

323 Introducing Our New Cohosts!

Debbie Sorensen: Alright, Jill, it's the big day, the big reveal.

Jill Stoddard: Big day. New co hosts. Not one, but two new co hosts.

So what do you think, Debbie? Do you think people have any guesses as to who our new co hosts are going to be?

Debbie Sorensen: We left it a mystery on purpose, but there have definitely been a few clues along the way.

Jill Stoddard: And these are people that you guys have heard on the podcast before.

Debbie Sorensen: Okay, you two, are you ready?

Michael Herold: Yeah. I'm not sure. What about you?

Emily Edlynn: I'm not sure, but there's no going back now. I think we're doing this.

Michael Herold: Okay. I got dressed. I put my pants on. We're recording.

Jill Stoddard: All right, let's do this.

We are four experts in psychology here to bring you cutting edge and science based ideas from psychology to help you flourish in your relationships, work, and health.

Debbie Sorensen: I'm Dr. Debbie Sorensen, a clinical psychologist practicing in Mile High, Denver, Colorado, and author of Act for Burnout, Act Daily Journal, and the Act Daily Card Deck.

Emily Edlynn: From America's Heartland, I'm Dr. Emily Edlynn, a clinical psychologist based in Chicago, Illinois, and author of Autonomy Supportive Parenting.

Michael Herold: Calling in from Vienna, Austria. I'm Michael Herold, ACT coach, confidence trainer, and author of an upcoming book on being a better conversationalist and making friends.

Jill Stoddard: And from coastal New England, I'm Dr. Jill Stoddard, author of *Be Mighty*, *The Big Book of Act Metaphors*, and *Impostor No More*.

Emily Edlynn: We hope you take what you learned here to build a rich and meaningful life.

Michael Herold: Thank you for listening to *Psychologists Off The Clock*.

Jill Stoddard: So Debbie and I are so thrilled to be doing this episode today where we are introducing our brand new co host to you and of course, as we talked about in our goodbye episode with Yael, we're all very sad to see Yael leave and we're really excited about what the future has to bring.

And we think you guys are going to fall head over heels in love with our two new co hosts. If you listen to the intro music, you already know their names and you've heard them before, but we are excited to welcome Dr. Emily Edlynn, who you heard just recently in episode 319 with Yael, where they talked about her new book, *Autonomy Supportive Parenting* and Michael Herold, whose voice should really be familiar to you because he's been our strategic consultant for a couple years now, and we've interviewed him in episode 173 about confidence and self doubt and he's made appearances on our summit and done an intro with us before. So we are just absolutely thrilled to have them joining us on the podcast.

Michael Herold: Woohoo.

Emily Edlynn: Happy to be here. Very excited.

Debbie Sorensen: Yeah, it's so fun. We're so thrilled to move into a new chapter of *Psychologists Off the Clock* and to bring some fresh personalities and some fresh new ideas onto the podcast.

It's been interesting. So I've been on the podcast since the beginning. I was one of the people who co created it and I've been kind of joking around that sometimes I feel like that person who comes to the party First five minutes before it starts and stays till the very end after everybody else has left because I've been here through so many different iterations of the podcast as people have re evaluated where this fits into their lives and we've had some changes of co hosts and our team over the years and every single chapter of the podcast has been really different and fun and amazing.

And here we are launching into a brand new one. I think it's, it's really exciting. Cause actually when Yael told us she was ready to move on at first, I felt really sad and I almost was like, should we keep doing it? And then when we came up with the idea of these two terrific new co hosts who we know and love, and that's part of the reason why they are the ones is because they're both. You're going to find out they're both amazing people who are so fun to work with. But then I got to be excited again, and so I'm

Jill Stoddard: It helps with the grief,

Debbie Sorensen: It helps with

Jill Stoddard: right? It helps with the

Debbie Sorensen: It just, yeah, it feels like a new chapter. And so we're really excited about

Jill Stoddard: And so of course Debbie and I were brainstorming and talking about like how do you replace Yael, right? Yael's not, she's irreplaceable. But what do we want this to look like? And even though we batted around a number of different names, Michael and Emily were Probably the very first two people, like they seemed like the most obvious choice.

We had both arrived, Debbie and I both had arrived at their names separately and presented them to each other. And Yael also had had the same idea. And so it was sort of a no brainer because not only are they brilliant and contribute so much to the field of psychology, but they're dynamic and fun and we knew that they would make great interviewers and co hosts, but that also one of the things you guys have heard us talk about in past episodes is how important our team is to us.

And that things work really well behind the scenes and we thought Michael and Emily are going to be perfect additions, for all of those reasons.

Debbie Sorensen: We've known both of you for a while now. I think it's almost like we didn't really know it at the time. But the last couple of years were a little bit of an informal job interview, getting to know you and making sure that we work well together and we do. And so we're really, really thrilled to have you both join us as co hosts.

Jill Stoddard: So, I want to hear how you guys felt when we came to you and presented this idea. I know how I felt when they invited me to be on, and I'm curious if your experience was similar.

Emily Edlynn: So to give a little background, I have been writing partners with Yael and we've been writing our books together for the last couple of years and so I am a huge fan of the podcast. I listened to practically every episode and she and one of our writing meetings shared her news about deciding to leave the podcast and I was shocked.

I mean, I was completely floored because I had recently listened to the episode where the three of you, it was an anniversary episode. And I remember listening and thinking, oh, they just have the best thing going. And as I had had these thoughts of being a co host at some point, just very abstractly. I remember thinking to myself, it would just mess up their whole vibe.

