

October 17th, 2011:

Returned from shooting and will be in LA for a while.

Decided to date J but needs to keep it secret because he just split from partner. Has 2 children boy + girl. Met in various places but always secret and discrete. I questioned her feelings about hiding. Says she understands. Feels he is protecting her. Likes how he treats her. Bought her a horse (white) because she told him as a child dreamed of having one. Loves to ride but horse needs to be trained so can't ride it yet.

Not happy spending so much time w/ J's friends. She's told 2 of her friends and sister but doesn't trust others to keep secret.

Has talked to him about his drinking and asked him to slow down. He knows about her parents and childhood.

Feels sorry for him because his father was also an abusive alcoholic. (Trauma bonding ??) Has scars from beatings. Dad used belts and chains, also burnt him w/ cigarettes. Scars all over body including head.

Spending nights together but hide going to and from each other's homes. Concerned about paparazzi. Says he doesn't want her blamed for break-up w/ ex because not true.

November 10th, 2011:

Continuing to see J but becoming more concerned about his drinking and drug use. Sometimes so bad he needs help getting into bed. Pointed out she is enabling him in similar way she enables parents, minus the money. Has only attended 1 Al-anon meeting. Found it helpful but can't go often because of schedule.

Doesn't know what to do or how to do it. Advised her to stop picking him up or hiding bottles. Also suggested not seeing him if he is drunk or stoned. Feels she can't do that but will try. He using most of the time so worried she'll never see him.

November 14th, 2011:

Tried refusing to see him if drunk. He got angry but next time was mostly sober. Feeling better about relationship but tired of hiding. Was fun at first. Understands J not ready to go public. Feels he knows best from PR standpoint. Assures her they will go public soon. Still spending most of their time w/ his friends. Sometimes her friend and sister are there. Worried when they aren't together that he will get hurt or is cheating. He assures her he won't cheat but she's not sure. Afraid to discuss using + drinking because he gets loud and physical. Questioned if he has hit her. Said he only yells and throws things.

Discussed Al-anon issues. How difficult but necessary it is for her to take care of herself.

November 22nd, 2011:

Apologized for missing appointment due to work. Parents coming for Thanksgiving, not happy about it. J will be spending time w/ children. Afraid her father will tell people about her and J. Told him not to say anything but doesn't know what he might do when drunk.

November 25th, 2011:

Had a great weekend. Saw friends. J promises he will go public w/ their relationship in new year. Various tabloids offering money for 1st photo of them together. Thinks they will do it and donate money to charity. She's been involved w/ Children's Hospital for a long time and would like them to get money.

Has some anxiety about going public. Doesn't want to be accused of breaking up his relationship. Also knows paparazzi will get worse.

December 5th, 2011:

More in depth discussion of J's behavior and ways it parallels her father. Said J has a loving side and dad not so much. Discussed how only the substance abuser can stop him/herself from drinking and using. Discussed use isn't related to how much others love the addict. Can't force someone to stop using if they don't want to, and that addicts can't stop for someone else. Addicts have to stop for themselves. Extremely tearful. Feels she can help him stop using. Wishes she could get friends, bodyguards, and sister to stop supporting and enabling his addictions. Too many people dependent on him for financial support.

Asked why she wants to be w/ someone who is addict and behaves badly. Said she loves him and he loves her. Just doesn't like "bad" J. Recommended Al-anon again.

December 19th, 2011:

Continued discussing her relationship w/ J. He was extremely drunk when he came to her apt. She was angry. He began screaming and cursing. Argument became so loud that landlord threatened to call the police. Doesn't know what to do when he is like that. He left. Didn't hear from him and got worried. Asked if this is relationship she wants? Again tearful and certain she can help him get clean and sober.

December 21st, 2011:

Went to Al-anon meeting with friend. Did not speak. Bundled up so no one would recognize her. Found it helpful. J promises they will go public w/ relationship soon. She still worried press will call her homewrecker even though he made public breakup w/ V.

Getting harder to just go out w/ friends or go shop because paparazzi following her.

