

Dr.med. Ursula Davatz

23.11.2020

Thinking outside of the box, Event by Takeda Pharmaceuticals

[Audio](#)

[00:00:03.690] - Dr.med. Ursula Davatz

I think the medical model is not enough to treat ADHD kids and sometimes it's even hurtful or damaging.

[00:00:21.250] - Dr.med. Ursula Davatz

If we take the words ADHD. D in English means disorder. S in German means syndrome. Disorder, syndrome are terminologies for illnesses.

[00:00:41.710] - Dr.med. Ursula Davatz

I say ADHD is not an illness.

[00:00:45.110] - Dr.med. Ursula Davatz

She started by describing her son with the words: I want to describe his character.

[00:00:50.730] - Dr.med. Ursula Davatz

Yes, ADHD, ADD is a character trait which goes with many genetic loci.

[00:01:02.930] - Dr.med. Ursula Davatz

It is the situation, I cannot say diagnosis because for me it's not a diagnosis, it's a personality diagnosis. If anything, it's not a disease.

[00:01:15.350] - Dr.med. Ursula Davatz

If you look at psychiatric conditions, ADHD, autism are the two psychological situations which are mostly genetically inherited.

[00:01:35.710] - Dr.med. Ursula Davatz

It is very clear that ADHD is inherited.

[00:01:39.780] - Dr.med. Ursula Davatz

If something is inherited, we shouldn't just try to make a different person out of it.

[00:01:46.290] - Dr.med. Ursula Davatz

The school system has the task to norm, to normalize, to socialize kids, and they go, according to a certain model.

[00:02:01.700] - Dr.med. Ursula Davatz

The Swiss school, especially straightforward, trying to normalize because we think these kids cannot survive in society.

[00:02:13.390] - Dr.med. Ursula Davatz

But as she said, in society, in business, one wants these kids because they're creative. Now, why are they creative?

[00:02:27.570] - Dr.med. Ursula Davatz

They are also very sensitive.

[00:02:30.010] - Dr.med. Ursula Davatz

We have translated the syndrome into sensibility.

[00:02:35.110] - Dr.med. Ursula Davatz

They're highly sensitive. They sense immediately what goes on emotionally.

[00:02:41.730] - Dr.med. Ursula Davatz

Sometimes they get hurt and they react impulsively.

[00:02:46.560] - Dr.med. Ursula Davatz

Then one only sees the aggressiveness they have, but one doesn't see how they have been hurt.

[00:02:53.440] - Dr.med. Ursula Davatz

They have another trait, another strength.

[00:02:59.930] - Dr.med. Ursula Davatz

They are highly motivated by their own interest.

[00:03:03.610] - Dr.med. Ursula Davatz

If the teacher is boring, if the subject is boring, they go away. They dream, they think of something else, they look out of the window.

[00:03:13.720] - Dr.med. Ursula Davatz

If they are not well entertained, they go away.

[00:03:18.270] - Dr.med. Ursula Davatz

They lose contact, they cannot concentrate.

[00:03:21.800] - Dr.med. Ursula Davatz

So called normal kids, they can concentrate even if the teachers are a little bit boring.

[00:03:27.990] - Dr.med. Ursula Davatz

These kids, they quickly go to their own interest.

[00:03:40.390] - Dr.med. Ursula Davatz

The attention deficit only comes apparent if it's not interesting.

[00:03:45.930] - Dr.med. Ursula Davatz

They cannot focus if it's not interesting.

[00:03:51.370] - Dr.med. Ursula Davatz

If they find their own interests, their own focus, they are hyper focused.

[00:03:57.050] - Dr.med. Ursula Davatz

So you have researchers among them, you have explorers, you have entertainers, you have entrepreneurs, you have very interesting people who q ADHD.

[00:04:10.800] - Dr.med. Ursula Davatz

They only make it if they go through the school system.

[00:04:14.290] - Dr.med. Ursula Davatz

And yes, the Swiss school system should be changed.

[00:04:18.470] - Dr.med. Ursula Davatz

I then as a psychiatrist, I get many of these damaged kids through our system.

[00:04:26.790] - Dr.med. Ursula Davatz

Our system gets much more legalized and everything is defined, is defined by algorithms, etc.

[00:04:36.900] - Dr.med. Ursula Davatz

This goes totally against the personality of these kids.

