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welcome to Healthy perspectives with Jeremiah, a podcast that brings you current social and cultural issues through a clinical lens, you can find us on Apple, Spotify, Rumble, YouTube, all kinds of places to look for us. Please like and subscribe on any of them, or all of them. We also love interacting with our audience. So join us on all the social platforms, such as LinkedIn, Facebook, Twitter, and many more.

Hello, hello, welcome back. Thank you so much for joining us. As always, we appreciate your time, we know you have lots of options, we are glad that you choose us from time to time, please like and subscribe to all the things that came at the beginning of this. For those of you on Rumble and YouTube, I don't do the pre show stuff. So please like, subscribe, share it with your friends, make sure that this word is getting out there. What we're trying to do here a healthy perspective is help. That's what we're trying to do, we you know, we want to try to make a difference in a positive way. And today, it's going to be about the State of the Union. Now I know, I am not a political podcast, by nature, but to take on social cultural issues, it is very important that we not be naive here at healthy perspectives, we of course, will give it a real good old fashioned therapeutic lens to look through. So you're going to get therapeutic content here, that my hope is helps you see through some of this political nuanced, like communication stuff. Because what we want to do is make a difference. And if you learn to be more attentive to your own issues, your own biases, your own stuff, and how to hear the message that people are delivering in a way that's effective and healthy, then we think that that's a big win for our country for for you as individuals. And for us, you know, being helpers trying to make a difference. So little, little bias disclaimer, I want to give you a heads up, I'm not going to have a ton of bias on this today. And you're probably going oh, you're you know, everybody's always biased. I know. But I'm specifically designing in. So those fishing nets, those things that catch stuff, and keep the bias out of this discussion today as much as I possibly can, knowing that no matter what we are going to have blind spots. But I've got a framework that I'm going to go over a therapeutic framework that I'm going to lay over the top of this State of the Union address by Joe Biden. So at the time of this recording, I want to give you some background as to what I've done to prevent bias. And again, it's imperfect, but it is very good first steps. One, I have only watched the State of the Union, I have not watched any, you know, highlights that other people have cut out, I have not gone on to social media and looked around for any of that content. Matter of fact, it was pretty tough this morning, to make sure that I maintain as little bias as possible. One of the things that I did, when I got on to put my my daily post on Facebook and Twitter and all of those different social media platforms, I went in, and I did that. And I didn't look at the other stuff. I literally went in did my post got off I matter of fact, probably one of the shortest time periods. I've been on

social media in months, because I wanted to maintain the least amount of bias possible. And you know, as soon as I see one of those, I don't know, I'm sure they're out there memes or one of those, you know, so and so commenting on the State of the Union address. Once I see that, then I then have some of that bias in me. Now that doesn't equate for all of the bias that I had previously. Right. But in this particular situation, I'm digesting it as it is not as somebody else has decided I oughta see it. So, yes, I still have, you know, things from my own history going back that could slip this potentially, but I'm even going to take some steps to account for that. So keep that in mind. I have only seen the speech and that is I haven't seen any of the aftermath. I did not watch, you know, the mother rebuttal that apparently there is I went to a YouTube and watched the C NBC version. And from the beginning to the end, I hit stop and prepared for this recording. So that's, that's where I am. My goal here is to look at this presentation through the lens of the counseling framework. So what that means is, I am, I'm sort of taking this, this sort of strange view, where I am putting myself in the seat of the counselor, because that's what I do for a living. And that's, you know, the training and background that I have. And I am taking not Joe Biden, but the message as though it is coming from a an entity. So you could say this as a message from Joe Biden, the Democrats, like whatever you want there, but I'm, I'm looking at at it. So I'm parting the Joe Biden, the human from Joe Biden, the representative of the United States as the president, so that I can see them separately, right. So like, what it does is, it helps me to be less biased towards Joe Biden, the person because of his philosophical, you know, takes his his message and all of that stuff. So I can still see the whole person of the individual of Joe Biden, and President Biden, you know, as as a person, and I can then separate out going, Okay, this is a political message. And I want to, I want to look at that uniquely. Okay. So that's what I'm doing. Now, I default. Now there's all these different theories and what I've actually started to do, and I had to pause because I need to get ready for clients. But what I'm starting to do is put together a framework that I can post and you, you can have access to it, I'm gonna I'm gonna put it up on my website. Hopefully, today, we'll see how much time I have, I've got an awful busy day. So it might not get up until tomorrow or Friday. But that framework is going to outline some theoretical approaches and different kinds, so that you can go in and get more informed, you know, what a lot of people don't understand without going to graduate school and spending 1000s of hours doing training on theory and approaches is that there are a plethora of options when it comes to theory, like a bunch of them. And they they have, you know, I think it's six, six different categories, you know, got you humanistic, cognitive behavioral, not to be mistaken as the same, you hear cognitive behavioral, but that's a combination of the two. psychoanalytic and there's these different categories systemic. And what we want to do is take a look at the human beings sitting in front of us, in this case, the politician sitting in front of us, and break it down based on a specific framework, because what that allows us to do is then identify the puzzle pieces as accurately as we can, based on a sound theoretical approach. That doesn't mean we see everything, you know, you've heard me tell the story about the three blind people approaching an elephant, you know, we're gonna miss stuff. You know, no matter what approach we take, we will miss stuff. There's there is a reality to that. And if we do it, well, we're going to miss less, we're going to provide more insight, as as my sign if you're watching on rumble says, healthy perspectives. That's what we want. We want healthy perspectives. And so as we break it down, based on theory, that's a good step. All right, and practice is another step. And we'll get into that a little bit. My theoretical approach, empathy, that means I got to come in with an open mind to see the world as if I'm the other person. In other words, in this situation, I broke it down into two categories, I need to see the world as if I am Joe Biden, I can never be Joe Biden. But I want to try to attempt to see it as if I'm him. I want to also attempt to see the world as if I'm a Democrat, President of the United States. I've never been the Democrat president of the United States. So another impossibility but empathy, we get credit for effort, so I'm going to empathize with those two very important perspectives. Then, unconditional positive regard. Unconditional positive regard, means acceptance as you are, that doesn't mean I agree with you. That doesn't mean I like what you have to say. But it's a separation of the person from the problem. All right. Now, the United States is very complex, as is the man Joe Biden. And so by attributing unconditional positive regard, it allows me to