December 27th, 2011:

Going out of town for holidays. Will be gone a couple of weeks. Looking forward to being w/ J and down time. J better but not sure he will stay sober. Discussed more books, [Adult Children of Alcoholics meetings] and Al-anon

January 18th, 2012:

Had a good time on vacation but there were times when she believed she knew what it was like to be her mother. Said she was reluctant to tell me what happened because she “knew what” I would say. Asked her what she thought I would say. Said she heard me saying “leave him on the floor, don’t engage, and to leave.” J very drunk, using, angry. Tried to calm him down. Asked him not to drink or use so much which made him angrier. Admits screaming back at him. He hit her, threw her on floor. She threw pot at him. Told her she dresses like a “whore” and was not to wear low cut dresses, shirts, etc. After he sobered up he’s always apologetic and sweet. Wants sweet J around more

Discussed cycles of DV again. Told her no matter what she did or didn’t do that behavior was unacceptable. Told her no matter what she can’t change him.

February 2nd, 2012:

Extremely busy getting ready for work. Getting to know J’s children better. Closest w/ son. Daughter a bit stand offish. Things w/ J a little calmer. He’s having financial problems and may need to sell boat he loves. Sat around watch TV w/ kids in room. J wants her to wear “sexy” night gown but she’s embarrassed if kids are in the room. Kids split time w/ J and V.

February 13th, 2012:

Talked about how difficult it is for her to not enable J’s behavior. Discussed difference between rage and anger.

Father has been in and out of town. Insists on trying to “break” horse the way he’s always done it. A has a trainer who is doing it gently but father keeps interfering. Doesn’t feel she can stop him.

Said she’s going to more Al-anon meetings and talking with friends and parents about J’s substance abuse. Said J gets drugs from friends, bodyguards, sister. Sister is his manager and works to keep him happy so he can financially support family. J supports mother, sister, children and thinks V. A angry people are willing to get him whatever he wants because he’s a celebrity and he pays them.

Wants to come to more sessions and work on memories and ways to be less codependent. Agreed to go to more Al-anon meetings.

February 27th, 2012:

Continued processing anger and sadness. Identifying feelings under anger. Said she has recurring nightmares about parents and [sister?]. Wakes up in panic. Isn't sleeping well. Discussed some of material in dreams. Sobbing during session. Said becomes panicked when J takes off for days and she doesn't hear from him. J's sister said he does that on occasion. Believes he goes on benders and may get hurt. Pretty sure he's cheating on her when he does that.

March 1st, 2012: No show, car trouble

March 5th, 2012:

Heard from J and saw each other. J gets angry and jealous when she is photographed w/ men eating out. Told him they are just friend. Discussed that trying to control is DV behavior.

March 9th, 2012:

Afraid father is going to slip and tell people about her and J. Father drinks and talks a lot to look like he's important. Concerned he will tell one of his drinking and drugging buddies and they will tell press. J says they will go public soon. She found some of the ways they sneak around funny but tired of it. J says he'll drink and use less but doesn't last long. A gets fearful later in night because he gets drunker then.

March 12th, 2012:

Having nightmares about childhood and being chased – trouble sleeping. Has been [exercising?] but still can't fall or stay asleep. Discussed and processed dreams. Discussed some of this is being triggered by J being similar to dad. Loss of agency. Discussed way to calm herself at night and work on changing dreams by visualizing something happy and pleasant as she falls asleep. Very tearful.

April 2nd, 2012:

Had some quality time w/ friends. Has mostly been staying home or at J's because of paparazzi. Went out with [Rocky]. Feels better w/ friends. Has gone to some Al-anon meeting and finds them helpful but still feels badly "doing nothing" when J needs to be taken to bed. Struggling with letting him stay on the floor when he passes out. Discussed how no consequences to substance abuse behavior are enabling the user. Explained how what most people consider helping someone only hurts the user because they do not need to take responsibility for actions. A understands concept better but still struggling with it.

April 10th, 2012:

Continued discussing codependent behavior and how just checking up on J and parents is Co D. Afraid when she doesn't hear from him he's hurt or wants to break up. Told her this is his controlling behavior to keep her hooked in. Says she loves him and doesn't understand how it's controlling – discussed more.

He becomes enraged because she “nags” him about drinking and drugging. Stays out with his friends and doesn't get in til early morning. He's missed a number of work meetings and call times because he's too messed up to get there. Pointed out keeping track of his appointments is co-dep.

