

Connell Cowan
Proffer Exhibit R
Depp v. Heard
CL-2019-0002911

PSYCHOTHERAPY PROGRESS NOTES

meds - abilify 5, reventin 100, melatonin

Name: Amber Heard

Date of Service 8/26/14 Length of Session 2 hrs.

Modality ind. therapy

Cognitive Processes tracks well, articulated

Body Language calm, good eye contact

Behavior Functioning arrived 20 min. late and left 10 min early. Had another appt. scheduled
Mood/Affect Amber is anxious about her future in SD. Insecure. Wants to be wanted badly
Medical Condition is stable at present.

Substance Use occasional alcohol

New Issues will be out of the country for 2 wks.

Risk Assessment _____

Goals went over need to establish healthy, solo self soothing.

Interventions session ended prematurely in that she had a call back and had traffic concerns

Note Unstable mood. Popover it? Will see her again tomorrow to discuss possible accommodation by a nurse to London and have her sign per nurse to treat. Will also arrange video for contact later in the week via Viber or Skype.



Proscribed alcohol - mood
instability, - crashes
Then used Cocaine - at 18
Depress - since 15
crushing anxiety - was medicated.

Father violent heroin user and
pankettas, alcohol -
did to his son of long mother

Age 28

was 27 w/o sister - older 1/2 sister

Mother - 1st mutant

Dropped out of HS. Came to LA
suicidal thoughts - end work 20 -
Keller. Once then

Supports family - father unemployed / mother

Both need full time work

Had US visa net for 5 years.

panic attacks -

3 years we net for 2 yrs.

lost 1/2 - alcohol abuse -

Diagnosed w/ narcolepsy - Provigil

Fight over using - (his) I have a short fuse
get impatient - I always get the worst
of F's abuse.

3 months ago - left him because
of his using.

Amber - 10/2/14
8/27/14

Agenda: need to get permission to talk to Dr. Kipper (got Amber's permission) discuss advisability of Amber being accompanied by one of Dr. K's nurses spent much time detailing history and understanding status and conflict in her relationship with S.D.

Gave Amber some specific conflict reducing tools. she has insight into her short temper and insecurities.

Discussed in detail self soothing that focuses on an internal focus. she has no effective self soothing technique other than to engage S.D. in conversations.

She and S.D. met w/ Kipper late that afternoon.

In an attempt to maintain contact I sent her the accompanying email.

Heard from Kipper that they got off together for London.

I await her call or text.

From: **connell cowan** concowan@gmail.com
Subject: Check-in
Date: August 28, 2014 at 10:01 AM
To: **Amber Heard** arrowsarc@icloud.com



Hi Amber,

Please give me a call today and let me know how you are.

I spoke with Dr. Kipper yesterday after your meeting with him and understand things got heated. I'm sorry these times are so painful and difficult, but I do believe there can be smoother times ahead for you. You will get through this and come out the better for it. Believe in yourself. Come from strength even when you don't feel it.

Hope I hear from you today Amber.

By the way, are you now on Viber? I checked and didn't see your name in the directory.

Connell

Connell Cowan PhD
concowan@gmail.com

August 20

after tumultuous flight; Amber did go to London.

We are doing this session over Viber. Feel that I've established enough face to face contact & na that this can be effective.

Focus today on independent, healthy self soothing.

Also plan to explore her feelings about SD and his daughter.

Common conflict themes - drinking, us, being late (hours), not showing up, support career.

SD is very threatened by career, particularly any kind of romantic scenes she has to do.

Her movie & J.F. precipitated a drinking binge that put SD in the hospital. Everyone around J seems to be intimidated by his power and money. No one stands up to him.

Will work on better ways of communicating; & J that honor A but don't act as triggers for conflict and anger.

His narcissism presents enormous challenges for her as she's had to construct his own world.

Will speak to Amber again Monday.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heas

Date of Service 9.1.14 Length of Session 160 min.

Modality Individual psychotherapy

Cognitive Processes normal functioning

Body Language unremarkable

Behavior Functioning adequate

Mood/Affect anxious / dysthymic

Medical Condition N/A

Substance Use none

miss
the
to

New Issues loneliness, performance, rel. stress

Risk Assessment low

Goals Emotional Regulation

Interventions _____

Note Amber dealing with the various stresses of being out of the country. Discussed issues of performance, insecurity, and the pressure involved in maintaining a relationship with geographic separations.