[00:04:41.200] - Dr.med. Ursula Davatz

I think we have to do something in Switzerland that the school system is more tolerant towards these kids.

[00:04:51.850] - Dr.med. Ursula Davatz

We destroy talents.

[00:04:55.070] - Dr.med. Ursula Davatz

I went to a Gymnasium, Kantonsschule in Aarau. Albert Einstein was a student there as well.

[00:05:02.840] - Dr.med. Ursula Davatz

We had his grades in our history book and they almost grew him out of the school because he probably had dyslexia.

[00:05:13.590] - Dr.med. Ursula Davatz

He was not so good in languages.

[00:05:15.710] - Dr.med. Ursula Davatz

He was good in mathematics, of course, physics, but not good in languages.

[00:05:21.170] - Dr.med. Ursula Davatz

If you are four degrees below what the average you should get, you are being thrown out.

[00:05:28.120] - Dr.med. Ursula Davatz

They didn't throw him out. He was kept.

[00:05:30.010] - Dr.med. Ursula Davatz

Now he became a Nobel Prize winner.

[00:05:38.010] - Dr.med. Ursula Davatz

In the school there's a picture of him and he says he's very grateful for the school, that the school has had such a tolerant attitude.

[00:05:49.970] - Dr.med. Ursula Davatz

This is something we should promote in school.

[00:05:54.930] - Dr.med. Ursula Davatz

I totally agree with you that we should look at the strengths and not at the weaknesses.

[00:06:02.950] - Dr.med. Ursula Davatz

The medical system works with weaknesses.

[00:06:06.060] - Dr.med. Ursula Davatz

The medical system fights against the weaknesses, fights against deficits, fights against illnesses.

[00:06:11.530] - Dr.med. Ursula Davatz

If you handle ADHD or Add kid, then you should first focus on the strength.

[00:06:22.930] - Dr.med. Ursula Davatz

If you can focus on the strength, the child gets self security, self assurance, self worth.

[00:06:30.720] - Dr.med. Ursula Davatz

Then you can hang on the more difficult things, the weaknesses, and it will pull them along.

[00:06:41.720] - Dr.med. Ursula Davatz

Often the educational system goes the way, that if, for example, they're good in football but bad in languages, they say you cannot go to football if you don't have a high score in German. That does not work.

[00:06:56.370] - Dr.med. Ursula Davatz

He should go more to football. Then he can concentrate better.

[00:07:03.020] - Dr.med. Ursula Davatz

One has even observed that after the gym class, all the kids, but especially ADHD kids, those who are hyperactive, can perform better.

[00:07:17.870] - Dr.med. Ursula Davatz

The ADD kids are hyperactive in their mind.

[00:07:23.100] - Dr.med. Ursula Davatz

So maybe they should go to research classes or invent something or construct a machine or something and then they can focus on that.

[00:07:31.750] - Dr.med. Ursula Davatz

Because they are really able to hyper focus on what they are interested in, what they like.

[00:07:42.050] - Dr.med. Ursula Davatz

What else can I say?

[00:07:48.630] - Dr.med. Ursula Davatz

If these children are not treated adequately to their character, to their personality, they get a bad self esteem and they become psychiatrically ill.

[00:08:01.370] - Dr.med. Ursula Davatz

I have observed over 40 years how ADHD kids develop.

[00:08:08.240] - Dr.med. Ursula Davatz

I look at families, I can look at the grandparents and I see all the symptoms of ADHD.

[00:08:14.520] - Dr.med. Ursula Davatz

If they are not treated well, they develop psychiatric illnesses.

[00:08:24.290] - Dr.med. Ursula Davatz

There's even research done, the GWAS studies.

[00:08:31.050] - Dr.med. Ursula Davatz

Genome Wide Association studies. They have only taken four diagnostic criteria and that was schizophrenia, manic depressive or bipolar disease, deep depression, autism and ADHD.

[00:08:52.490] - Dr.med. Ursula Davatz

The psychiatrists were very surprised that these very different categories, psychiatric categories, that they all have the same gene loci, which are different from the normal people.

[00:09:08.990] - Dr.med. Ursula Davatz

One hasn't followed that pathway.

[00:09:13.690] - Dr.med. Ursula Davatz

For me it's very clear. It's the ADHD which gives the genes and the environment makes for the different diagnostic.

[00:09:25.910] - Dr.med. Ursula Davatz

One could observe in prisons, ADHD kids, especially boys, because they are aggressive when they get hurt, they are highly sensitive, they get hurt and then they defend themselves with aggression.