April 26th, 2012:

J claims he is getting help for his substance abuse but is seeing a psychiatrist not a psychologist. Doesn't see the psychiatrist on a regular basis. Psychiatrist prescribed medication but A doesn't know if J actually takes it. Not sure what the med is. J seems to be using less but is still using. Not as many arguments right now and she is glad they are getting along better.

May 9th, 2012:

Having nightmares again. Processed dreams and ways to relax. Will be working again soon and feels pressure to get a number of things done prior. Having car trouble again. Discussed issues causing her anxiety and ways to deal with them.

May 17th, 2012:

Went out w/ a male friend and J got upset. Has also been getting annoyed if she sees some female friends other than [iO Tillet Wright] or [Rocky Pennington] because she is bi. He's been increasingly jealous and concerned she will cheat on him. Continually states she won't but he wants to tell her who she can and can't see. Discussed abuse includes control again. He frequently engages in name calling.

May 24th, 2012:

Said she often feels uncomfortable when J touches her if he's drunk. Said J has trouble maintaining erection when high. He gets angry and sometimes violent when that happens. Blames her for his failure. Discussed physiological reasons alcoholics and some substance users have sexual problems.

June 4th, 2012:

Apologized for late cancel. Talked about work and car trouble. Loves her car but it's extremely problematic. Discussed how often she apologizes for same issue. Said she was sorry again.

Laughed. Discussed how apologies are often not for things over which she has control or responsibility. Talked about how she tries to take on responsibility in effort to have control. Fails and feels bad because no matter how hard she tries to make herself responsible she's not. Blames herself for a lot that isn't about her.

Schedule getting more hectic. Spending more time traveling between her house and J's house. Extremely busy w/ work, reading scripts, and voice coach. Feels tired and has little time to herself.

June 28th, 2012:

Dad and J drinking buddies. Likes when mom and sister are there. Has been very busy. Paparazzi very distressing. Follow her around. Still is hiding w/ J at her place and his. Feels lonely when not w/ others. Did more breathing and relaxation.

August 7th, 2012:

Not feeling well. Rough time w/ J. Disappeared. Came late. A was worried. Argued about who she was seeing. Thinks she is cheating. She denied but he was in a rage. He threw things. Glass flew near her head. Asked if she was going to Al-anon meetings. Said she didn't have time but wanted to. Still can't bring herself to tell him to go home or not come over if he is drunk/drugged. Fears he will be hurt. Asked what about her feelings? Told her he is escalating and not about her. Feels she should be able to do something.

August 9th, 2012:

Having nightmares again. Very tearful. Afraid of breaking up w/ J. Feels he will stop using and drinking if she can help him feel better about himself. Still not going public because he is protecting her. Ask if she believes that. Said she is afraid of bad publicity. Discussed cycle of DV and control is a sign. Worried about what I am saying. Has to work for 2 wks.

August 21st, 2012:

Still working a lot. Reading more about Alcoholism and DV. Didn't realize how many diff types of DV there are

[Redacted]

Having a lot of trouble sleeping. Nightmares. Crying throughout call. Working next few weeks will try to schedule session.

September 17th, 2012:

Working a lot. Too much travel. Talks to J but he is often unresponsive. Scares her when she doesn't hear from him. Reminded her if something happened to him she would know from media. Wants to do more work on codependency. Talked through some co-dep behaviors.

[Redacted]

September 25th, 2012:

Extremely fatigued. Fighting w/ J again. He violent. Throwing things. Some hit her. She screaming back. Started w/ he was upset at clothes. Ripped her nightgown threw her on bed. Tried to have sex but couldn't get erection. Became more angry. He passed out.

October 2nd, 2012:

J being nice. Sorry for fight. Discussed cycle of abuse (Honeymoon stage). J promised he would get clean. He's been missing appts because of use. Says they will go public w/ Relationship soon.

October 9th, 2012:

J not using since fight. Does better when they are together. Sure she can help him stay clean. Had more discussion about addiction. Went over it not being caused by her. His use is long term before they even met. Feels responsible even though isn't logical. Why can't she help more?

[Redacted]

Told her "but addict has to want to stop and accept problem."

October 11th, 2012:

J still sober. Spent time w/ kids at his house. J's son very sweet w/ her. Daughter very "teenager." She afraid of dogs, even Pistol. J's mother at house. Very demanding and nasty. J's father dead. Both abusive when J was young. Father worse than mother. Mother wants dog just like Pistol. Discussed her mother's [role] in father's abuse. He abused all of them but she allowed it by staying. Very tearful.