Sept 3, 2014

Amber calm, focused and feeling good this morning.

Her relationship with J continues to be conflict free.

Amber discussed issues related to not being tapped cast which has been frustrating and a source of conflict with J.

Her separation outlet has been drawing and painting. Interestingly she is only able to do her art when she is feeling good. This precipitated a discussion of her experiences with depression.

Clearly, there exists important feelings of insecurity and inadequacy. Amber is embarrassed about her having dropped out of HS and has been taking online courses recently in history & religion.

She complains about the roles she has played but has never explored theater which might expand how she is cast. Apparently she has felt they were not justifications enough for her to consider.

It is hard comparing herself and her career to J's. High bar. Possibly unrealistic very hard for her to talk about.

Encouraged her to try drawing or painting when she is blue.

Sept 5 2014

Amber is anxious this AM. Was to travel to NYC for a job. Will be away 3 days. Being alone is always hard for a man for these few days. Not proud of the job she is to do but has agreed to do it for the money.

Money was central to our discussion today. She has been supporting her M + F for a number of years. She doesn't take money from J even though he has offered it to her. Very independent in this way as she was in her last rel. in the woman-partner whom she supported.

Mother wants to retire and Amber has offered to support them entirely. I suggested she should really think all of that financial commitment through more clearly. Obvious people see her as having financial means because of her rel. to J. Mother is only 58 y/o. Big decision. This is clearly a source of her anxiety. Also discussed Amber's proposed wedding. Pre-nup?? Nothing planned or in place. She is ambivalent about it.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Pearl

Date of Service 9/8/14 Length of Session 60 min

Modality Ind. psychotherapy

Cognitive Processes _____

Body Language N/A

Behavior Functioning _____

Mood/Affect anxious, insomnia

Medical Condition N/A

Substance Use none

New Issues _____

Risk Assessment low

Goals _____

Interventions Amber anxious and having difficulty sleeping. Discussed how she deals w uncertainty

Note and having to function alone, she's been having very bad dreams (anxiety dreams) locked in a room w bugs (has a bug phobia) and only one door, knob is covered w insects. Gave her a way of dealing w the dreams and discussed active

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service 9/10/14 Length of Session 60 min

Modality ind. & therapy

Cognitive Processes _____

Body Language _____

Behavior Functioning _____

Mood/Affect Amber talks about how connected

Medical Condition to having taken a job in Savannah

Substance Use begin in late Oct and last 5 weeks

New Issues she doesn't do well in being alone and is

anxious about
Risk Assessment doing that in GA + wants to bring

someone along. Focus has been on giving her specific

self-soothing techniques and means of dealing with
Interventions nightmares. Progress in her bad dreams.

she has said JD has reacted more positively
Note to her taking this job than usual. She seemed pleased
and relieved. Keiper called, leaving message that
something was wrong. Will speak to him tonight.

9.10.10

Phone conference w Dr. Kipper this AM.
J.D's nurse reports that Amber has been
"witchy" & her. J is obviously comfortable
and attached to Debbie and likes to
include her in most of their activities.
Although Amber has never mentioned Debbie
or any sort of animosity to their relationship,
it is likely she may be jealous and
threatened by their closeness.

Issue: They are planning a trip to see S
of France where J has a compound.

Should Debbie go along?

I asked K if he thought JD was ready
to have a few days alone and he said
he was.

I suggested then that Debbie stay in
London and to let Amber and J
go on this weekend alone.

We shall see how all turns out.

The tool I gave K to give J is to
not suggest if Amber gets angry or
attacks and to bring and describe
the retort to me.

Possible that Amber may be more
insecure than she describes to me. Feel
they need some time alone and a
third party.

PSYCHOTHERAPY PROGRESS NOTES

Name: A. Heavis

Date of Service 9.12.14 Length of Session _____

Modality _____

Cognitive Processes Spoke to A about her med's,
sleep, rel to Eric, her nurse, and JD's nurse
Body Language she seems to be tolerating med's well. Even in the

Behavior Functioning introduction of Latnaa.