[00:09:41.930] - Dr.med. Ursula Davatz

When they are aggressive, one only looks at their aggressive part, but not at their sensitive part.

[00:09:48.360] - Dr.med. Ursula Davatz

They are never asked why did you get hurt? And why did you have to defend yourself in such an aggressive way?

[00:09:56.030] - Dr.med. Ursula Davatz

They end up in the court system, in the judiciary system, they end up in prisons.

[00:10:01.480] - Dr.med. Ursula Davatz

In prisons you spend a lot of money and you try to again make a normal person out of them, which is impossible.

[00:10:11.170] - Dr.med. Ursula Davatz

With animals, we say we have to keep animals in a condition that is good for that species.

[00:10:27.210] - Dr.med. Ursula Davatz

I say humans should also be educated in a way that suits them.

[00:10:35.360] - Dr.med. Ursula Davatz

We cannot normalize.

[00:10:38.340] - Dr.med. Ursula Davatz

As we have said, in business, one needs these creative people because they can think out of the box. Their brain also matures a little later, or maybe never completely.

[00:10:50.660] - Dr.med. Ursula Davatz

They keep their creativity while other people lose it.

[00:10:56.530] - Dr.med. Ursula Davatz

All kids are to some extent creative, but you can lose it when you become an adult if you are not allowed to use your creativity.

[00:11:08.950] - Dr.med. Ursula Davatz

If we put these kids into a box, we cause a lot of healthcare costs, we cause judiciary costs and we cause social costs.

[00:11:22.830] - Dr.med. Ursula Davatz

That's why we want to start this prevention campaign with ADHS20+.

[00:11:41.530] - Dr.med. Ursula Davatz

We want to introduce into the school system, into educational system, this tolerance that people learn how to treat these kids.

[00:11:54.520] - Dr.med. Ursula Davatz

The parents have to learn it, teachers have to learn it, the kindergarten teachers have to learn it.

[00:12:00.500] - Dr.med. Ursula Davatz

I think it doesn't take that much.

[00:12:03.930] - Dr.med. Ursula Davatz

Not everybody has the money to pay for a private school.

[00:12:07.600] - Dr.med. Ursula Davatz

I think that very normal school should be able to treat these kids.

[00:12:13.000] - Dr.med. Ursula Davatz

In Switzerland we have the so called integrated school system.

[00:12:16.240] - Dr.med. Ursula Davatz

That means we should integrate mentally handicapped, we should integrate physically handicapped.

[00:12:22.680] - Dr.med. Ursula Davatz

The school system has the biggest problem with ADHD kids because they stand out through their behavior, they are a challenge to the teachers, so they give up and they are being stigmatized and pathologized.

[00:12:37.010] - Dr.med. Ursula Davatz

One puts them into the medical system.

[00:12:41.480] - Dr.med. Ursula Davatz

I, as a psychiatrist, as a doctor, I'm very much against putting them into this track of illness.

[00:12:52.550] - Dr.med. Ursula Davatz

But it's very difficult to fight the system.

[00:12:58.410] - Dr.med. Ursula Davatz

Psychiatry, medicine is a discipline.

[00:13:01.380] - Dr.med. Ursula Davatz

We psychiatrist, we are not really, what would I say, a real subject. We only talk to people.

[00:13:12.460] - Dr.med. Ursula Davatz

This is not so much work. Surgery, all the research on genetics, these are all physical things. One can see, one can measure.

[00:13:27.080] - Dr.med. Ursula Davatz

In our field, one cannot measure that well. We have to observe, we have to recognitions patterns, etc.

[00:13:36.830] - Dr.med. Ursula Davatz

We let the computers now recognize patterns.

[00:13:41.320] - Dr.med. Ursula Davatz

I think as a human being one is much better in recognizing human patterns and then combining what fits and what doesn't fit.

[00:13:52.780] - Dr.med. Ursula Davatz

Psychiatrists want to be accepted by medicine so they go by test, mechanical things, genetics, etc. and we lose our skills, our trait.

[00:14:05.220] - Dr.med. Ursula Davatz

I think we psychiatrists should work much more with the individual and with the environment.

[00:14:17.570] - Dr.med. Ursula Davatz

Epigenetics helps us now.

[00:14:25.380] - Dr.med. Ursula Davatz

In epigenetics many research results came out that the environment plays a very big role in our development.