[Redacted]

October 29th, 2012:

Doesn't like being followed by paparazzi. Wants to go on location w/ J but doesn't know how to hide. Talked about ways she can dress so cameras don't pick up as well. Tired of hiding. Tried making jokes about ways and lengths they go to hide. Heard there's a lot of money being offered for photo of them together. Still claims J thinks it's best to wait. Makes it a game to hide. A buying into it. J's friends bad influence. A doesn't like MM. Talks badly about women, does a lot of drugs.

November 1st, 2012:

Schedule is going to start getting hectic again. Filming soon. Has a lot to do before shoot. Wants to keep doing sessions but not sure how often can make it. Afraid of not talking to me. Has been anxious about roll. Working on voice and accent. J not around. Doesn't want to feel dependent on hearing from him to be calm. Wants to schedule appts but not sure when. Asked me to connect w/ assistant to schedule.

November 15th, 2012:

Feeling stress about holidays and shoot. Parents coming for X-mas. Always worried about Dad drinking and causing problems. Discussed Al-anon, ways to deal w/ his drinking – Don't engage. Has trouble doing that when he verbally attacks sister and mother. J winds up drinking w/ dad. Father misogynist – says horrible things about how women should be treated to J. Sometimes J becomes verbally and sexually abusive after spending time w/ father. Has thrown her on bed and had “angry sex” If he's drunk can't perform and gets angrier. Blames her for impotence. She feels responsible. Discussed addicts not taking responsibility for their actions. Blaming others so they don't need to own their behavior.

November 28th, 2012:

Continued discussing addict behavior. That she didn't cause and therefore can't fix the problem. Talked about going to couples therapy. J says he has a psychiatrist and maybe they can see him. A doesn't think he sees the psychiatrist very often. Not sure if he gets pills from him. Thinks psychiatrist is just another “yes man” because J is rich and famous. Told her to ask if he would be willing to see an independent 3rd party for therapy.

December 20th, 2012:

Extremely concerned about sister and parents. Will be spending holidays w/ them, J's fam and kids. J got drunk and passed out on couch. Left him there and went to bed. Felt proud of herself for not trying to make it okay for him but bad at the same time. Discussed change is difficult. Nothing changes if she always does the same thing. No consequences means nothing changes.

March 7th, 2013:

Going public w/ relationship. Not making big deal. Feels relieved doesn't need to sneak around anymore. J's drinking and drugging again. Went to Rolling Stones concert and didn't ask her. Felt very hurt that he would leave her out knowing she loves the Stones. Kept asking why he would do that. Feels uncared for and unloved when he does those things. Feels punished for complaining about his using. Discussed addiction and DV, emotional abuse and control. Says she understands codependency but is having trouble getting the [issue?] in her heart. Sure she can change him.

March 11th, 2013:

Still distraught by J's behavior. Tabloid saying he broke up w/ V to be w/ A. Saying A broke up w/ T to be w/ J. Trying to understand why they make things up and who reads it. People are saying vicious things about her. Hurt her feelings because they don't know her. Discussed putting up better boundaries and going on offense. Says never very good at ignoring people or defending herself. J says ignore it but she wants people to know the truth. Studios protect J but not her. Word of J's drunkenness and drugs hardly ever make tabloids. No one knows how many times he has thrown things at her and other people or shown up late to call times because of drugs and alcohol.

March 18th, 2013:

Mom telling her to not be so hard on J to go along more. Got angry w/ her because of what happened since mom did that w/ dad. Asked why she was with J given his behavior. Says she loves him and feels if things were more stable between them he would get better. Checked to determine if abuse was ever directed at children. A said not that she ever saw. Said children were not usually present when J hit or belittled her. [Amber stated?] he threw her against a wall and threatened to kill her while they were at her apt. Landlord called police but told them everything was fine. Pointed out her behavior was paralleling her mom's and she can't "fix" J.

Going to be working a lot soon. Has a lot of public appearances and shooting some shorter films. Also ad campaign shoot. Having hair issues because of dying.