Like, it's just not gonna happen. And, um, but then when she shared the news with me, I spent the next Like, 24 hours debating do I pursue this? Do I speak up? Do I go to them? Because I also have known Debbie and Jill the last couple years as well. And I was getting up the nerve, I was working up the nerve.

To put my name in the hat, and I was asking about microphone recommendations, and in the response, Jill said, How would you like to put that microphone to use as the newest co host? And I was just beyond excited and terrified at the same time. But it was a pretty cool story.

Debbie Sorensen: That was pretty funny from our point of view, because we had been having these behind the scenes conversations. About asking you and, you know, we had really landed on that and then you send us this email about microphones and we're like, well, that is really good timing now, isn't it? Should we go for it?

Let's do it. You know, um, quite funny to get that email,

Jill Stoddard: it's very similar to what happened with me because I was going to start my own podcast. I had been interviewed on POTC twice and at that point felt very friendly with Debbie and Yael and Diana. So I reached out to them saying, I'm thinking about starting a podcast, but is it crazy?

Is it a ton of work? Should I do it? And they're like, funny, you should reach out. Cause we were thinking about inviting you to be a co host. So we have this

like sort of parallel story. And I also was very excited and absolutely terrified. What about you, Michael?

Michael Herold: Hmm. Oh yeah, that was a very emotional late afternoon. I remember I had a Zoom meeting with Yael booked a couple of days. Like, Yael and I would often get together over coffee and talk Ninja Turtles and stuff. And either Yael or I had to cancel that one and she said, Oh, it's a good thing that we have our POTC meeting next week because there's something I want to tell you.

And this was via email, but it had this like undertone of dum dum dum. And so

Debbie Sorensen: breaking up with you

or

Michael Herold: was like, what, what, what's, what's happening? And no, it's like, is she going to ask me for like a kidney or something going on? It's like, what's going to happen? And then, yeah, we had our our team meeting, our regular team meeting, and Yael told me, and I had no hint of that at all before that she was going to leave. And, and first, of course my heart dropped because it's, it's my Yael. Like, she's amazing. And my heart totally dropped. It's like, okay, that's, you know, that's a bad start into the weekend. And then I had Debbie and Jill, like, look at each other and like, Hey, who wants to start?

Who wants to? And like, Oh, here's the next punch. Oh God. Someone wants a kidney for sure. And am I going to get like kicked out? And then one of you, I think it was a Debbie, you started making this pitch on like me coming on and helping out and how both of you were like thinking of me very early on.

And, on one side, I don't know if it was true, if it was just my ego, uh, recording it that way, but like trying to convince me to come on board. And I wasn't saying anything. And the reason I wasn't saying anything was because I was holding back tears. I was like, I can't, I can't, I can't like say anything.

And then at one point I think you for some reason we were talking about Yael's curly blonde hair and you said uh, something like, Michael, you will have to get a blonde wig. And so that was my my kind of like foot in the door. I said like, guys, you had me at blonde wig.

Like I'm I'm, I'm in, still have to get the blonde wig. from then

Jill Stoddard: You off the hook on the blonde wig because, you know, Emily does have the blonde hair and she is very similar to Yael in some, like, kind of weird ways.

Michael Herold: it's like a stunt Ya l

Emily Edlynn: funny. I actually found out about the podcast cause Yael was on internship with one of my closest friends from graduate school, who, as I was starting to write about parenting back in 2017, she reached out to me and said, you really should listen to this podcast. My friend from internship is one of the hosts.

And so that's kind of where that started. And then I ended up meeting another author, as I was trying to work on a book proposal and get into that space, who said, you know, I'm friends with this woman named Yael. And I'm like, Oh, I know who that is. And then it all just took off from there. So it is a very small world sometimes

Jill Stoddard: I want to come back to the other ways you're similar to Yael, but just along those lines, I found out that my very best friend that I grew up with, but who I have not lived in the same area for decades, but my very best friend I grew up with, they lived near each other and knew each other as adults in the town where Yael lives.

I mean, just such a weird connection. But you and Yael are both also parenting experts and you write about parenting. You both have three kids that are similar ages, right? There's so many funny parallels. So we'll, we'll, we'll try to make sure that we treat you as, you know, your own very special person.

But it's also nice that with Yael leaving, we have Like somebody, because she does a lot of our, most of our parenting episodes. And so I think that that's, you know, a really valuable contribution and that we'll have somebody who's still in that space, I think is really exciting.

Michael Herold: I'm still gonna get a wig though.

Jill Stoddard: Okay. Go for it. I feel like you should get a brown wig because now, otherwise everybody's going to be blonde except me.

Michael Herold: Uh,

Jill Stoddard: want you to be my twin.

Michael Herold: I was at an anime and manga con, uh, this weekend. I was so tempted to get like a pink wig, but only because I wanted to get like the horns as well. So, I might throw some colors your way there.

Debbie Sorensen: Well, if you do any of these things, we'll definitely be sure to post it on social media so that our listeners can see. And for those who have yet to see a picture or video of Michael, um, at the moment, I would say that you are more of the bald variety of person.

Michael Herold: The bald persuasion.

Yes.

Debbie Sorensen: The bald persuasion. The shaved head look, so, you know, which is

Okay. So our main goal for today's episode is really for you to get to know Michael and Emily a little bit better. They've both been on the show before, but we want to you to get to know them both in terms of the work that they're doing, but also who they are as people so that we can orient you to these voices that you'll be hearing from now on and so we're going to start with you, Michael. Um, and woohoo. Yeah. So Michael, we'll start with the professional side of things. Can you just tell the listeners a little bit, especially the ones who maybe didn't catch your earlier episode where you talked a bit about this. Tell us a little bit about your professional journey that led you here.

