Train the Brain or Trust the Bot? (ft. Dustin Dean) Transcript

(Transcripts are generated by AI and may contain errors)

Opening and AI vs. brain training

>> Train your brain or trust the bot. That >> Train your brain or trust the bot. That is the question that we are pondering is the question that we are pondering today.

today. today. I am really excited. Welcome to Gloves I am really excited. Welcome to Gloves Off. I'm your host Dr. Kalpana Sander Off. I'm your host Dr. Kalpana Sander and today's episode is one that I've and today's episode is one that I've been really wanting to do for a while been really wanting to do for a while because this topic is everywhere right because this topic is everywhere right now. Everybody wants to join the now. Everybody wants to join the conversation about AI and often it's conversation about AI and often it's either hype or it's fear. Those are either hype or it's fear. Those are basically two sides of things that we basically two sides of things that we see when it comes to AI. And you know see when it comes to AI. And you know what? We're not going to do either one what? We're not going to do either one of those today because I'm going to be of those today because I'm going to be talking to Dustin Dean. He is my guest talking to Dustin Dean. He is my guest today and we're going to get into a today and we're going to get into a great conversation about mental health, great conversation about mental health, AI and coaching. So, join us as we AI and coaching. So, join us as we explore this topic. Welcome Dustin.

explore this topic. Welcome Dustin. Welcome to Gloves Off. Welcome to Gloves Off. Kalpana, I you're so creative. I always Kalpana, I you're so creative. I always love your introductions. That was love your introductions. That was perfect as always. I love the way you perfect as always. I love the way you you summarize that and I'm just really you summarize that and I'm just really excited to be here. Oh, well, thank you excited to be here. Oh, well, thank you so much for joining me. So, I just want so much for joining me. So, I just want to say a little bit about Dustin so you to say a little bit about Dustin so you guys have a little bit of background of guys have a little bit of background of who he is. So, he's a board-certified who he is.

Introducing Dustin Dean and his background

So, he's a board-certified psychiatric mental health nurse psychiatric mental health nurse and a nurse practitioner. I'm sorry, not and a nurse practitioner. I'm sorry, not just a nurse, nurse practitioner. That just a nurse, nurse practitioner. That makes a difference actually. He's had makes a difference actually. He's had over two decades in the health care over two decades in the health care industry. He's done um He's seen all industry. He's done um He's seen all kinds of patients from high acuity kinds of patients from high acuity psychiatric care to behavioral psychiatric care to behavioral emergencies and integrative mental emergencies and integrative mental health. He's also the co-founder of health. He's also the co-founder of MindMax Brain Fitness Academy because MindMax Brain Fitness Academy because you know our brains need fitness, too.

you know our brains need fitness, too. We talk about our bodies, but our brains We talk about our bodies, but our brains need fitness. And also the creator of need fitness. And also the creator of Dean of Zen AI coaching platform. Dean of Zen AI coaching platform. So, that's what makes him the perfect person that's what makes him the perfect person to have this conversation with because to have this conversation with because this guy didn't just adapt AI, he built this guy didn't just adapt AI, he built a bot. He basically built a bot to maybe a bot. He basically built a bot to maybe replace him.

replace him. I don't know. What do you think, Dustin? I don't know. What do you think, Dustin? >> [laughter] >> [laughter] >> [laughter] >> Well, yes. Especially obviously, you >> Well, yes.

Why brain fitness matters

Especially obviously, you know, anytime you're working with AIs know, anytime you're working with AIs and that sort of thing at at this point and that sort of thing at at this point in time, it's it's coaching focused, you in time, it's it's coaching focused, you know, that therapy and and those things know, that therapy and and those things aren't um

aren't um where they need to be with with all the where they need to be with with all the legalities and everything. But from a legalities and everything. But from a coaching perspective and a mental coaching perspective and a mental wellness perspective and an emotional wellness perspective and an emotional wellness perspective and what I like to wellness perspective and what I like to say is joy optimization perspective say is joy optimization perspective because I really think that that's what because I really think that that's what we're all trying to reach. We're all we're all trying to reach. We're all trying to get to that point where we're trying to get to that point where we're thriving rather than just surviving.