Not getting good scripts and worried about work. May shoot film w/ JF but not sure she likes project. J being nice and loving again. Sorry he hurt her. A acknowledges she screamed back and put him down. Doesn't know what to do when he is out of control. Asked if she could leave, go someplace safe. Said she could go to a friend. Again asked why she wants to be w/ him. What does she love about him? Made some statements about "the good J." Pointed out the bad one comes w/ the good one.

March 25th, 2013:

Had a panic attack but was able to use relaxation techniques to calm herself down. Next few months will be hectic because of shoots and schedule. Will be out of town a lot and is tired of it. Feels movie is a good opportunity but doesn't care for it. Has been considered for a number of projects. Not offered one she liked but may get a "Big Popcorn" movie. Agent telling her would be good exposure. Not sure she wants it. Birthday next month and feels good parts will be harder to get.

April 1st, 2013:

Talked about sadness re: leaving town again. Glad to have work and will be able to spend some time w/ J. Has been reading a lot about alcoholism, abuse and childhood trauma. Helps having intellectual [missing line] into body. Feeling are more important. Info and knowing/understanding only go so far. Feels if she can understand it will be easier to deal with her stuff and J. Informed her no amount of understanding makes behavior "ok." Great to understand but people have to be held accountable for their behavior. Understanding is [sitting?] in her head. Need to connect head and body.

April 8th, 2013:

Worked on breath work and getting feelings throughout body not just in head. Often feels too anxious to process into. Did relaxation in office.

April 11th, 2013:

Going out for her birthday. Glad not to sneak around anymore. Friends are coming and rented a large room in a restaurant. Schedule is going to be crazy again. J drinking and using again. Got nasty and grabbed her arm. Passed out in living room and she left him there. Discussed possibly moving in w/ him and what that would mean for her safety. Friend [iO Tillet Wright] is around more when she's at J's. Expressed concern re: his blackouts and behavior. A thinks he will be better when they live together.

April 30th, 2013:

Had fun on birthday but J and his friends got drunk. He's using more. She stays away when they are using and he gets angry. Always sorry next day. Wants him to see therapist more often. He says he will. Wants her to redo master bedroom before moving in. Thinks its fun to [illegible] as she wants. [Rocky] going to help her.

May 2nd, 2013:

Going to be shooting starting next month. Concerned about being in hotel alone and away from home and therapy. Reminded her she can call if needed. Has a lot of movie related things to do before leaving. J not around much because of work. Seeing friends mostly at home but out some. Running and doing breathing work.

May 8th, 2013:

[Redacted]

She can't make J stop. J has been late and missing work because of drinking and drugs. People, some friends angry about his behavior. Unprofessional. Gets so angry w/ self he burns his skin w/ cigarettes. Tried to get him to stop but he gets angrier. Loves him and wants to help him.

May 13th, 2013:

Having trouble w/ sleeping. Had panic attack. Discussed events leading up to panic. Reminded her if she can talk she has to be breathing. J jealous about her filming w/ other men. Assures him she's faithful but he's unreasonable. Doesn't want her to dress in low cut or tight fitting clothes. Feeling very pressured.

May 23rd, 2013:

Leaving for shoot and won't be back for 2-3 months. Assistant will be w/ her. Friends and sister will visit. J working but will see him and talk on phone. Worried he will use more while she is gone. Suggested trying to find Al-anon meetings when she had down time. Reminded her she could call or schedule phone session when gone. Going on location w/ J for a while too. Will spend some time on his island then come back to LA.

August 1st, 2013:

Really wanted to talk over past months but was busy w/ her work, J's work and appearances. Really happy to be home but leaving again soon. Feels better staying at J's compound because security doesn't allow paparazzi and fans to get in. Friend [iO Tillet Wright] is living in one of the houses because she is broke. Wishes there were not so many other people around – J's "friends." J's using is very bad. She has been yelling at him about drugs and alcohol. He falling down, passing out, and verbal abuse. She screamed at him about public behavior like kissing [Jimmy Kimmel] on TV. Arguments are more frequent and hurting himself and her. Told him she would leave if he didn't stop and get help. She took it back after he promised he would. I told her to stop hiding and emptying bottles as it doesn't help and could make things worse.