be non judgmental. It's not me like that doesn't mean I won't have my own opinions, thoughts, ideas, and, you know, there are going to be times where I'm going to be like, yeah, dudes wrong. I mean, it just is what it is. But there's other times where because of that open mindedness, non judgmental stance, I'm going to be able to see more clearly, at times the things that, you know, influence and affect the message. And so I will attempt to do that. All right, I'm not going to break down his speech, just so you know, I'm giving you framework, that's the therapeutic approach that I'm giving you today, I'm using this speech as a way of helping you see what that leads to, and how that conversation might go in a therapeutic session.

Okay? If we're doing if we're attempting to do a good job and show care and respect, and that comes to the next part, relationships, we know that 80 plus percent of all success in therapy, all of it is based on the client's perception of the relationship being a good, healthy, respectful, safe relationship. We know that that's that's just a reality. No matter what approach you pick, no matter what theory, you subscribe to 80% of our work is in connecting to caring about the client, because if they perceive it as a good, healthy, respectful, loving, kind relationship, their healing improves, not just their perception of it, but their actual healing in life, their ability to function at higher levels, outside of therapy goes up. And we that's the, that's the big win. That's what we're going for. So, relationship and relationships, as you know, we've gone over this before trust truth, effective communication, love, you know, there's there's components to relationships that are just required, you got to have them, if I don't care about a client, then I can only fake it for so long. You know, I can try. But if I don't care, I don't care. And that client deserves somebody different. Because I just can't get there. I just can't get there. That thing, goodness, I'm so grateful for this. That rarely happens to me. I can't I can't actually think about the last time that that occurred. But it can occur and it has occurred where something in their life has interfered with my ability to care as deeply as I need to, to affect change in a positive way. So they get they get referred. And then I look for congruence and in congruence. Now let me break those down in a slightly different way. Those you've been with me, you know, congruence and and congruence, I'm not going to get into that. Unconditional positive regard is the biological and psychological I accept you as you are human side. Okay, I accept you as you are democratic president. Not not a Republican president, but a Democratic president. That's the biological and psychological makeup of this presentation, this State of the Union address. The relationship is a social and cultural. All right. And then the congruence and congruence is the bedrock, the moral, the spiritual, and that category. So you also may hear therapists say something like biological, psychological, sociological, cultural, and spiritual. And the reason that we say that is because those are aspects of the individual that need attention. We cannot ignore any one of those. Well, we, let's say they say, Well, I'm not religious in any way. Okay? Are you spiritual in any way? Because a lot of people who say they're not religious say they're spiritual. What if, what if they say, you know, like, my, my biology is just absolutely impeccable. My have a perfect grant, I had a client tell me that not too long ago, I have a perfect brain. I know, because they skinned the thing, and they told me I have a perfect brain. Now, I don't even know what that means. Because I've never seen a perfect brain. Like I've never seen the perfect heart because the perfect heart has scars. Right? So what does it mean? I don't know. But then we, we, in all of these categories, we challenge we don't accept the reality they present as though it is the only reality we accept them as a whole person. But we challenge their ideas, their thoughts, their feelings, their their concepts, because through that challenging process, growth can occur. Insight can occur. If we affirm them straight up from the beginning, we can actually harmed them as therapists. So we don't want to do that. I don't want to take Joe Biden the person who made this presentation at perfect face value, because that is an injustice to our relationship. Now, I don't really actually have a relationship with a guy. But that would be an injustice. That would be unfair to to him to not to not keep my mind, my heart, my my system open to the ideas that he's presenting, but also the skeptical nature of have like, is it right? Is it good?