Michael Herold: Oh yeah. So I have to say that I definitely did not see my career unfold this way. I think the reason that today I am a confidence trainer and conversation coach is that every probability curve has a far end. And that's, that's me. Originally it was coming out of the film industry.

Um, it had been my Big dream ever since I was a teenager to work in the film industry and make Saturday morning cartoons. And that's what I did until 2013 at that point, I was working on shows for, for Nickelodeon. I was living in New Zealand. I was working on Kung Fu Panda and the Penguins of Madagascar.

I was making shows that I just and that the kids loved and that to this day, my nephew and my nieces are watching on TV and they're like looking for my name in the credits. And that was a really great career and I enjoyed it a lot. And I also had to often think about my younger self, especially when I was as a teenager or maybe 10 to 14, 15, I had a really tough time growing up with a physical disability. I have a neuromuscular condition called spinal muscular

atrophy. And so as a kid and as a teenager, I was always the slowest. I was always the weakest. I was always the one who would fall over if you gave me a little push.

I would always be the one who was singled out in physical ed. And I felt for a lot of my life, like the outsider and that there's little hope for me to live a meaningful and fun life. And there I was 20 years later, I was living in New Zealand. I was sitting at the beach. I was working on these amazing TV shows, sitting at the beach during my lunch break.

And I realized that I can take my life into two directions here. I can either keep working in the film industry and, you know, travel the world and work on these amazing projects. Or I could turn this around and help people that are in my situation to go after their own dreams and what they wanted to accomplish.

Because the insight that I had was that if my 10 year old self would see me sitting on that beach, knowing what I'm working on and what I'm doing with my life, and that my next like hang gliding appointment is like two weeks later, if, that kid had known about this, like his life would be completely different.

And I can't of course go back and be that mentor to that little kid, but I did realize that I could be a mentor for other people and help get them moving towards their goals and, and kick their butt a little bit, because if you're using a wheelchair it's really easy to kick people's butts because you kind of take a lot of their excuses away.

And, and so, um, that's what I was doing. What I did, I left New Zealand. I came back to Germany where I'm originally from and I became a public speaker. No, I have to say, I didn't become a public speaker because it was easy. I became a public speaker because I thought it would be easy. And what really happened was that leaving one career and jumping into another was quite a big transition that asked a lot of me. I had with all the struggles that come with like building a new platform, building a new brand. I got one really big stroke of luck when I was chosen to give a talk at TEDx.

Jill Stoddard: What's the title of it?

Michael Herold: what if I had a time machine?

Jill Stoddard: What if I had a time machine? We'll link to it in the show notes. It is well worth your time. It is so incredibly moving and inspiring and just amazing.

I highly recommend everybody check that out. So Michael how did you transition this, you know, public speaking and wanting to help other people?

Michael Herold: So something that I've learned when I first got introduced to acceptance and commitment therapy or ACT was how incredibly helpful that is to develop confidence and to be able to step outside of your comfort zone. And after this TED x talk I got introduced to a meetup that a couple of people were doing in their living room and, and this is a long story.

So I'll invite you to listen to my episode Uh, what, what was it? Yael? One 73. I talk about that story. So I'll spare it but needless to say, I learned about Acceptance and commitment therapy, I was reading into the available books back then in 2015, there weren't a lot of non clinical books on the matter.

And I devoured them all. And I worked more and more as a coach in that field helping people. First, I worked on my own because I needed to built that confidence. And then I found more and more people coming to me and asking for my support, asking questions on how to deal with the inner critic, how to deal with overthinking, how to deal with anxiety and so on.

And I found that I was actually pretty good at helping them out. And, and so before I even knew it, this turned into my new. And I started my own little podcast, I interviewed people that I had never heard of before, but that published with New Harbinger. So I had like, Emily Sandoz, I had Stephen Hayes, I had Kelly Wilson, I don't know who they were, they were just publishing with New Harbinger.

So I thought I'd invite them on my podcast. And, The next magical moment for me happened when I went to the ACVS World Conference 2019 in Dublin, where I missed Debbie and Jill because I didn't know you at the time, but I did find a note that I wrote. I just found it recently and it said Check out Psychologists Off The Clock.

It's a must listen. So that's, that's, uh, that's how I found you. And now, um,

Debbie Sorensen: know that story, Michael, but, well, you know, the three of us were there at the same time. Jill and I met very briefly there, but it was before we really had much connection. Michael, you were there too. Had we known, we could have had coffee together.

Michael Herold: Yeah, well, I didn't even know who you were back then, unfortunately, but suffice it to say, I had my POTC binges on the couch for

many a weekend afterwards. Yeah, and so now I am an active member at ACBS. I'm the president of the coaching special interest group at the ACBS, which has over a thousand, I think coaches right now in there, or uh, let's say non therapists I also co founded the ACBS affiliate here in Austria because we didn't have one. So I wanted to bring more ACT people together. So a friend and I we founded that chapter I'm also the head coach at the art of charm. Which also has its own big podcast and over there I am training people in confidence and conversation and finding friends, making better small talk and being a better conversationalist and person all around.

Jill Stoddard: So if we have listeners who wanted to find you to work on some of those things, where would they find you?

Michael Herold: Oh, they would find me at my website, michaelherold.coach. We'll put it in the show notes and you can find me there.