August 5th, 2013:

Still arguing but getting a little better. J has been drinking less. Has not blacked out or gotten violent in past few days. Reminded her he has not committed to sobriety and nothing change until he is. She sure he is willing to get better. Having trouble w/ studio because of his actions. She and his sister trying to reason w/ him. A can't stand that his "friends" hang out and want to party. Feels they use J.

August 13th, 2013:

Mom ill. Worried. She and J discussing engagement and marriage. She wants to have children. J onboard. Not sure what to do. Thinks J's daughter is smoking pot and maybe drinking. Afraid to talk to J about it. Says [V?] uses but doesn't know how often.

August 19th, 2013: Late cancel

August 20th, 2013:

Having [anxiety] attacks. Mom better. Things have been quieter at home but always a little on edge. Discussed not knowing when the next shoe might drop so she is hypervigilant. Recommended “Co-Dependent no more” and “Walking on eggshells.” I questioned decision to move in w/ J. Said she thinks it will get better. He’s not drinking as much. Going on location and working is hectic.

January 7th, 2014:

Getting engaged. Holidays ok but J using again. Spent time w/ parents, sister and bf. Saw friends. Getting house ready to move in. Wants to have engagement party but very busy and doesn’t know how to juggle everything. Very stressed. [Rocky] said she’ll help with party. J busy w/ filming and movie. Has been passing out a lot. Fearful he will OD and/or become nasty. Asked if she’s going to Al-anon? Said sometimes but no time. Told to make time. Fears she is failing because can’t get J to be sober. Discussed [codependency] again.

[Redacted.]

January 16th, 2014:

Not public w/ engagement yet but happening this month. Taking photos. Parents helping w/ house. Mostly mom. Dad and J drinking buddies. Upset J is using. Banned father from their room at hotel. [Rocky] helping with food and venue for party. Worried everything won’t get done in time. Did relax in office. Says she is trying to do it at home but it’s hard. [Illegible] helps but not enough. I questioned her willingness to marry J. Said she can help him. Asked how well mom was able to help dad. Said it was different because mom is addict too.

January 20th, 2014:

Life still stressful. Work stuff, house and party. J’s working – music and film. He’s showing up late to work. A tries to get him to not use night before work. Works sometimes. [Rocky] doing good job trying to find venue for party. Very attached and grateful to [Rocky]. Have each other’s backs.

January 23rd, 2014:

Work ramping up. Has been exercising for stress. Helps but not enough. Trouble sleeping. Nightmares. Discussed dream content. J being verbally aggressive. Gets angry if no alcohol. A admits to dumping some. Discussed not doing that. He can always get more and she’s being [codependent]. [Illegible] “able” to go to Al-anon. Will do so before next session. Helps to talk to [iO Tillet Wright] about Al-anon issues.

January 27th, 2014: Late cancel

January 30th, 2014:

Too much to do so couldn't make last session. Schedule is all messed up. Not sleeping well or enough. Very tired and needs to look good for camera. J's sister/mgr causing problems. Sister helps J get drugs and alcohol. A feels too many people support his using. Wants to do something about that but not sure what.

February 3rd, 2014:

Party month away. Invitations out. Then party – vintage. Needs to [illegible]. [Especially?] nice. Too much work to do prior. Worried no one will come but knows that's not true. Most of her friends will be there. J invited people she doesn't care for because they use and he uses more when w/ them. Her family and his are going to be there. Son is great w/ her. Daughter getting better. Discussed pre-nup. J doesn't want one because he says only way one of them leaving marriage is death. I asked if she would sign one. She said yes she has no prob with it. Finds what J said funny and endearing. Asked, given his history, if maybe it's a little scary. Denied being afraid.

February 6th, 2014 – no show

February 12th, 2014:

Said schedule got messed up because of work, party, etc. Too much to do. Feeling stress but only a little anxious. J got drunk. Fell and broke table. Left him there passed out. Found him in bed next AM. Doesn't know if he got there himself or bodyguards helped. Hard to use Al-anon techniques when so many other people are involved in caretaking him. Studios getting more angry at his no shows and behavior. Worried he will behave badly at party.

Handed me invitation to engagement party. Discussed her wanting me to come for support. Explained I don't normally attend those types of events for patients but would think about it.

March 3rd, 2014:

Very anxious. Did breathing and grounding. Asked if having second thoughts about marriage. She said yes but feels she can help J and will have more say over things once they are married. Told her she set president for [illegible] behavior and other's behavior so likely won't change. Became tearful and repeated that she loves him.

