



“Your Fantastic Mind” Season 4 Episode Descriptions

Episode 1: Adolescent mental health

Airing: April 19, 7 p.m.

Social media, academic stress and other crucial factors are contributing to an adolescent mental health crisis in America. This episode explores the alarming rise of anxiety, depression and suicide among today's teenagers, addressing causes of the crisis and exploring possible solutions. Viewers will hear from families and teens affected by mental health disorders, as well as psychiatric experts calling for an urgent need for change.

Emory faculty highlighted:

- **Edward Craighead, PhD, ABPP** *Psychiatry and Behavioral Sciences*
- **Jennifer Holton, MD** *Psychiatry and Behavioral Sciences*
- **Joya Hampton-Anderson, PhD** *Psychiatry and Behavioral Sciences*

Episode 2: Ultrasound treatment for tremor

Airing: April 26, 7 p.m.

People with tremor issues can have difficulties with basic tasks like eating, writing and speaking. This episode explores a revolutionary, non-invasive treatment for patients living with essential tremor or tremor from Parkinson's disease. Using high intensity focused ultrasound technology, guided by MRI, the treatment does not require brain surgery, sedation or incisions and can be completed in a single outpatient session. Viewers are given an in-depth look at the journey of a 75-year-old man and his transformative experience with this treatment.

Emory faculty highlighted:

- **Robert Gross, MD, PhD** *Neurosurgery*
- **Svjetlana Miocinovic, PhD** *Neurology*

Episode 3: Glioblastoma/Proteomics/Brain Science in Cows

Airing: May 3, 7 p.m.

In this episode, discover research being done in the fight against glioblastoma, the deadliest primary brain cancer known to humanity. Explore a clinical trial teaching the brain's immune system to fight this elusive disease. In another story, join researchers as they delve into the fascinating world of proteomics, the study of proteins in living organisms, and its potential to unlock the secrets of neurodegenerative diseases. Finally, take a visit to the farm of renowned neuroscientist Greg Berns best known for his research on dogs' brains. Berns takes viewers on a surprising journey to explore his new study on the brains of cows, shedding light on animal intelligence in ways never before thought possible.

Emory faculty highlighted:

- **Edjah Nduom, MD** *Neurosurgery*
- **Erik Johnson, MD, PhD** *Neurology*
- **Nick Seyfried, PhD** *Biochemistry and Neurology*
- **Greg Berns, MD, PhD** *Neuroscience*

Episode 4: Thrill Seeking/Deep Brain Science/Brain Tumor Rehabilitation

Airing: May 10, 7 p.m.

In this episode, with the backdrop of a building made famous in a popular TV series, viewers will explore the fascinating world of thrill-seeking and risk-taking, and how the answers to why we engage in such behaviors can be found in the brain. Another story highlights the importance of understanding mental health from the perspective of those who live with mental health issues. Lastly, the episode showcases the inspiring story of an orchestra conductor who, after undergoing cancer rehabilitation due to a brain tumor, was able to recover and lead her orchestra once again.

Emory faculty highlighted:

- **Kenneth Carter, PhD** *Psychology/Interim dean, Oxford College*
- **Ashish Khanna, MD** *Rehabilitation Medicine*

Episode 5 – Psychedelics

Airing: May 17, 7 p.m.

After being stigmatized for decades, psychedelic medications are making a comeback on the world stage as the most promising new mental health treatments in the past 50 years. Research indicates psychedelic-assisted therapy may help promote emotional well-being by triggering a variety of experiences, providing people with an enhanced sense of meaning and purpose in their lives. This episode follows a participant in a clinical trial studying the use of psychedelics to alleviate mental suffering and depression. Leading researchers and clinicians discuss the latest scientific breakthroughs and the challenges in bringing this innovative therapy to a wider audience.

Emory faculty highlighted:

- **Boadie Dunlop, MD, MS** *Psychiatry and Behavioral Sciences*
- **George Grant, PhD, MDiv** *Spiritual Health*

- **Ali Jon Zarrabi, MD** *Family and Preventative Medicine*

Episode 6 – Menopause

Airing: May 24, 7 p.m.

Menopause is a natural and inevitable part of aging that affects the vast majority of American women, typically between the ages of 45 and 55. This episode explores what is happening in a woman's brain and body during menopause and its impact on daily life with common symptoms including mood changes, sleep disturbances and vaginal dryness. Experts discuss the latest on the safety and effectiveness of both hormone treatment and non-hormone treatments for managing symptoms, as well as resources to help women navigate this life transition.

Emory Faculty highlighted:

Toby Goldsmith, MD *Psychiatry and Behavioral Sciences*

Mary Segars Dolan, MD, PhD *Gynecology and Obstetrics*

Tanique Miller, MD *Gynecology and Obstetrics*