,910 --> 01:00:44,240

it's stuff beyond

1674

01:00:47,510 --> 01:00:45,920

uaps

1675

01:00:49,750 --> 01:00:47,520

as far as i know that's the only

1676

01:00:52,470 --> 01:00:49,760

clearing house for therapists

1677

01:00:55,109 --> 01:00:52,480

most of my clients find me and my

1678

01:00:57,109 --> 01:00:55,119

colleagues here at willow creek

1679

01:00:59,829 --> 01:00:57,119

through psychology today psychology

1680

01:01:01,829 --> 01:00:59,839

today is a print magazine

1681

01:01:04,390 --> 01:01:01,839

and they have a long long list of

1682

01:01:07,750 --> 01:01:04,400

providers so you type in your zip code

1683

01:01:10,870 --> 01:01:07,760

so i'll type in you know 80907

1684

01:01:12,870 --> 01:01:10,880

i want a female client this age and one

1685

01:01:15,829 --> 01:01:12,880

of their specialties is depression i hit

1686

01:01:18,470 --> 01:01:15,839

enter and it populates a list of people

1687

01:01:21,990 --> 01:01:18,480

in my neighborhood here

1688

01:01:23,190 --> 01:01:22,000

uap they don't have that box

1689

01:01:26,190 --> 01:01:23,200
to check

1690

01:01:28,870 --> 01:01:26,200
they have marriage and military and

1691

01:01:30,789 --> 01:01:28,880
lgbtq and all this other stuff

1692

01:01:31,990 --> 01:01:30,799
they don't have a box where i could just

1693

01:01:34,789 --> 01:01:32,000
say uap

1694

01:01:37,510 --> 01:01:34,799
it's not part of my bio either

1695

01:01:39,190 --> 01:01:37,520
my the owner of the practice here

1696

01:01:42,230 --> 01:01:39,200
has been

1697

01:01:43,510 --> 01:01:42,240
so supportive about me

1698

01:01:45,990 --> 01:01:43,520
coming out

1699

01:01:48,630 --> 01:01:46,000
as a guy who's interested in working

1700

01:01:49,510 --> 01:01:48,640
with experiencers

1701

01:01:51,190 --> 01:01:49,520

but

1702

01:01:53,910 --> 01:01:51,200

it kind of goes back to that stigma i

1703

01:01:55,990 --> 01:01:53,920

had to sit down with her name's kate i

1704

01:01:58,630 --> 01:01:56,000

said hey kate

1705

01:02:01,829 --> 01:01:58,640

uh can i go out and just

1706

01:02:03,270 --> 01:02:01,839

tell everybody i believe in uaps

1707

01:02:05,430 --> 01:02:03,280

because some people think it gives their

1708

01:02:07,589 --> 01:02:05,440

business a bad name you know like

1709

01:02:09,029 --> 01:02:07,599

they'll go to that practice

1710

01:02:11,190 --> 01:02:09,039

they talk about ufos and stuff they're

1711

01:02:13,750 --> 01:02:11,200

kind of weird over there right

1712

01:02:16,549 --> 01:02:13,760

so she's been really supportive so

1713

01:02:17,990 --> 01:02:16,559

a very long roundabout way to finally

1714

01:02:21,430 --> 01:02:18,000

answer your question

1715

01:02:23,990 --> 01:02:21,440

i'm aware of opus and uh other than that

1716

01:02:25,910 --> 01:02:24,000

it would kind of be a crap shoot you

1717

01:02:26,950 --> 01:02:25,920

know i think if you inquired at an

1718

01:02:28,950 --> 01:02:26,960

office

1719

01:02:30,710 --> 01:02:28,960

the secretary would have absolutely no

1720

01:02:34,630 --> 01:02:30,720

idea what you're talking about

1721

01:02:38,390 --> 01:02:34,640

and i think if you saw a therapist

1722

01:02:39,750 --> 01:02:38,400

you might not be well received

1723

01:02:41,670 --> 01:02:39,760

that's just a guess

1724

01:02:43,510 --> 01:02:41,680

yeah well that's why it's so important

1725

01:02:44,950 --> 01:02:43,520

the work that you're doing and i've

1726

01:02:46,309 --> 01:02:44,960

completely enjoyed this conversation

1727

01:02:49,029 --> 01:02:46,319

this has been a delight and i really

1728

01:02:50,230 --> 01:02:49,039

appreciate you taking the time um

1729

01:02:51,589 --> 01:02:50,240

i'd love for you to tell everybody where

1730

01:02:53,430 --> 01:02:51,599

they can find you all this will be in

1731

01:02:54,549 --> 01:02:53,440

the episode notes but if somebody you

1732

01:02:55,750 --> 01:02:54,559

know is listening and they'd like to

1733

01:02:57,750 --> 01:02:55,760

reach out what's the best way to get a

1734

01:02:59,270 --> 01:02:57,760

hold of you

1735

01:03:00,630 --> 01:02:59,280

yeah the best way to get a hold of me is

1736

01:03:02,789 --> 01:03:00,640

through my twitter page and that was

1737

01:03:04,390 --> 01:03:02,799

really the whole point of making is just

1738

01:03:06,470 --> 01:03:04,400

to let you know let know people i'm

1739

01:03:08,630 --> 01:03:06,480

alive out there somewhere and it's just

1740

01:03:11,109 --> 01:03:08,640

uap underscore

1741

01:03:13,109 --> 01:03:11,119

therapist i've had a couple people

1742

01:03:14,710 --> 01:03:13,119

personally message me there that's

1743

01:03:16,870 --> 01:03:14,720

that's fine they could totally reach out

1744

01:03:18,789 --> 01:03:16,880

that way they can have a casual

1745

01:03:20,870 --> 01:03:18,799

conversation with me there

1746

01:03:24,069 --> 01:03:20,880

if they would like to see me

1747

01:03:26,549 --> 01:03:24,079

in a client therapist relationship

1748

01:03:27,990 --> 01:03:26,559

then i would refer them to our actual

1749

01:03:29,670 --> 01:03:28,000

practice here

1750

01:03:31,510 --> 01:03:29,680

schedule an intake

1751

01:03:33,029 --> 01:03:31,520

if they're local it would be great to

1752

01:03:35,589 --> 01:03:33,039

see them in person

1753

01:03:37,829 --> 01:03:35,599

if they're not we can do telehealth

1754

01:03:39,829 --> 01:03:37,839

very cool well eric thank you so much i

1755

01:03:41,829 --> 01:03:39,839

really appreciate you taking the time

1756

01:03:46,880 --> 01:03:41,839

the pleasure was all mine

1757

01:04:19,230 --> 01:04:03,029

[Music]

1758

01:04:29,829 --> 01:04:19,240

oh