Debbie Sorensen: It's funny because all this time Michael's been helping us as our strategic consultant, and he's been on our podcast, and he's been on a lot of Art of Charm episodes as well, and working on the Art of Charm in a number of capacities, and we have these, kind of, cousins podcast people where we are friends with them and they're friends with us and we sometimes go on each other's shows and it's kind of cool.

I think Art of Charm fits that bill in large part because of you, Michael, and I know Jill's been on and we've had a lot of overlap between our two podcasts.

Jill Stoddard: And AJ's been on our podcast.

Debbie Sorensen: He's been on ours and now we're grabbing a little more of Michael for ours, but you'll still continue with them as well. Right?

Michael Herold: Absolutely.

Debbie Sorensen: So Emily, let's kind of turn over to you now. You're a little bit of an unknown figure here because you've been on once but our listeners won't be as familiar with you and with your professional story.

So what was your journey to get to where you are today and to get to be a co host.

Emily Edlynn: So I don't know how far to go back. I won't bore you with my childhood in Encinitas, California, but I'm a San Diego native and little shout

out to Jill's time in Carlsbad and I kind of have a pretty straightforward path in academic psychology. I have my PhD in clinical psychology here from Loyola University in Chicago.

And the most interesting part of my story is I did make a huge career shift in 2016. So there was a really big pivot that I took as a person, as a mother, as a wife, as a psychologist. So my background is in actually pediatric health psychology. So I'm a clinical psychologist, but my specialty is working with kids, teenagers and families managing medical conditions.

And so I spent four years at children's hospital, Los Angeles, working on inpatient pediatric palliative care, which was very intense and I was hired right out of my fellowship is my first job, and I was tasked with creating this brand new service for this huge hospital. So it was a really big undertaking. It was also when I had my first two children, so that convergence of this really intense position and work, along with becoming a mother really imprinted on me quite a bit. We then moved from Los Angeles to Denver, and I was at Children's Hospital Colorado and under the University of Colorado School of Medicine, so I was doing the whole traditional research and supervision and teaching and clinical work, and I was the director of a program there as well.

So I was very much on this traditional path where there were clear metrics for how to get promoted and what that means. At the same time, I now had three children. And I was completely burning out. I mean, I give everything to my work and this work was so intense that I just had nothing left to give when I was home.

And I should mention my husband, we met in graduate school, so he's also a psychologist, and his specialty is working in juvenile justice and forensics, so we are not doing light work.

Debbie Sorensen: Hey, uh, side note, someday maybe we'll talk you into an episode on what's it like for two psychologists to be partners because that always intrigues me.

Emily Edlynn: And to be partners and parents together, who were both trained in child psychology.

Jill Stoddard: I want to interview your children

about what it's like to have two parents who are psychologists.

Emily Edlynn: not available for comment.

Michael Herold: Yeah. Yeah. Like our listeners don't see this, but there are two children in the background, like tied up in gate.

Emily Edlynn: Yeah, right. No,

Debbie Sorensen: He's joking, just don't come after us.

Emily Edlynn: don't call anyone. Um, Yeah. So in 2016, my kids were one, four and six and my husband got this great job opportunity that would require relocating back to Chicago. And it was a huge decision and it also meant a big career opportunity for me. Because I knew if I continued my path, the days would be so long with the commute and the intensity.

I just kind of knew by then as a mid career psychologist with three kids how this was not working. And so that's when I made this huge change to starting to write and to really dive into the world of parenting guidance. As my own experience as a mother, I was. incredibly disappointed with what was out there and how non scientific most of it was.

And so I really just became passionate about more science based parenting guidance and more compassionate, realistic parenting guidance. And so here I am today and I do, I work in a private practice, so I'm still working with kids and teens and parents. And... Real life, what they're going through. And I spend the rest of my time writing and I yeah, have been through a lot of phases, but this is my first podcast.

Jill Stoddard: And can we talk a little bit about. All of the places your writing has appeared because all of us do a little bit of writing, right? But there's like a difference between publishing a blog and the kind of writing that you've done. I know you're very humble and you probably don't want to be like, Oh, let me give the list of all of the places.

But really, do you mind like sharing some of the places, including your regularly appearing,

Debbie Sorensen: The list.

Jill Stoddard: What's the word I'm looking for? Regularly appearing column.

Emily Edlynn: Yes.

I started with a blog called Art and Science of Mom, which is still going just for you. But in 2019 was hired by parents.com to be a regular parenting advice columnist and that has been so much fun. So I would field questions from readers about just real life parenting dilemmas and give my opinion.

It's so fun to have my own opinion out there. more on the

Jill Stoddard: But your opinion that's steeped in science because you know all the data behind, you know, how to manage these

Emily Edlynn: And it gave me opportunity to really put nuance out there on a national platform of it depends on these factors. There's not one right answer. And this is how to think about it instead of here's your solution. So that's, I really enjoyed approaching the column that way. I've had it. A couple of articles in Washington Post, Scary Mommy, Motherly, Good Housekeeping.

I just had a piece come out recently in Good Housekeeping, so those are just a few of the outlets, but it's

Jill Stoddard: Yeah. She's, she's legit, you guys. Legit. And then, of course, your new book that just came out, Autonomy Supportive Parenting. And even that, similarly, it's not, this is what you do, this is what you don't do. It's really like a framework for how to think about going about making some of these choices. There's like a lot of process element.

Emily Edlynn: Yes, I basically wrote the parenting book I would want to read of like, here's how to think about it and be flexible and be kind to yourself. I'm really passionate about parents being nicer to themselves so.