Is it healthy? What scale are you using? Right? Like, that's an important part to keep alive and active. And the same would be true. When we look at a Democrat president of the United States that other as I described the other part of, of the presentation, now they're mixed together in the in the, the State of the Union address, they're mixed together. So parting them out is one of those aspects of the therapeutic approach. And I look for congruence and and congruence. Where does this fit? And it's accurate, based on what I know. And I see. And based on him, his history, his present his hopes and fears for tomorrow, were Is it accurate or inaccurate. And so looking at that, from a skeptical lens is actually a therapeutically good approach. We don't want to just accept it as it is, we want to, we want to push back appropriately. Not saying oh, he's lying about everything. He's just a bad bad man. And a bad bad president or a good good man and a good good president. Like those would be my bias as getting in the way if I did either one of those. It's, it's I start with, okay, what is he saying? As a man and as a Democrat, President of the United States?

What does he say? Tease those apart a little bit? Okay. So I'm gonna, I'm going to shift, like, okay, so I'm going to tease one more thing apart real quick, before

I go. If I were writing a note, on the speech after the speech, there's, there's two things that I would highlight as interesting. I would, you know, I would go through and do a normal, you know, post session assessment, in which I haven't put that out there so that y'all can see it, I probably, I might think about doing that, too. But there is this framework that I use, where I talk about mood, I affect emotion. I talk about body language, stuff like that. And we really has therapists, we're really looking at a lot of things. And I see this thing all the time, I've got a pretty detailed one that I've put together, that helps me pick up on things like where they chewing their fingernails, where they've more fidgety than usual, less fidgety than usual. Did they have any strange tics? Right, we all have different, like nuanced tics of sorts. And, you know, we want to be paying attention to those. But in his address, there were two things that really stuck out as significant because they're, they're different than a lot of the addresses I've seen in the past. Now, there's, there's a lot of similarities, you know, identifying a bunch of people in the crowd. That's pretty typical. You know, there's, you know, there's the idea of stating what the, the State of the Union is, well, you know, he waited until the end, do it. But he did state what he thinks the State of the Union is. And then, you know, but there were two things. I'm gonna highlight these I know, I've said it a few times. But there was a defensiveness about his approach that I found interesting. And it actually created some confrontational moments. Now, that's, that's both normal and not normal. It's normal. Because there there is some, you know, there's, there's philosophical differences between Democrats and Republicans. And so we typically see, well, one side standing up, the other one is not, and so on. But in his address, he was very defensive at times, and extremely confrontational at times. And I'm not talking about just a little bit, I'm talking about significantly more than it's typical. They all do to a degree, they're a little more nuanced. Usually, his was overtly defensive and overtly confrontational. He did, however, do a really good job of biting his tongue at certain points. And so, you know, that showed some restraint, whatever that means, you know, that that's, it's actually you know, when we're talking about politics, that's probably a good thing. We want to have some level of restraint. Because philosophically, they're just different opinions in the room. It's just the way it is. Okay. So the way you say it is powerful. This I'm giving you a philosophy of my therapeutic approach, the way you say it is powerful. It matters. I really want to pay attention to the words. I want to pay attention to the body language. I want to pay attention to the pair of verbals I really want to pick up because it's powerful. It's important. And what you don't say in a therapeutic setting is more powerful. Okay, you're going huh? What does that mean? Like we intentionally leave things out. So as a therapist, one of the things I look for the secrets, the lies and the deceptions, where is it that you're exaggerating or minimizing? Where is it that you're leaving,

