

## **EN\_63948119 Review of TED Talk**

"When Anil said "you don't have to be smart to suffer, but you probably do have to be alive", it somehow made me feel seen. It made me feel alive but also very aware of my reality. It made me think of one of my clients, who suffered from a psychosis. This person was completely detached from my reality. He talked about being chased by werewolves and how his medication was giving him advice. Whenever we talk about someone who goes through a psychosis, we say 'they are detached from reality'. However, to them, that is their reality. It is what they believe, who am I to say that it isn't. My client might not have been chased by actual werewolves, but maybe that's what he called his trauma's and it felt like they were chasing him mentally.

Further in the TED talk, he talks about hallucination and perception. He explains that a hallucination is uncontrolled perception and perception is a controlled hallucination. He even goes further by saying that everyone hallucinates all the time. However, when we all agree on a hallucination we call it reality.

Anil then showed a picture of an illusion. It appeared to be 2 blocks of different colours of grey, but they were in fact the same colour. He explained that our brain uses its prior expectations built deeply into the circuits of the visual cortex that a cast shadow dims the appearance of a surface. So then the blocks look different (Seth, A. 2017). This made me think about assumptions we as people are sometimes eager to make. We humans sometimes form expectations, whether it's towards people, situations or things we perceive. I believe that as a psychologist we cannot rely on just expectations or judgements that are formed from these expectations. For example, I work with a client who has autism. When I just started working with this client I had high expectations of him because of my sister. My sister also has autism and she goes to school, works and has her own appartement. Because of this experience my brain made a connection between autism and still being able to function "normally". However, this client could not handle the expectations I had of him, he needed more help. Before I realised this, I got frustrated and I couldn't understand why he

couldn't do basic tasks like cleaning his room. I had to actively readjust my expectations in order to help my client in a way it would benefit him.

Anil also talks about the self. He mentions that a unified self is a rather fragile construction of the brain (Seth, A. 2017). This made me think of a movie scene where a woman murdered someone and she was so shocked about her actions that her brain "erased" everything. She could not remember who she was, not even her own name. Even though this was from a movie, amnesia does happen and there are cases where people wake up after an accident or traumatic event and don't know who they are or who their family is. Our brain has ways to protect the 'self', even if it means erasing it.

He ended his TED talk by saying: "we are a part of nature, not apart from it". We tend to forget that nature is a part of us and we are a part of it. The rise of technology has detached us from who we really are. During my studies I would love to do more research about this topic.