Mood/Affect A seems to have created a nice bond with Eric. She
also spoke with JD as being able

Medical Condition to deal with in a constructive way. Earlier phone

Substance Use conference with Dr. K indicated some discomfort with Debbie
that was certainly not present when
we spoke.

New Issues Amber is very anxious + stressed about

Risk Assessment work taken on a job that will require a separation

Goals from J. Past separations have not had good outcomes.

Interventions made suggestion that she prepare and fill in as much

Note detail as she can. Unknown/uncertainty fuels
her already intense separation anxiety. As per

my suggestion they (A, her sister and J) are spending

the weekend alone together.

Will talk again Monday.

Passed along my impressions to Dr. K by phone

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Wend

Date of Service 9/15/14 Length of Session 60 min

Modality _____

Cognitive Processes Although still anxious, Amber

reported having had a good weekend in ID.

Body Language

Quiet, uneventful. Behavior Functioning She did report that she is concerned

about her Xanax usage.

Mood/Affect is a mix of Xanax, ativan, Klonopin abuse

and personality change.

Medical Condition A is afraid this may happen again.

Talked about her symptoms being "less" and this as a process.

Substance Use

and that while not perfect & going in the right direction. Patience.

New Issues She spoke about feeling sluggish in the

AM until her end of Provigil. Also spoke of feeling vertigo

Risk Assessment

like symptoms and no less anxious while driving.

Goals increasing the medication. Asked that

she discuss all with Dr. K who she will speak to today.

Interventions

In encouraging A to trust J's recovery process

and discussed the importance of support; the support she

Note

Discussed A's interest in her continuing education

she's having some frustration in an instructor encourage

her not to drop the class but work the issues through

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Beard
Date of Service 9.19.14 Length of Session 60 min
Modality individual psychotherapy
Cognitive Processes not an issue
Body Language unremarkable
Behavior Functioning adequate
Mood/Affect anxious, irritable
Medical Condition none reported
Substance Use none reported
New Issues _____
Risk Assessment low
Goals mood stabilization
Interventions _____

Note Amber continues to suffer sleep disturbances and energy slumps in the AM. Expressed considerable fear in terms of the solidity of her relationships. Extreme co-dependent issues bases upon fear of loss rather than feelings of comfort and acceptance.

AMBER HEARD PROCESS NOTES

9/17/14

Spoke to Amber this am. She reports feeling calmer and is pleased with her state of mind. We went over her meds (she met with Dr. Kipper yesterday and he has backed off on the Neurontin at night. We shall see if this leaves her less groggy in the morning, but still able to get a good sleep. All the other meds remain the same.

Amber is still anxious about going to Savannah for the movie. The plan is to fill in all the details she can before going. This is an imperfect plan for some of the logistics are not in her control, which is upsetting. That level of upset she will learn to deal with.

We discussed her frustration with her career. Also discussed some of the difficulties with bringing along an assistant to the shoot in October. My impression is that her relationship with J is much smoother. He continues to be supportive to her doing the movie. We discussed trying to lay in plans for visits while she is on location.

Amber reports using some of the tools I've given her actively and with good results. She seems pleased with herself, more confident.

She will be back in Los Angeles next Tuesday for a few days so will get some face time.

Sept 19 2014

AH. Talked today about loss.
How she handles it & anger over
the hunt.
She tends to dwell and relive old
hurtful events i.e., I having gone
through an abortion years ago & a woman
Aubrey's first reaction to this news was
anger which she didn't include.
Instead she felt sad. Progress.
She's actively using some of the things
we've been discussing.

Dealt with many examples of where A
has used anger to stave off sadness.
Feel as though she really gets this
and is putting it to good use.

Explored A's feelings about the large
age difference between her and S.
She is returning to LA Tuesday.
Will she be next Wed 2 + 2 ^{PM}

Note: Amber Heard

Phone consult with Dr. Kipper

September 28, 2014

Dr. Kipper has both Amber Heard and JD in his care. To facilitate their care his nursing staff is close by and travels with them.

With regard to Amber, Kipper thinks this close supervision is important in terms of continuity of care and Amber's emotional support. I very much agree with this in that having a sounding board around to run thoughts and reactions with is helpful to her.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service Sept 29, 2014 Length of Session 60 min.

