

# Defining | US

## Podcast Show Notes – Dr. Paul Nussbaum

Date: 9/21/2022

Episode: 18

Title: TBD

Final Show Link: [Podcast - Defining US](#)

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*Defining Us uses the power of media and the promise of education to inspire educators to join the conversation on the socio-political cultural issues that matter. In this episode of Defining Us...Stacey DeWitt interviews Dr. Paul Nussbaum. Dr. Nussbaum is board-certified in Clinical Psychology and Geropsychology with a specialization in Neuropsychology. He is the Founder and President of Brain Health Center, Inc. that provides independent medical examinations, record reviews, and case management for those suffering neurological and neurobehavioral disorders. An expert in neuroanatomy and human behavior, he has published many peer reviewed articles, books, and chapters within the scientific community. Dr. Nussbaum educates the public on the basics of the human brain and how to keep the brain healthy over the entire lifespan. He has presented his views on brain health at the United Nations, National Press Club, Mensa, Sirius Radio, and CSPAN. His keynote presentations are both informative and fun and he is often interviewed by the local and national press/media.*

### Powerful Moments

Throughout this podcast there are powerful moments that provide deeper insight into the individuals and topics discussed in this podcast.

- 0:42 – Dr. Paul Nussbaum’s background and why he became passionate for the work he does
- 4:09 – How to position our brains to be loving, kind, and nurturing
- 6:07 – The pressure for us to focus on how we perceive things
- 10:03 – The Importance of Mindfulness
- 11:55 – The Reflex Metaphor
- 14:15 – Use your cell phone in a good way
- 22:59 – Developing new strategies for constructive conversations
- 24:23 – Emotional intelligence in teaching

### Critical Reflection Questions (During and After the Listening)

Use the following critical reflection questions to make deeper meaning of the topics discussed in this episode.

- How do my own identity, experiences and knowledge influence my understanding of this topic?
- How does this topic connect with my current context?
- What are the implications to my practice?
- How can I support students in taking on and solving big important problems?
- How will I continue the conversation in my school/community/organization?

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## Inside the Conversation

*Want to know more?* Continue the learning with some of the important individuals, organizations, and topics discussed in this episode.

- [Dr. Paul Nussbaum's Brain Center Lifestyle Website](#)
- [Dr. Paul Nussbaum's YouTube Channel](#)
- [Dr. Paul Nussbaum on Instagram](#)
- [Brain Health Lifestyle on Twitter](#)
- [@DrNuss](#)

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