you're omitting information because that's a form of a lie, even if it's a version of secrets, but it's still in that category lies, secrets and deceptions. Those are really important for me to pick up on, because I, as a therapist, have to find ways to get to know you, as you are. And you clearly if you're telling lies, keeping secrets or being deceptive, you clearly have some defense mechanisms. So that I don't know you in the way that you are. But the way that you want me to know you, and politicians are very, very good at this, we know this, this is no secret. So I'm looking for those things. Let me give you an example of this. As as I was observing, I was I was bringing some some baggage. So let it be clear that this is this is baggage that I am bringing into it because I have curiosities just like you and everybody else. And so I was waiting to hear about things like inflation. Now he covered that pretty well. You know, do Do I agree or disagree, that's a different conversation. But he did go into it, he didn't just ignore it. Alright, so agree or disagree, we didn't have ignoring. So that's, that's actually a positive thing. But what was left out, let me give you a list I put together without going out and seeing what others are putting together. But there is a list that I have put together of curiosities that I had going into the State of the Union. I went in with there's there's a lot of racial tension. So I wanted to see how the President was going to navigate racial tension. And I was I was left unimpressed. You know, in terms of the depth that he went into it, he kept it pretty superficial, which is great, in some ways, and terrible in other ways. We have this divide going in into it. And I really would love if we're talking about social, you know, fairness, I would really love to see a president. This is just my own bias. I would love to see a president who directly addresses it in a way that is healthy, and good. Now, what is that? Now that depends on who you are, what it looks like. He did address some aspects of it pretty directly. You know, he had Tyree Nichols parents, they're addressing that. But that was more of he was focusing more on the police side of it. That's, I mean, that's a thing. We want to address that but that wasn't what I was, I was kind of thinking we might get with a strong stance because racial divide, it can go any direction, somebody in the politic arena has got to stand up, like a grown up and say, you know, racism, no matter where it's flowing is bad and unhealthy period. Like that. That is where as a country, we need to go at some point, when I look at it from a therapeutic lens. Because there's no other option. There's there's no other option that's going to be even remotely healthy. None. So that didn't happen. Now. That's okay. I mean, you know, he's not gonna get it all perfect to you. He has a limited amount of time. I was also curious about the Department of Justice, where was that going to come into the speech? It didn't classify documents, not a thing in the speech, the admittance, the the idea of just ignoring it causes me a little bit of concern, because what is the client? Not saying? What are they hiding secrets, lies and deceptions? How about the job losses that are coming this year? I'm hearing a lot of news about job losses happening right now be layoffs occurring in bigger organizations, how about the value of the dollar on the global market? And like he addressed inflation here in the United States and making products here in the United States? I'm glad to hear some of that stuff. But what about the global market? How's the dollar holding up? Risk of this big war in Ukraine as a result of our actions or inactions regarding that didn't come up? He did say he was gonna stand behind Ukraine. That's that's fine. Like, you know, as the President he's got purview that I don't have. He's hopefully making the decision based on what's best for you and me as citizens of the United States. But what is the risk? You know, give us some level of like, you know, hey, it's a 5050 chance or, Hey, you know, I think it's about 80% chance this is gonna, this is gonna die itself down and we're gonna be fine and no big deal. Then then I move on to technology contained in the balloon. This this one I was waiting for to. And this is the last one I'm gonna bring up for today. But I kind of thought that there might be some conversation about the technology and the balloon or the intent of the balloon, like what was it for, because it potentially causes major issues for us. And so

what I wanted to leave you is this framework that I came up with, this is actually I didn't come up with it, and let's be real, I have studied and adopted different aspects of frameworks, you know, whether it's, you know, the humanistic view or the systemic view. And I came up with this framework for

assessing, right, because then the next step is to diagnose and treat, well, I can't diagnose accurately if I can't assess accuracy. And so this is a framework for which I start from, this is not a complete entire thing, but it's a framework to start from. And now that I have started from this framework, and I have this open minded idea in my head of what's going on, and including some of the questions that I still have, now I can go out and look at the left stuff and the right stuff and the independent stuff in the, you know, the the extreme and the, the middle of the road. And I can start looking at what others are thinking and seeing about this too. And what I ultimately hope to do, as I would hope you might do as well, is put together the framework, so that I can see as much of the elephant as possible. And within reason, knowing that I'm always going to have blind spots, just like you will always have blind spots, just like President Biden has blind spots, just like all the Democrats have blind spots. All the Republicans have blind spots, and put as much of the elephant together as I can, as I'm blindly, you know, grasping at what is this thing? What is this thing, the State of the Union? All right. That's a complicated process. But it's really important that we partake like this, I appreciate you joining me, you'll go to my website and see if you can find the document. I'll try to get it posted in the next day or so. So that you can have this this some of this framework. I'll go into a little bit more detail. But take a look and let me know you. Let me know what you think always. I love feedback. Thank you so much, and have a great day.

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