Modality Individual psychotherapy

Cognitive Processes normal / adequate

Body Language _____

Behavior Functioning tends towards being reactive

Mood/Affect anxious, insecure

Medical Condition _____

Substance Use none reported

New Issues _____

Risk Assessment low

Goals more effective self soothing

Interventions self soothing exercises.

Discussed arousal and amber's typical M.O. of fight or flight. Clearly, she has few resources available to her that allow her to be calming and reassuring to herself.

Arrived very late for her appointment and appts have been difficult to schedule. Concerned that this may become a trend. Discussed -

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service Oct 18, 2014 Length of Session 120 min

Modality Individual Psychotherapy

Cognitive Processes normal

Body Language normal

Behavior Functioning normal

Mood/Affect intermittent anxiety

Medical Condition — reported having severe

Substance Use is Kipper. She will speak

New Issues Amber is working out of the city.

Risk Assessment low.

Goals It has been very hard to stay in

Interventions contact to Amber - working in Miss. and ^{having} ~~to~~

Savannah and Erin (Kipper's nurse) work

her has helped stabilize her world.

Note Amber is Oct Amber understood working and

dealing effectively in her relationship. Have exchanged

a number of texts but had difficulty connecting to her.

We did connect this day. Amber is very

upset about her relationships. Will explore

in greater detail and try and link up some of

her past experiences and common conflict resolvers

Note: have suggestions that Amber bring JD in for a joint session.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard
Date of Service 11.3.14 Length of Session 60 min
Modality Individual Psychotherapy
Cognitive Processes normal/adequate
Body Language N/A
Behavior Functioning stren, unstable mood
Mood/Affect anxious/depressed
Medical Condition Sleep disturbances
Substance Use were reported
New Issues Relationship disturbance
Risk Assessment moderate - amber can be impulsive
Goals stabilize mood

Interventions During this past month, there has been a good deal of turmoil in A's rel. to JD. Underlying, and chronic distrust on her part has been exacerbated by Amber's sometimes inconsistent communication patterns. This relationship is clearly a toxic one for both parties - neither Amber or JD is able to feel safe. Mutual co-dependent issues on both parts. Will continue to explore.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service 11/8/14 Length of Session 60 minutes

Modality Int. psychotherapy

Cognitive Processes adequate

Body Language unremarkable

Behavior Functioning adequate

Mood/Affect anxious / unstable

Medical Condition ---

Substance Use ---

New Issues Exchanged texts Amber 11/7

telling me that I had broken up her. Reported that he was "narcissistic" and "probably drinking"

Risk Assessment

Goals

Interventions

During these (pressed Amber about what she's down/ her version of flight) or mixes it up

Note

SD (her version of fight). Trying to introduce more effective tools for her to use during conflict in her texts to check certain info so as to not upset I but her lack of transparency only inflame the situation. Joint Benin A/SD. He was very provocative and angry with her. Unproductive and he aborted the session.

Exchange with Amber post joint meeting with JD.

11/8/14

Amber, so sorry our time together didn't go better. So much hurt and distrust in the mix. Both sides. Just want you to know that you didn't do anything to provoke him today. It's very hard for Johnny to stay on the vulnerable side instead of armoring up. Hope he will stay in therapy and get the skills to deal with his feelings more constructively. He's hurt and will have to find ways to heal himself. Maybe down the road the three of us can get together again. Not sure that he's ready to do that at this point even though it would be helpful. It's very important for you to trust yourself, be straight, and believe you are strong enough to deal with what comes. It takes ten thousand truths to keep a house up and only one lie to bring it down. Get your point on context totally, but the only way to make sure he doesn't attach fear and distrust to you is to be painfully transparent. For now let Johnny work on himself and you do the same. I'm around. Call or text me tomorrow and we'll make a plan to talk or get together. Be strong and believe in yourself. I do.

Thank you for your text. It means a lot to me.

I'm really upset that it appeared to "fail".... I had hopes of it helping. And no doubt, one day it could. But I agree, I don't think he's ready. He is like a child in many ways. With very little foresight and a hairline trigger that only he knows he's tripped.

I love him more than anything but he is really difficult...

My heart and body are simply exhausted from this battle.

I really hope you can help me figure out how I can COPE with him. Despite his state.