thriving rather than just surviving. We're processing our life through our We're processing our life through our power and potential rather than our pain power and potential rather than our pain and our past. And um it and our past. And um it I'm sorry, we have to stop there. That I'm sorry, we have to stop there. That is so That deserves a pause. Processing is so That deserves a pause. Processing our life through our power and what?

our life through our power and what? Power and potential rather than our pain Power and potential rather than our pain and our past. Oh, because most of us are and our past. Oh, because most of us are doing it from our pain and our past.

doing it from our pain and our past. Most of us. Unless Unless we train our Most of us. Unless Unless we train our brain accordingly and that's what is so brain accordingly and that's what is so great about what a one of the big great about what a one of the big premises that you have is that our brain premises that you have is that our brain needs fitness because it's wired to give needs fitness because it's wired to give us doom or make us feel afraid.

us doom or make us feel afraid. Y- Y- Yes, the base the the base Y- Y- Yes, the base the the base function of our brain is to keep us function of our brain is to keep us alive. And how it keeps us alive is alive. And how it keeps us alive is through fear. Like, look out, that car through fear. Like, look out, that car is going to hit you. That dog is going is going to hit you. That dog is going to bite you. That person is going to see to bite you. That person is going to see the zit on your face. Like, and all the zit on your face. Like, and all these things have like, a lot of it is these things have like, a lot of it is still still still back in the, you know, back in the, you back in the, you know, back in the, you know, know, know, dark ages where Excuse me. Great. or dark ages where Excuse me. Great. or whatever, where there was real threats.

whatever, where there was real threats. The tribe could come and kill you, you The tribe could come and kill you, you know, a know, a a tiger could kill you, a bear could a tiger could kill you, a bear could kill you, a lion could kill you. But, kill you, a lion could kill you. But, our brain hasn't adjusted to that.

our brain hasn't adjusted to that. It still thinks any threat that comes is It still thinks any threat that comes is life-threatening. So, life-threatening. So, and that's how it functions, and it it and that's how it functions, and it it keeps us alive. It's doing what it needs keeps us alive. It's doing what it needs to, but we've got to train it to thrive.

to, but we've got to train it to thrive. And we have to train it to see the And we have to train it to see the beauty in life and the good things about beauty in life and the good things about us, especially, cuz it's going to find us, especially, cuz it's going to find all the weaknesses. So, we have to train all the weaknesses. So, we have to train it to see the the strengths. And and it to see the the strengths. And and that's, as you know, that's something that's, as you know, that's something I'm really passionate about, and that's I'm really passionate about, and that's kind of where, and we can talk a little kind of where, and we can talk a little more about the evolution of Dean of Zen more about the evolution of Dean of Zen AI, but that that's kind of the basis AI, but that that's kind of the basis for where it came from.

for where it came from.

How the AI coaching bot was created

Yeah. Well, the reality is that most of Yeah. Well, the reality is that most of us are wired that way, and I find myself us are wired that way, and I find myself having to really having to really work at training my brain, too, because work at training my brain, too, because it just was it just was I've accomplished all these things, but I've

accomplished all these things, but then my mind will naturally go into what then my mind will naturally go into what I didn't accomplish, and not focus on I didn't accomplish, and not focus on the things that I did. And I've just the things that I did. And I've just really been working on that. It's a been really been working on that. It's a been a a real evolution for me, and it's it's a a real evolution for me, and it's it's something that I think changes our life.

something that I think changes our life. So, so that being said, what made you So, so that being said, what made you feel that creating an AI bot for feel that creating an AI bot for coaching would be effective? What coaching would be effective? What started that?

started that? So, so first of all, the I'm I'll I'll So, so first of all, the I'm I'll I'll I'll I'll touch on the brain fitness. I'll I'll touch on the brain fitness.