Debbie Sorensen: And one thing that you're doing that I think is so in line with the mission of our podcast is that you have this amazing knowledge base and all this clinical experience and experience as a mother. And you translate it. I mean, you put it out there at good housekeeping and on your blog and in your book in a way that is very digestible to people.

I mean, I got a sneak preview of your book and it's so readable and it's so relatable. And I think that that is a very similar mission to what we're trying to do here, which is to take all of this knowledge base and Give access to people who aren't going to read the journal articles, who maybe aren't going to even read the you know, 400 page books, but to make it as accessible as we can.

And so I think it's a really natural fit. Not just because you're, you know, you have so many commonalities with Yael, but also because it's clearly an important mission that you also share with us.

Emily Edlynn: Yes, and I am also an incredibly avid reader. I was an English major. My whole identity growing up was the writer and to now be able to read books and talk about them with the author, it's like a dream come true. So, that's really cool for

Jill Stoddard: Well, and what's our, what's our tagline? It's like sharing science backed ideas from psychology to help people thrive. And that's what your writing is about and that's what the podcast is about. And that's of course, one of the biggest reasons we thought you'd be so great on the podcast.

All right. So we've talked about like all the professional stuff you guys do, which of course is impressive, but let's get to know you a little bit more personally. Like, tell us something about your hobbies or your passions or like, I don't know, something interesting that maybe other people don't know about you that you want our listeners to know.

Michael Herold: So, I feel like my hobbies are blatantly obvious to anyone who's ever stepped foot into my domain. The only thing that doesn't give my hobbies away is like the background I have for these video calls. My hobbies are best described with me being like a 12 year old with a credit card that I think describes it really well.

So I actually made this, um, little self reflection exercise one or two years ago, where I was asking myself, like, when was I really happy? What were some like smiley moments. I'm not necessarily talking fulfillment.

I was like just smiling and laughing and losing track of time. And I found, when I was a teenager, I had a remote control car that I would work on every weekend. I would play a lot of pen and paper games, role playing games with my friends. And I loved video games. And I thought, Hey, You know, you can do whatever you want.

You're an adult now, you earn your own money. So I've revived a lot of these hobbies and my best friend and I, uh, every week we're meeting up and we're taking our remote control buggies to the park. Preferably where no kids are around because parents get a little bit annoyed when you hit them too often with a car.

I have my Dungeons and Dragons group that I'm playing with every two or three weeks. I like painting and going out and drawing stuff. And all things PlayStation that are fun and go boom.

Debbie Sorensen: Don't we both have a love of Legos, Michael? My kids are into Legos and there's this part of me that just wants to buy one of those really fancy Lego sets for myself.

Michael Herold: So when the pandemic started, the first lockdowns here were over, I headed out to the toy shop, which is two meters away from my apartment, which is both brilliant, but also expensive. And I just got every single Harry Potter set that they had there and it was a little bit surreal because, you know, you're, you're all parents.

So, you know what it's like to take your kids to the toy store and they're like walking around and they're making, have this decision making. And there is, you know, Michael, I just go in, I grab two packages, I head back out. And then two days later, I'm going back in, I'm grabbing the next. So I built like the entire Harry Potter Lego castle thingy hogwarts school of witchcraft and wizardry which gave my cleaning lady a heart attack because she when she was like dusting She was like so so terrified of like knocking things over and then suddenly the alchemy tower would be next to Hagrid's heart Because she's kicked something over and tried to put it back together hiding the evidence So every once in a while, yes the the Lego comes to me as well.

Debbie Sorensen: You definitely add a unique I think you're a little outside the mold of the other co hosts in some ways. You know, you're over in Europe you're not a middle aged mother of multiple children, um, American psychologist, so, yeah, I appreciate that about you, Michael. You're bringing your own element to things.

Jill Stoddard: and even diversity and hobbies. I'm listening to all the things he's interested in, and I'm like, Oh my God, I'm so boring. If you asked me this question, I'd be like, uh, I read, but I wouldn't have a lot of other things to say. Definitely no remote control cars, although that does sound very fun.

Debbie Sorensen: How about you, Emily? Tell us a little bit about your personal self.

Emily Edlynn: Well, I'm glad you said that, Jill, because I was feeling very, um, hobby insecure. I was like, time for hobbies? Um, I try and like seize any spare 10 or 15 minutes to read a novel like I always have books I have about

four books going at a time typically depending on my mood And so whenever I have a chance, I just kind of grab and sit down instead of waiting for oh a half hour of Quiet and no interruptions.

I just have come to finally accept that's not gonna happen. So My so called hobbies are exercising regularly because it makes me feel good, getting good sleep because that also really wrecks me if I don't, and having that downtime with books. My husband and I have a little ritual of, you know, Netflix and Hulu shows that we enjoy together.

We're really into... Really good TV. Um, that is one of my pastimes. I admit a little trash TV on the side.

Debbie Sorensen: No judgment. No

Emily Edlynn: Yeah.

Jill Stoddard: judgment.

Emily Edlynn: free zone.

That's

Jill Stoddard: all have our guilty pleasures.

Emily Edlynn: that's a definite guilty pleasure. So

I watch, you know, I do sometimes, and I do listen to a ton of podcasts. I also have two dogs, including a puppy. So there's lots of dog walks

Jill Stoddard: yeah.

Emily Edlynn: I

Jill Stoddard: only recently got into audiobooks, and so that's like, if I'm cooking or, you know, doing things that are otherwise, like, Not the thing I most enjoy doing. I listen to my audio books and tune out the world.