I hope I can build our 'house' again. I'm homesick.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service 11/11/14 Length of Session 60 min

Modality Ind. Psychotherapy

Cognitive Processes Adequate

Body Language agitated / anxious / unstable

Behavior Functioning Use focusing easily

Mood/Affect fearful / Depressed

Medical Condition —

Substance Use —

New Issues JD left after one joint session attempt

Risk Assessment Amber has not yet heard from him although

Goals she thinks she knows where he is - WAH, Studio

Interventions We spent most of our time today going over the joint meeting and understanding their individual contributions to the result.

Note Amber is terrified during these moments that she will lose the rel. e. J Her strategists call and ask that he come back. She was not provocative here and she encouraged her to let him process the event and for her to practice soothing herself without making him a part of the codependent strategies

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service 11.13.14 Length of Session 60 min

Modality Individual psychotherapy

Cognitive Processes normal

Body Language normal

Behavior Functioning normal

Mood/Affect anxious and distressed

Medical Condition sleep disturbance

Substance Use none reported

New Issues Dealing feelings stimulated by

being separate from JD

Risk Assessment unstable mood

Goals stabilize mood/emotional modulation

Interventions Spent today's session rehashing

the joint meeting A/JD. Made the suggestion

that they see someone together other than

me. Amber is feeling very low and afraid

of being abandoned. Discussed the toxic

and addictive qualities mentioned in the rel.

note

Note: Amber Heard

November 14/14

Amber sent me the following text message from JD. Clearly, he is reaching out (sent to Amber's sister who he knew would forward the message to Amber).

Hey, sweet Sis...

Thank you, honey... How is my little girl???

Fuck...?I miss her so much !!! Ha!

Don't know why, but... somehow... I make her miserable and then the shit-storm commences... And, as you well know... She goes for the jugular... And doesn't stop until she feels that she successfully provoked me to feel true rage and profound sadness... That is no way for anyone to live...

I have only wanted her to work on her self, not just for us, but, of course, for her!!!

I can't tell you how fucked and sad I felt when she flat out lied to me ... TO MY FUCKING FACE!!! And also, when I was not in Georgia...!!!

What would she do if I did that???

WE ARE 3 GODDAM YEARS DOWN OUR CHOSEN ROAD!!!

How many times did she, not just avoid the truth to protect me from unpleasanties that she would rather I had no knowledge of???

She was my best friend... And then it's been battle after battle... When lies and untruths become standard fare!!

I don't know what's up... I do know that I miss her and love her...

Thanks, angel...

Lovey

I want her to be happy!!!

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service 11/17/14 Length of Session _____

Modality _____

Cognitive Processes _____

Body Language _____

Behavior Functioning _____

Mood/Affect _____

Medical Condition _____

Substance Use _____

New Issues _____

Risk Assessment _____

Goals _____

Interventions _____

Note Amber was a no show for today's appointment. Tardiness and juggling time management effectively are issues.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heav

Date of Service 11.25.14 Length of Session 60 min

Modality Individual Psychotherapy

Cognitive Processes _____

Body Language _____

Behavior Functioning _____

Mood/Affect _____

Medical Condition _____

Substance Use _____

New Issues Amber is in J's mother's car

Risk Assessment to the hospital, she is going

Goals with him.

Interventions Minded her session again today. Have been in contact with

Note Amber by phone and text.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service 12.8.14 Length of Session 60 minutes

Modality Individual psychotherapy

Cognitive Processes seems a bit scattered.

Body Language N/A

Behavior Functioning ?

Mood/Affect stressed

Medical Condition Amber is very stressed in her relationship i.e. Have had a hard time getting and getting her to keep to

Substance Use ?
New Issues appointments.

Risk Assessment ? Amber is still having trouble

Goals sleeping and concomitantly, she has trouble
Interventions getting up and fulfilling the responsibilities
of the day. Her difficulty in modulating

Note emotionalities compromises her
well being. She has some sort of
respiratory illness and is home resting.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service 12.19.14 Length of Session 60 min

Modality Ind. psychotherapy

Cognitive Processes Adequate

Body Language unremarkable.