Like, that's something that I've Like, that's something that I've developed over years of therapy and developed over years of therapy and coaching, that seeing that consistency, coaching, that seeing that consistency, like you said, consistently, like you like you said, consistently, like you said, everybody's brain is out of shape.

said, everybody's brain is out of shape. Even if there's not a chemical imbalance Even if there's not a chemical imbalance or anything else at the baseline, the or anything else at the baseline, the brain is going to go to the negative for brain is going to go to the negative for survival, and it needs to be trained for survival, and it needs to be trained for to thrive. It needs to have that to thrive. It needs to have that repetition of the good stuff, just like repetition of the good stuff, just like our body, right? Like our bodies to be our body, right? Like our bodies to be optimized, there needs to be training, optimized, there needs to be training, which doesn't feel comfortable. It which doesn't feel comfortable. It doesn't feel good. There's a little bit doesn't feel good. There's a little bit of pain at first. Through that process of pain at first. Through that process of getting our body in shape, it's the of getting our body in shape, it's the same with our mind. It doesn't feel same with our mind. It doesn't feel natural. And like you said, to struggle natural. And like you said, to struggle with this it is. It's it's just like with this it is. It's it's just like exercising, and then to take it to that exercising, and then to take it to that next step and start enjoying life and next step and start enjoying life and realize I realize I don't want to put energy towards those don't want to put energy towards those threats. I can relax. I can enjoy this threats. I can relax. I can enjoy this moment. I can go on vacation. I don't moment. I can go on vacation. I don't have to worry about, you know, things have to worry about, you know, things that uh are 10 years away. I that uh are 10 years away. I at the cost of the moment right here and at the cost of the moment right here and right now. So, that's that's the brain right now. So, that's that's the brain fitness. Like that is what the Dean of fitness. Like that is what the Dean of Zen is trained on. It's Zen is trained on. It's >> huge because Sorry, I took a cut off. I >> huge because Sorry, I took a cut off. I just want to I wanted to say that most just want to I wanted to say that most of us think instead of of us think instead of uh you know, doing fitness with our uh you know, doing fitness with our brain, most of us, the answer is go make brain, most of us, the answer is go make more money cuz that's going to solve all more money cuz that's going to solve all our problems. And that is not the answer our problems. And that is not the answer to anything. And everybody really thinks to anything. And everybody really thinks it is. And I I love how they think it it is. And I I love how they think it is, but it's absolutely not. Cuz I have is, but it's absolutely not. Cuz I have the beautiful life experience to see it the beautiful life experience to see it from that end because everybody thinks, from that end because everybody thinks, "Oh, you make so much money and "Oh, you make so much money and life is perfect." My life was much more life is perfect." My life was much more imperfect in that state because I was imperfect in that state because I was not doing something that was aligned not doing something that was aligned with my joy. So, that being said, so how with my joy. So, that being said, so how did you created this bot and how does it did you created this bot and how does it How does it help people?

How does it help people? Yeah, so I'll start kind of where where Yeah, so I'll start kind of where where it happened is like one of my personal it happened is like one of my personal coping skills is is video gaming, okay?

coping skills is is video gaming, okay? So, like how I recharge and enjoy thing So, like how I recharge and enjoy thing is I'm a gamer and I used to do a lot of is I'm a gamer and I used to do a lot of streaming. I was the head of a gaming streaming. I was the head of a gaming guild and everything. Well, every time guild and everything. Well, every time I'd go in, we'd play we'd play like six I'd go in, we'd play we'd play like six people at the same time, but then people people at the same time, but then people sometimes there'd be like 20 people in sometimes there'd be

like 20 people in the voice channel. So, there'd be voice the voice channel. So, there'd be voice channels where we're all talking and channels where we're all talking and playing together, then I'd be streaming, playing together, then I'd be streaming, too. And too. And we'd all be talking and having fun, but we'd all be talking and having fun, but once they found out I was a therapist by once they found out I was a therapist by trade, everybody started coming in with trade, everybody started coming in with all their problems and everything. And all their problems and everything. And within reason, I mean, obviously I'm not within reason, I mean, obviously I'm not going to get deep, but like if it's just going to get deep, but like if it's just a parent or a a parent or a you know, maybe a girlfriend thing or you know, maybe a girlfriend thing or like what should I do here or you know, like what should I do here or you know, I would encourage them if it was deeper I would encourage them if it was deeper to go to a therapist, of course. But, to go to a therapist, of course. But, the coaching stuff, the the day-to-day, the coaching stuff, the the day-to-day, the the brain fitness stuff, I could the the brain fitness stuff, I could say, but like say, but like what was happening is like all my what was happening is like all my streams were turning into like sessions, streams were turning into like sessions, right? Like with with the group in it right? Like with with the group in it and it got bigger. So, one of the guys and it got bigger. So, one of the guys in my guild who is just a brilliant tech in my guild who is just a brilliant tech guy said, "Dude, you know, I mean, I guy said, "Dude, you know, I mean, I don't know if this is appropriate, but don't know if this is appropriate, but I'm going to say you know, he's the the I'm going to say you know, he's the the wording was, 'These nerds are not going wording was, 'These nerds are not going to go to get the help they need. Like to go to get the help they need. Like you I what if I created you as an AI you I what if I created you as an AI bot?"' He's like, "This could really bot?"' He's like, "This could really help people." And it that's what help people." And it that's what happened. So, I spent hours, actually my happened.