Debbie Sorensen: My new hobby is to weed out in my backyard and listen to audiobooks. And the only reason I can stand doing it as long as I can is because of the audiobooks.

Jill Stoddard: Oh, that's such a good idea. I've been noticing all the weeds in my yard. I'm like, Oh my God, I probably need to go weed. And I've been dreading it. You just, I am totally motivated. Now I actually want to go weed my yard. Now that you

Michael Herold: Oh, I think I just had the language barrier kick in a little bit because when Debbie said, I go to the yard, to the, what did you say? You go to the yard and you weed out. I'm like, is she allowed to say that on the podcast? Like I wasn't sure, but, but apparently I was.

Jill Stoddard: that kind of weed,

Michael. Not that kind of weed.

Michael Herold: No, you made that clear. Either that was a really good save, Jill, or you made it clear.

Debbie Sorensen: That's so funny. See, that's another reason we appreciate Michael.

Michael Herold: It was beautiful. It was a beautiful picture in my mind, though, Debbie. I'll still treasure that picture.

Debbie Sorensen: That's the hobby that

Jill Stoddard: weed and reed. That's her new

Debbie Sorensen: didn't. I am in Colorado, you know, which was kind of a pioneer in the,

Jill Stoddard: That's true. Legalization. That's true.

All right. So, we're coming close to the end of our time, so we thought it would be fun as another way for our listeners to get to know you, is if we did kind of like a speed round of questions. Would you guys be up for that?

Michael Herold: Okay. Yes. What do we win? What's the what's the grand prize?

Jill Stoddard: uh, Well, Debbie and I are going to pick which one of you had the better answers and we're going to give you five points.

Michael Herold: Five point? How much point? How many points do I need to get a pony out of this?

Jill Stoddard: A lot of points.

Michael Herold: A lot? Okay.

Jill Stoddard: A lot

Debbie Sorensen: How about this? You'll also be co host of the day.

Michael Herold: okay, cool. Cool. So if we do a lightning, a lightning round each episode, I might have a pony and like half a year if I win all the time. Doable, right?

Yea, let's go with

Jill Stoddard: Yea, go with that Michael.

with that.

Debbie Sorensen: sure, yep, uh huh, uh huh,

Jill Stoddard: okay, the first question is, What is your favorite book of all time? Or, what are you reading now? Because sometimes favorites can be hard to identify.

Emily Edlynn: Reading the love of my life by Rosie Walsh, which is a real page turner and I'm loving it. It's a perfect summer novel. It's a little bit of a thriller suspense

Jill Stoddard: are my favorite, like, psychological

Emily Edlynn: Yes, it's

Jill Stoddard: writing it down and putting it on my to read list. Love of my life. Who's it by?

Emily Edlynn: Rosie Walsh.

Jill Stoddard: On it. Yay.

Emily Edlynn: I cannot do a favorite book. Too many.

Jill Stoddard: Too many. Same.

Michael Herold: So I'm taking a shortcut here. My favorite book series is Terry Pratchett's Discworld series. It's like 44 books or so, and I must've read them five, six, seven, eight times. Um, I'm cycling through them like once a year and they crack me up. I met him once and I told him that every time I'm down, all I have to do is pick up one of his books and read a page and I'm feeling good again.

Aw

Jill Stoddard: That's why are awesome. Debbie, how about you?

Debbie Sorensen: Well, I got this inexplicable urge to read *The Stand* at the start of the summer.

I think I wanted a thick novel. I think like post pandemic, I don't know why, I was like, I want to read a really long book about the pandemic. First of all, it's a good book, but there's some problematic elements. And also, I keep stopping to read other books, so it's just taking me forever. I've been reading it like all summer, and I'm only halfway through, but reading I used to love Stephen King was when I was a kid, I haven't read any Stephen King in Decade.

So, kind of fun to go back. How about you, Jill?

Jill Stoddard: I'm going to tell you my favorite book, and I'm going to cheat a little because I have two, but like really my favorite book is called *Still True* by Maggie Ginsburg. It is gorgeous, the characters are amazing. My other favorite book, and I have to tell this one because I have a story, *Is Lessons in Chemistry* by Bonnie Garmis, which hundreds of thousands of people have read.

But I was so moved by this book, and I found out that this was her debut novel. And she is 65 years old, and I felt compelled to email her just to say, I'm a nonfiction writer who is transitioning to fiction, and I feel like such a fraud. And I'm so inspired by you, that you did this at your age. And she wrote me back, and it was, I need to print out and frame this email.

I shared it with Michael, like, In the email, she said something like, I looked you up and you have such an impressive career. And I was like, what? And I fan out over, you know, authors and writers way more than, you know, movie stars and

things like that. So it was really, really meaningful to me. And like gave me a lot of that kind of motivation to push through my own imposter syndrome. She's awesome. Big

Michael Herold: Hmm.

Debbie Sorensen: Okay, next question. Speed round. Barbie or Oppenheimer? Emily,

Emily Edlynn: Barbie, cause I haven't seen Oppenheimer cause I don't have three hours to go to a movie.

Debbie Sorensen: Michael,

Michael Herold: I haven't seen either, but I'm going to go with Barbie, simply because when you live in Vienna, Austria, you're such a part of that history when you walk down the streets that I think, um, Oppenheimer is going to hit a little bit on the painful memories. It's kind of like historical thing,

Jill Stoddard: Barbie just went yesterday. Loved it. Can't wait to see it again.