[00:14:38.230] - Dr.med. Ursula Davatz

I make now a little shift.

[00:14:40.210] - Dr.med. Ursula Davatz

In evolution Charles Darwin is the founder of the theory of evolution.

[00:14:47.370] - Dr.med. Ursula Davatz

Jean-Baptiste de Lamarck was one who had always the idea that the genes are being influenced by the environment.

[00:14:56.250] - Dr.med. Ursula Davatz

When I went to medical school one laughed about that and said the Lamarck theory, that's out of state. Now to epigenetics it comes back.

[00:15:07.590] - Dr.med. Ursula Davatz

The brain is an organ that is mostly influenced by genes that can be changed epigenetically.

[00:15:16.950] - Dr.med. Ursula Davatz

In all the epigenetic influences the environment plays a very big role.

[00:15:25.570] - Dr.med. Ursula Davatz

That's why we try to launch this preventive campaign.

[00:15:32.730] - Dr.med. Ursula Davatz

My idea now for Takeda.

[00:15:37.390] - Dr.med. Ursula Davatz

Takeda is a Japanese firm, isn't it? I have traveled through Japan. I have two grandsons who are half Japanese and half Swiss.

[00:15:50.770] - Dr.med. Ursula Davatz

If I observe Japan, I have read a book on ADHD all around the world and that Japanese people, they are against artificial things, against medication.

[00:16:06.550] - Dr.med. Ursula Davatz

So one gives much less medication in Japan than, for example in the United States.

[00:16:12.790] - Dr.med. Ursula Davatz

They want to leave the human being the way that human being is. But of course the human being has to be socialized.

[00:16:22.870] - Dr.med. Ursula Davatz

In Japan they have very strong rules how one should be socialized.

[00:16:30.570] - Dr.med. Ursula Davatz

People accept that and they go with it and they are very disciplined. Japanese people are very disciplined.

[00:16:41.550] - Dr.med. Ursula Davatz

Since Japan has a long tradition in socializing people I would like to tell Takeda that they make a brochure about Do's and Don'ts with ADHD kids.

[00:17:02.310] - Dr.med. Ursula Davatz

That means that one hands out or one designs a little brochure and you can put in all the Do's and Don'ts how to deal with ADHD kids.

[00:17:11.200] - Dr.med. Ursula Davatz

There are very clear Do's and Don'ts with ADHD kids.

[00:17:16.530] - Dr.med. Ursula Davatz

I cannot tell them all now but you can ask me afterwards.

[00:17:19.620] - Dr.med. Ursula Davatz

I think that would be very helpful.

[00:17:23.250] - Dr.med. Ursula Davatz

These Do's and Don'ts one could then hand out to the schools, one could hand out to the parents and maybe we can have a little impact on the school system and on society.

[00:17:39.970] - Dr.med. Ursula Davatz

I am a specialist in schizophrenia too.

[00:17:43.850] - Dr.med. Ursula Davatz

Since I see the connection between ADHD and schizophrenia I've written a book about it.

[00:17:50.570] - Dr.med. Ursula Davatz

In schizophrenia for a while family therapy and working with the environment was very much at fashion.

[00:18:02.320] - Dr.med. Ursula Davatz

Then several pharmaceutical companies have made such brochures.

[00:18:09.650] - Dr.med. Ursula Davatz

Now it's not so much in fashion anymore.

[00:18:12.590] - Dr.med. Ursula Davatz

At that time, family therapy was much in fashion, currently the medical system has lost interest in that.

[00:18:22.450] - Dr.med. Ursula Davatz

I think it would be time to make a brochure for Do's and Don'ts, how to handle ADHD kids.

[00:18:30.910] - Dr.med. Ursula Davatz

That at the same time, of course, is an advertisement for the company.

[00:18:37.270] - Dr.med. Ursula Davatz

Then you will also have something for Japan, because it is not just medication, it's a social guide.

[00:18:48.250] - Dr.med. Ursula Davatz

For example, when you go to Japan, they have certain rules, and there are books about it.

[00:18:54.080] - Dr.med. Ursula Davatz

Japanese people are very polite. They always bow. When you want something from them and they cannot adjust to your demand, they say, we try our best. Translated, that means: forget about it.

[00:19:12.590] - Dr.med. Ursula Davatz

Takeda could make a brochure to give a little guideline, how to handle ADHD kids.