Using AI coaching alongside human support

So, I spent hours, actually my wife and I because she's a coach too and wife and I because she's a coach too and she has experience in um, you know, in she has experience in um, you know, in in mental health and has a psychology in mental health and has a psychology degree. So, together we kind of put degree. So, together we kind of put these recordings together of the brain these recordings together of the brain fitness approach and and how would that fitness approach and and how would that go? So, like I said before, it is a go? So, like I said before, it is a coaching bot. It's not therapy by any coaching bot. It's not therapy by any means, but it really can make a means, but it really can make a difference. It really like because you difference. It really like because you can ask it I think the hard part for can ask it I think the hard part for people is to realize you can people is to realize you can test it and ask it anything test it and ask it anything and it will come up with an answer and and it will come up with an answer and if you don't like it you can say that if you don't like it you can say that doesn't work. That does not work for me.

doesn't work. That does not work for me. Like this is this this is this is not Like this is this this is this is not working for me. I need this and then it working for me. I need this and then it will adjust over those 10 hours and it will adjust over those 10 hours and it doesn't go the other thing that people doesn't go the other thing that people worry about with AI is that it goes off worry about with AI is that it goes off into other areas. This only it goes off into other areas. This only it goes off the recordings. It only learns from and the recordings. It only learns from and goes off the recordings that I initially goes off the recordings that I initially made. So you're you're getting the Deena made. So you're you're getting the Deena Zen.

Zen. Zen. That's really cool because I do like That's really cool because I do like that it's built in there that you can that it's built in there that you can say this isn't working for me. This say this isn't working for me. This isn't working for me because the reality isn't working for me because the reality is you could see a coach or a therapist is you could see a coach or a therapist but they're only with you in that but they're only with you in that moment. There's a hundred million other moment. There's a hundred million other things that happen when you're not with things that happen when you're not with them that you need to talk to them them that you need to talk to them about. So I actually think it's really about. So I actually think it's really wonderful. But again, every amazing wonderful. But again, every amazing technology comes with caveats. There is technology comes with caveats. There is a time that you could utilize that and a time that you could utilize that and then there is a time where you really then there is a time where you really need to talk to a human being. And need to talk to a human being. And again, people really don't know the again, people really don't know the difference right now. AI is is really difference right now. AI is is really evolving very quickly but evolving very quickly but people really need to understand when to people really

need to understand when to use what and I don't know that most use what and I don't know that most to have.

to have. So the question is do we train the brain So the question is do we train the brain or do we just trust the bot? or do we just trust the bot? >> [laughter] >> [laughter] >> [laughter] >> Well, here's the answer. Yes. Okay, you >> Well, here's the answer. Yes. Okay, you >> [laughter] >> [laughter] >> [laughter] >> you should be doing both. Okay, the >> you should be doing both. Okay, the point of and that's the point of and that's the Deena Zen AI is is it can it can be a Deena Zen AI is is it can it can be a stand-alone.