What

Debbie Sorensen: I'm on, I'm on team Barbie. I want to see both, but I saw Barbie on opening night because when I found out that Greta Gerwig Was the writer and also I did play with Barbies as a kid and my kids did slash do Um, I went on opening night because I was kind of obsessed with it, but hopefully I would like to see both actually

Jill Stoddard: Yeah. Same. Okay. Next one. What would you be in a different life? So if you could be anything that you aren't now, what would you be? Michael?

Michael Herold: Wow, that is a really difficult question. Oh, I'm gonna go with eagle.

Jill Stoddard: Just going like straight off the reality cliff

here. Like,

Michael Herold: was going like

superhero, no,

that's,

Jill Stoddard: yourself.

Michael Herold: yeah, that's like, yeah,

Jill Stoddard: I love it. Well, that makes me want to completely change my answer. Now that I know that we're like, not staying in the plane of like, I thought we were talking about like roles.

You know, like, oh, I'd be a physicist. You're like, nope, I'd be an eagle.

Michael Herold: because every other role is like, nope, nope, nope, nope. So I figured why not go

Jill Stoddard: Oh my god. about you, Emily?

Emily Edlynn: Uh, this is going to sound so boring compared to Eagle, but I've always wanted to be a hip hop dancer. I,

Debbie Sorensen: That is not boring

at

Jill Stoddard: that's

Emily Edlynn: I love dance. I've always loved dance. It mortifies my children, but even they admitted at a wedding recently that I am a good dancer and yes, yes. And they are 13 and 11

Jill Stoddard: Yeah,

Michael Herold: Wow.

Emily Edlynn: year old girls.

Jill Stoddard: huge.

Emily Edlynn: So,

Michael Herold: basically the Nobel Prize in dancing.

Emily Edlynn: right? I need to go like start taking some classes again and end up on stage with Beyonce.

Jill Stoddard: Totally.

Debbie Sorensen: We may need a video of this for the podcast social media at some point, I'm

Emily Edlynn: I don't know, maybe if we get like a certain number of downloads

Jill Stoddard: There you go. That's a great idea. Tell all your friends about POTC and we'll post a video of Emily twerking.

Emily Edlynn: or not,

Jill Stoddard: What about you Debbie?

Debbie Sorensen: My, fantasy non psychologist job is even more boring, but you book nerds will understand. It used to be librarian, but I feel like the library is actually, I've been hearing about all these librarians with burnout, so I've changed it to independent bookstore owner.

Yes,

a

lot of riffraff at the library. Right, I know.

Jill Stoddard: Yeah.

Debbie Sorensen: How about you, Jill?

Jill Stoddard: Well, I mean, before Michael said eagle, I was gonna say fiction writer. Like, I'd love to just be able to support myself and my family writing books, but, you know, not many people can do that. But if I was going off the plane of reality, I just want to be a dog. Like, they just have the best life. All they do is, like, play and get loved and eat and run around and cuddle. So, yeah. That's that.

Debbie Sorensen: Okay, well, we'll work on it, guys. Okay, next question. This one you can also choose. Either most interesting place you've ever traveled, or if you could go anywhere on a trip soon, where would it be?

Emily Edlynn: I have always wanted to go to Fiji and be on one of those, like, where you can see the ocean beneath you, huts, and resort like. That is my dream vacation.

Jill Stoddard: that'd be amazing.

Emily Edlynn: yes. Yes, that's what it is. yeah.

Jill Stoddard: those are so cool.

Debbie Sorensen: Michael,

Michael Herold: San Diego Comic Con.

Debbie Sorensen: Jill?

Jill Stoddard: Uh, I'll say the most interesting place I've ever been was just this past May. I went to Iceland, and it truly feels like you are on another planet. And I always say, like, I don't normally want to go to the same place twice, because there are so many places to see. And my husband and I are already planning a trip back so that we can take our kids so that they can experience it too.

It's incredible.

Debbie Sorensen: Mine is, I did one of those, um, I had a honeymoon a year after I got married, because we didn't have enough time off and couldn't afford to go on an immediate honeymoon. We did a couple days up in the mountains camping, but a year after I got married, I went to Thailand and Cambodia, and it was amazing.

It was a great trip. I'd love to go back and just beautiful beaches and Thailand. And then Cambodia was just such a fascinating, you know, there's been so much heartbreak there, but it was a really interesting place to see the temples and just the people had been through so much, it just stands out as such a meaningful trip.

And that was, that was a while ago now that was quite a long time ago. So I would love to go, but it was about what it must've been about 13 years ago, so

Jill Stoddard: All right, well, we need to start talking about a POTC retreat and what our dream destination will be. That, you know, the four of us can

Michael Herold: And who's, who's, leading, who's leading the hip hop dance workshop and so on.

Jill Stoddard: I mean, obviously, Emily.

Emily Edlynn: There's a really good Bob's Burgers episode. I'll just copy that hip hop teacher. Anyone who's a Bob's Burgers fan will get that reference.

Jill Stoddard: All right, last question. What is a fun fact most people don't know about you? Emily.

Emily Edlynn: When I was I think 9 or 10, I was on a A talk show called Stanley live. And I was interviewed on stage.

Jill Stoddard: Why did they interview you?

Emily Edlynn: This is kind of embarrassing, but it was, uh, it was about gifted kids. And I went to this school and honestly, I've never felt so much like a zoo animal. It was like, the questions were like, do you feel like adults talk over you?

Like a piece of furniture. And I remember that question vividly

and I just looked at him and I was like, no.

Jill Stoddard: Oh my god, I love it. Famous at a

Emily Edlynn: So there's a tape somewhere.