March 5th, 2014:

At other end of town so can't get to office. Very busy getting ready for party and shoot next month. Feels it will be fun to dress "old fashioned" for party. Stressed about work but glad to have work. Told her I would make a short appearance at party because it is important to her. Said

only staying for 20 mins. Discussed confidentiality as it applied to situation. Explained issue again.

March 17th, 2014:

Party was nice but angry w/ J. Only stayed short time then went up to a private room and stayed there most of the night. Was drinking and using w/ friends and her father. Tried to get him to come down to see guests multiple times. Had screaming argument re: his behavior. She was w/ people and had good time. Asked me if I had good time. Told her it was very nice.

March 19th, 2014:

Stated she leaves to shoot movie in a couple of days. Can't come to therapy for a while. Re-stated can call if needs to. Worried about part and J's feelings about her working love scenes with [James Franco.] Told him nothing to worry about. Feels he is going to cause problems on set. He will visit but not going to be there most of the time. Doesn't like being in hotel by herself. Sister and [Savannah?] will visit too. Will have [Savannah?] call to schedule appt when she will be back in LA.

May 15th, 2014:

Shoot was difficult. Long hours. Someone posted photo of her w/ JF and J got angry. Had argument. Screaming. Crying. He threatened to break up she assured him nothing was going on. J threw things at her. She left was scared. Went to friend's house. J cut and burned self. Was drunk yelling he was worthless and she didn't love him. Doesn't know what to do when he self mutilates. Told her to call an ambulance. Said she can't do that because press will get hold of it. Same reason she doesn't call police when they fight. Also knows cops won't do anything because he's a celebrity.

May 23rd, 2014:

Parents same. Sister sober. Has bf. Friends are being supportive. J better. Life is busy but feels she's handling it better. Talked to J about how scary his behavior was. He apologized. On his best behavior right now. Again discussed cycle of DV. Going to be gone but wants phone therapy. Set up appointments with assistant.

August 4th, 2014:

Getting ready to leave town again. Decided on wedding date have a lot to do. Looking at gowns. J left planning to her. Got planner. [Rocky] helping. Discussed feelings re: marriage and substance use. Also discussed issues of DV in relationship. Stated J better and not acting out physically. Believes she can manage problems. Suggested getting impartial couple's therapist. J not up for that. Wants to use someone he knows if anyone.

August 7th, 2014:

Very busy. Going out of town. Wedding will be on J's island only a few people. Seems wrapped up in idea of fantasy wedding not realities of relationship problems. Advised problems don't get better, if anything get worse. Sure things will get better once they are actually married because she will have more authority in house. Told her that wasn't realistic.

Said they will actually marry week before wedding because island is in Bahamas and not legal in US. Said she would call when back from trip to schedule appt.

April 1st, 2019:

Returned to therapy. Wanted to come sooner but embarrassed. Severe beatings and worse by J. He refused to allow her to come to therapy with me. Went to "his guy." Got meds but didn't help. Very little talk therapy. J went alone and together. Felt blamed by psychiatrist and J. Thought everything must be her fault so stayed. Only left after attacked her and threw phone at her face.

Tearful said she was afraid to see me because when abuse was happening heard my warning that situation would not get better only worse. Spent majority of session crying. Said J sent messages to his friends about killing her. Remembered he said only way one of them would leave marriage is dead. Terrified of leaving because he could have her killed.

[Redacted]

April 4th, 2019:

[Redacted]

He's also suing newspaper in England. She needs to testify in England but it's attorneys for paper not hers. She had to spend a lot in US for legal. Feels he wants to bankrupt her to get even for her leaving.

Having nightmares about what happened while they were together.

Crying because feels stupid for thinking she would help change him. Feels she failed even though she "knows" that's not true. Wants to stop feeling guilty and responsible for his behavior and using.

Discussed DV and Al-anon issues.

[Redacted]

April 11th, 2019:

[Redacted]

Severely stressed about legal stuff. Costing a fortune. So stressful emotionally. Having nightmares about childhood and J. Discussed fear when J would lose temper, drunk, maybe didn't know what he was doing. Tried to choke her. Went calm to try and reason w/ him. Couldn't fight him off so got very calm and logical.