Behavior Functioning Adequate

Mood/Affect anxious

Medical Condition respiratory issues appear

to be resolved

Substance Use None reported

New Issues Its very difficult for Amber to take

a deep breath and slip out of crisis/chaos mode

Risk Assessment

We had window open for that today. Amber

Goals

gave in detail about her unstructured

Interventions

childhood. No firm boundaries, a weak,

Note

ineffectual mother and a very volatile and abusive father. Both mother and father are/
are a long history of drug abuse. Amber
was also had to endure physical abuse from
her father. Amber is very protective of
her mother and contributes monthly to
their support. Her older (half sister) has no
relationship with her father.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Aears

Date of Service 12.23.14 Length of Session 60 min

Modality Individual Psychotherapy

Cognitive Processes _____

Body Language _____

Behavior Functioning _____

Mood/Affect _____

Medical Condition _____

Substance Use _____

New Issues _____

Risk Assessment _____

Goals _____

Interventions _____

Note Amber forgot our appointment.
Send me a text saying she was sorry after
I contacted her, she was Christmas
shopping w JD's children and forget.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service 12.29.14 Length of Session 60 minutes

Modality DBA, psychotherapy

Cognitive Processes Adequate

Body Language — same session

Behavior Functioning Adequate

Mood/Affect seemed more centered and focused.

Less anxious.
Medical Condition — none reported

Substance Use none reported -

New Issues Holiday plans

Risk Assessment low

Goals create a menu of joints, cobbled

together plan for New Year's Eve. Make
Interventions specific suggestions for how to approach.

Note These conversations are laced with
humor typically in that they include choice
of guests included, issues of alcohol
and timing.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service 1.13.14 Length of Session 60 min

Modality Individual psychotherapy

Cognitive Processes adequate/normal

Body Language unremarkable

Behavior Functioning adequate/normal

Mood/Affect lighter mood today, feels less anxious

Medical Condition —

Substance Use none reported.

New Issues —

Risk Assessment low

Goals Emotional regulation and reduced

volatility in her relationships w/ SD, parents, sister

Interventions

Amber is about to go to England. Typically, her
going away and working leads to communication
breakdowns, suspicion, anger, sadness and
distress. Discussed how to best approach
this. Hope she can put that to some
use.

I was just about to text you to tell you things were much better!!!! We talked as soon as I got home.

I did everything you suggested - remembered everything you said - it worked.

The conversation went completely differently --

Thank you so much. From the bottom of my heart.

Text from Amber 1/13/15
She is starting to put what we've
been working on so hard into action.
The days ahead will still be
challenging in that they will be
separated while she is shooting
in London.

Amber to fly to Tokyo
after her shoot to meet JD
who is doing press there.

PSYCHOTHERAPY PROGRESS NOTES

Phone/text

Name: Amber Heard

Date of Service 1.28.15 Length of Session 60 min.

Modality Ind. psychotherapy

Cognitive Processes adequate/normal

Body Language unremarkable

Behavior Functioning adequate/normal

Mood/Affect anxious/agitated

Medical Condition —

Substance Use None reported

New Issues In the midst of this stormy, chaotic

relationship, Amber + JD are planning a wedding.

Risk Assessment Amber + JD are planning a wedding.

Amber sees J's sister as an obstacle (apparently,

Goals Amber sees J's sister as an obstacle (apparently,

this woman has never liked or approved of Amber

Interventions this woman has never liked or approved of Amber

and yet has been placed in the position of being

the wedding planner of sorts. Amber unhappy.

Note the wedding planner of sorts. Amber unhappy.

J wants a prenup. They both sought

representation to effect this

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard
 Date of Service 2.24.15 Length of Session 60 minutes
 Modality Individual psychotherapy
 Cognitive Processes normal
 Body Language unremarkable
 Behavior Functioning normal
 Mood/Affect anxious
 Medical Condition —
 Substance Use none reported
 New Issues —
 Risk Assessment low
 Goals —
 Interventions —

Apparently 5 first Amber's group lawyers
 and they got married without one on an
 island property of J's. Afraid marriage will
 not provide any solution to this toxic rel.
 Hard being the spoilsport at a time that should
 be celebratory. I think this is just a slow
 moving crash. Issues of sobriety and
 trust have not be resolved. Toxic situation like

Moelle: 3.8.15

Amber Heard

Very difficult maintaining continuity of care with Amber. Her travel schedule has prevented any meaningful communication.