stand-alone. stand-alone. Um lots of my provider friends will like Um lots of my provider friends will like let their clients know this is just uh let their clients know this is just uh uh uh uh this is just a tool, this is just a this is just a tool, this is just a resource, this is coaching, but if you resource, this is coaching, but if you are struggling with something early and are struggling with something early and you can't make a an appointment and get you can't make a an appointment and get back to me, try this. And it has helped back to me, try this. And it has helped hold people over till their next hold people over till their next session. And that's one thing I've I've session. And that's one thing I've I've found with with uh Rashida and with Mind found with with uh Rashida and with Mind Max Max Max um Brain Fitness Academy um um Brain Fitness Academy um I we found that you know, it it can help I we found that you know, it it can help some clients till their next weekly some clients till their next weekly appointment. So, you can buy the package appointment. So, you can buy the package with with the Deena Zen uh AI and with with the Deena Zen uh AI and coaching once a week, or you can do the coaching once a week, or you can do the Deena Zen just on its own. Now, to Deena Zen just on its own. Now, to answer your question about when answer your question about when >> Well, we're not going to answer all of >> Well, we're not going to answer all of that yet, cuz we're going to get we're that yet, cuz we're going to get we're going to go deeper into the framework, going to go deeper into the framework, so so so >> [laughter] >> [laughter] >> [laughter] >> So, for those of you guys out here out >> So, for those of you guys out here out there watching, there watching, all of everything we just talked about, all of everything we just talked about, that's just the appetizer, the preview.

that's just the appetizer, the preview.

Private community and closing promo

>> [laughter] >> [laughter] >> [laughter] >> Because inside of our private community, >> Because inside of our private community, we're going to have the conversations we're going to have the conversations that we really can't have on social that we really can't have on social media, because it can't we're not we're media, because it can't we're not we're not really treating people, we're not not really treating people, we're not doing any of those things. We're really doing any of those things. We're really giving people a framework of what to do giving people a framework of what to do when, and we're going to get more in when, and we're going to get more in depth into this conversation. And the depth into this conversation. And the reason I do this is because I've been reason I do this is because I've been hosting Gloves Off for over 2 years and hosting Gloves Off for over 2 years and I you know, this this format is kind of I you know, this this format is kind of new, so I want to explain it a few times new, so I want to explain it a few times so that people really understand. That so that people really understand. That the reason I do this is that there was the reason I do this is that there was really I love being uncensored and even really I love being uncensored and even I found myself censored to some degree I found myself censored to some degree during Gloves Off. I went back and asked during Gloves Off. I went back and asked many of my guests did they feel censored many of my guests did they feel censored as well? And they said, yes, because as well? And they said, yes, because we're out there on social media for we're out there on social media for everybody to hear, so there's certain everybody to hear, so there's certain things I'm just not going to say.

things I'm just not going to say. That's when I said, okay, now we really That's when I said, okay, now we really need to be uncensored. So, that's why I need to be uncensored. So, that's why I do it this way. So, inside the private do it this way. So, inside the private community, we're going to go all the way community, we're going to go all the way in, we're going to talk about the in, we're going to talk about the frameworks, we're going to talk about frameworks, we're going to talk about the nitty-gritty, and we're going to the nitty-gritty, and we're going to make Dustin really earn his seat today make Dustin really earn his seat today on Gloves Off, okay? Cuz I'm going to on Gloves Off, okay? Cuz I'm going to ask him some hard questions.

ask him some hard questions. But before we do that, I got something But before we do that, I got something fun to share. fun to share. I found this matchbook a couple of weeks I found this matchbook a couple of weeks ago.

ago. ago. May the bridges I burn light the way. May the bridges I burn light the way. And I thought it was awesome. And I thought it was awesome. >> [laughter] >> [laughter] >> [laughter] >> But first, let me show the link to it >> But first, let me show the link to it how you can join into the school how you can join into the school community because you can actually watch community because you can actually watch the entire the rest of this episode the entire the rest of this episode there. So, I'm just going to leave that there. So, I'm just going to leave that up for a second so you can actually see up for a second so you can actually see that and go ahead and join. It's a that and go ahead and join. It's a private community, so once you private community, so once you ask request to be joined into it, I can ask request to be joined into it, I can grant you permission, then you're in, grant you permission, then you're in, and then you can see all of the rest of and then you can see all of the rest of these episodes, which is really, really these episodes, which is really, really cool. So, I I have to do this. I can't cool. So, I I have to do this. I can't help myself.

help myself. I just had to do that. I just had to do that. >> [laughter] >> [laughter] >> [laughter] >> I've been just dying to do that. All >> I've been just dying to do that. All right, everybody, we are going to see right, everybody, we are going to see