April 16th, 2019:

Feels she can't function. Still miserable about divorce. Trying to process and its being played out in press/media. Hasn't had time to grieve and now being attacked in tabloids/social media. Sure J's team is planting stories and releasing personal info to make her look bad and take heat off him. Talked about nightmares in Australia when J was filming Pirates. Had 3 days break. They alone – bodyguards and staff gone. J got drunk and used. Got into argument. J grabbed her started hitting her. She tried to get away. Grabbed her by hair slammed her against wall. Started hitting her head against wall. Got away but grabbed her again. J picked up a landline phone and started smashing it against wall next to her while holding her by the throat. Phone cracked into pieces. Took off part of his finger. He let her go and started painting walls with his blood. Remembers blood everywhere. She was crying, screaming, but he wouldn't stop. Whole house was a mess, broken furniture, bottles. Bodyguards came. Someone grabbed her. She was hysterical, crying, shaking. Someone drugged her. Carried her to change clothes. Doesn't remember much after. Now he says she did it says she burned him. She doesn't smoke.

Used RITT to process memory.

May 9th, 2019:

[Redacted]

Angry with dad. Heard him tell J women need to know whose boss – put them in their place.

Told mom about some of abuse by J. She said he wouldn't do that if he didn't love her. Told mom that's not love.

Has more insight into how/why she put up w/ abuse.

[Redacted]

June 13th, 2019:

Depressed about still feeling sick and having to go through journals to prep for court. Feels not fair she has to re-live whole relationship w/ J over and over. Feels she never got to grieve and heal.

Read book "Body Remembers" 2 times. Saw herself in book and how abnormal became familiar to her.

[Redacted]

July 10th, 2019:

Reading journals sees pattern of good times and bad times. J's behavior so up and down. Good J/Bad J. Flipped quickly. Discussed labile behavior. Explained. Could be drugs and alcohol. Could be mental illness ie: Bipolar or brain damage or both. [Amber] very interested in brain. Concerned something is wrong with her brain. Assured there was no evidence of that over years. Problems due to family dynamics. Feels "broken."

July 16th, 2019:

Really needs to come to therapy but has too many meetings w/ attorneys and reading to do. Feels sick re-reading journals. Crying talking about how much she wanted things to be different. Thought it would be different with [Elon Musk]. Had family mealtime w/ kids. He shares custody w/ ex but kids mostly at his house.

September 14th, 2019:

Nightmares about J, being trapped, family getting hurt. Processed memory from childhood. Dad hitting mom. Paralleled to J's behavior. Being retraumatized reading journals and being in deposition. Trial prep very stressful.

[Redacted]

October 7th, 2019:

Back and forth to NY. Shaky. Remembering more about abuse before and during marriage.

[Redacted]

October 14th, 2019:

Spent 8 hrs with Dawn Hughes discussing events w/ J throughout marriage and before. Second session w/ her re: lawsuit. Discussed what was said to DH and that she had not talked about many events prior. Discussed incident when J was in desert. He drunk and stoned. Thought she was hiding his drugs, grabbed her, stripped her, did what he called a "cavity search." Went into detail while doing grounding and breathing. Maintain eye contact.

October 18th, 2019:

Consult w/ Dawn Hughes re: Amber for lawsuit re: Johnny.

1hr2m

November 16th, 2019:

Tough shoot schedule. Today many lawyer calls. Dawn cleared up some stuff. Had 3-8hr sessions trying to remember events and chronology. Remembering very traumatic events, feels sick, feels she provoked – got her hit but knows not good thing to say.

Still feels responsible for his behavior if she had or had not said or done something different. Blames herself for getting angry.

Compared serial killers with serial abusers. Help her get logic of knowing she did not beat him or “force him to beat her” with feelings of responsibility.

December 11th, 2019:

[Redacted]

Career going downhill because of all negative publicity.

December 17th, 2019:

Had panic attack due to mold of her head that needed to be made for film she’s on. Wrapped her head in plastic w/ only holes for nostrils. Then poured plastic over her head and had to sit there while it dried. Normalized fear of suffocation and sensory deprivation. Explained it was compounded by feeling like a prisoner w/ J. Said she used techniques we practiced in order to calm herself. Also held hand of one of the women to ground herself.

Discussed grounding techniques.