Jill Stoddard: Ooh, tell all your friends about POTC and we'll release the tape of Emily on a talk show at age 9.

Debbie Sorensen: So basically, we're trying to reward listeners by embarrassing Emily in

every

possible

way.

Michael Herold: Yeah, there's

Emily Edlynn: did not sign

Debbie Sorensen: Welcome to the, welcome to the podcast, Emily, you're going to love it.

Jill Stoddard: What about you, Michael?

Michael Herold: So I, I don't want to say I ruined Sean Connery's career. Because I certainly didn't all by myself, but I did work on what I think was his very last movie he produced it. And he was the main voice, main actor, uh, animated movie. And it was just between the three of us, like, we're not going to release this out into the world.

Right? Such a horrible, animated movie that even I myself couldn't finish watching it. Um, and I feel like this guy has done like so much work in the film industry and his career, and then his last movie is like such a bummer. And my name is in the credits, but I was young and I needed the money. So there you go.

Jill Stoddard: There you go. Debbie, what's your fun fact?

Debbie Sorensen: I was born with a floating rib. So one of my ribs like, sticks out, and it's not, it doesn't, you know how the ribs typically curve back in? I have, mine sticks out and pokes. Hardly anyone knows this about me. Um, but it's

kind of just a weird, it doesn't really, I mean, I literally forget I have it for years on end, but every once in a while it gets kind of like, bonked, and then it kind of, it's a little,

Jill Stoddard: Can you see it? Like if we saw you in like a bikini, like would you see it poking

Debbie Sorensen: If I drew it to your attention, you would. I don't, I don't think it's super noticeable. Um, but you can

Michael Herold: Um,

Debbie Sorensen: see it.

Michael Herold: so we have to do, so

the next next host episode we do in bikinis and then we'll be able to see.

Debbie Sorensen: Uh, mm, I think not, but

you're welcome to.

Michael Herold: Okay.

Fiji.

Emily Edlynn: in

Jill Stoddard: we're in

Debbie Sorensen: okay, great, good plan. Jill, what's yours? Hm,

Jill Stoddard: I would say mine is that I have a streak of white hair that I have had since I was probably about eight, and we're not sure if it is genetic. It has a name, it's like a sunburst or something like that, I always forget what it's called, but it happened to come out shortly after I was hit by a car on my bicycle.

And so, Some doctors have speculated that it could be because I didn't have a head trauma specifically, but that sometimes it can be caused by a trauma, you know, like a physical trauma, but it also, my aunt has one like in the back of her head, so it could also be genetic. It's a mystery. And I used to get made fun of when I was little, you know, they'd call me skunk. Um, but now I love it. I think it's like a cool, unique little thing that I got going on.

Debbie Sorensen: nice.

Jill Stoddard: All right, well, that's the end of the lightning round, and we're pretty much up at the end of our time here, so why don't we end by each of you

telling us what you're most excited about for this next chapter of P. O. T. C. as co hosts.

Debbie Sorensen: I'm just really excited, first of all, of course, to work closely with Emily and to work even more closely with Michael. I think that's going to be really fun. And I actually, I'm just really curious what they're going to come up with for episodes. Because we all just kind of do episodes that we're interested in and just see what comes our way.

And so I'm really curious to know what's coming.

Jill Stoddard: Yeah. Well, I would just ditto that and say that, like, I'm so excited to learn from them, because I learn from you and Yael all the time, and I'm excited to learn from Emily and Michael. But what about you guys as new co hosts?

Emily Edlynn: Honestly, I'm one of those people that gets really bored easily. And so I love this idea of a whole new skill set and a whole new landscape to figure out. And I'm really excited to grow in this brand new way as I'm like in my mid forties and just exploring more career options.

I think it's really cool and exciting. And I am really looking forward to being part of this team. I love teams.

Jill Stoddard: Yay.

Michael Herold: Yeah. Woo. So as I say, I feel like, um, for once I don't have any words. So when, uh, I made the first plans for who I would want to interview, like a lot of authors and researchers and so on, like immediately came to mind. And I got really excited about that. And also just this mindset that when I'm reading a good book and I find a book in the library or in the bookstore, that looks really interesting.

Now there's this ability to reach out. And, uh, interview that person. So I guess I'm lost for a clear answer here. Just because there's like so much happening and I'm glad that we can take it like, you know, one piece at a time. Our first episode together today and then recording my first interview and so on.

So, you know, baby steps because there's a lot of stuff coming our way. I think that that's going to be really great.

Jill Stoddard: Yeah. Well, we think you guys are going to absolutely kill it, and I know the listeners are going to just love you. So thank you for joining us, and welcome.

Michael Herold: Yes. Thank you.

Emily Edlynn: Thank you for this warm, warm welcome. I've

Debbie Sorensen: And

Emily Edlynn: this whole time.

Debbie Sorensen: and to our listeners, thanks for listening to this and we hope you are as excited as we are about our new team.

Jill Stoddard: Thank you for listening to Psychologists Off the Clock. If you enjoy our podcast, you can help us out by leaving a review or contributing on Patreon.

Emily Edlynn: You can get more psychology tips by subscribing to our newsletter and connecting with us on social media.

Michael Herold: We'd like to thank our podcast production manager, Jaidine Stoutt Williams.

Debbie Sorensen: This podcast is for informational and entertainment purposes only and is not meant to be a substitute for mental health treatment. If you're looking for mental health treatment, please visit the resources page of our website, offtheclockpsych.com.

com.