Amber is a JD - Australia where he is working.

Difficult to match times but not impossible - concerned that she hasn't made more effort to make this happen. Have exchanged a number of texts.

They are fighting - relationship is volatile and destructive to any sense of growing trust. Her coping skills seem minimal - talks about feeling lost and not knowing what to do.

Trying to arrange an actual conversation to evaluate.

Big event that turned angry - trying to tie together the specifics. They are both volatile and she doesn't back down when confronted. Understand he was injured his hand.

Text to A
3/19/15

Amber, I know you're discouraged and feeling lost right now. I don't know what's going on but I do know that. You have two choices here: you can isolate or you can reach out. I know how much you want to change. You want to do something that moves in the right direction? Call me. Together we can pick our way through whatever is going on. Now is the time to be kind to yourself, not angry. Pick up the phone Amber.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service 3.11.18 Length of Session 60 min

Modality Individual psychotherapy

Cognitive Processes Distracted/agitated

Body Language —

Behavior Functioning —

Mood/Affect Very anxious and distressed.

Medical Condition Asks that she check in with Dr. Kipke

Perhaps needs some changes in her meds.

Substance Use None reported

New Issues —

Risk Assessment low

Goals —

Interventions Amber continues to spin around

the same constellation of chronic issues. Her

coping skills for most are adequate but she is

still having great difficulty maintaining any

consistent, calm relationship with JD. We

continue to look for ways to make that rel.

feel safer for them both. Amber is very

motivated to try and make critical changes

in her life but alternates between being

hopeful and isolation and fearful.

3 12 15

Note Amber sent me from Dr. Kuppel

Amber, I am very upset. I promised to communicate with you after Johnny's visit with the specialist this morning. I organized an appointment with the hand specialist with all the manipulation of their office scheduling to accommodate us, including security and my scheduling changes, only to learn upon arrival at Sweetzer this morning that io went to the house last night and engaged with him until 5am. Because of this he was so compromised from not sleeping that we couldn't get him to the appointment this morning (this is after putting him in the car, taking him to the doctor's office, but then turning around since he was not capable of interacting normally). Because of this I had to reschedule his appointment for tomorrow and push his surgery back which involves changing my appointments, personal and professional, to accommodate his need to get his hand repaired. Since Debbie and Erin are now away the nursing care (a nurse that works regularly with us) must also change her plans to accommodate the situation. I am committed to caring for both of you but this was very inappropriate to have compromised all that has gone into making these arrangements - for his care and everyone else's time. If you truly love this man please respect the issues that will allow him to get the care he needs. Also, I am confused. If you are convinced that all problems between the two of you stem from his drug abuse why would you have participated with mushrooms on the island during the wedding and Ecstasy in Australia? I want to help you both so please help me.

David, You once told me that no one was to blame for Johnny's behavior or decisions, other than Johnny. And I have to say that if Johnny stayed up, or was too drunk/ messed up to engage in his appt. this morning then it's Johnny's fault only. io took it upon herself to go there- I did NOT ask her to go. She went in a moment of fear for me because she has never seen me so upset or lost.....as she explained to me this morning. I did not ask her to go and frankly I was too upset last night to try and stop her (our SOBER MUTUAL friend) from getting clarity on how to best understand the situation. I couldn't stop her and frankly I barely registered that she left to go over there (as I was being talked down from a panic attack on the floor of my bathroom).

A's response

She did not keep him up. Or make him drink.

Nor did I.

In fact, she and the other two people there were trying to calm him down and talk him into sleep for hours.

I have respected your advice to leave him alone. Completely. I haven't even texted him. And have trusted your care and direction, despite how confusing and scary it is at times.

Last night when we spoke I was upset primarily because I had expectations to get some clarity on what was going on - what the plan was (set boundaries...

abandon them?... etc) - what your perspective was (complete relapse, move on...?) but felt I was being shut down and out.
I continue to feel alienated and confused. On top of having the man I love fall into relapse.

So of course, i was upset but No excuse for allowing it to somehow upset you too.

Name:

Amber Heard

3.14.15

Amber and I have been apart which brings up all of A's issues around attachment, co-dependency, and abandonment.

Have had phone and text contacts with her trying to keep her calm and letting her have this time alone in peace.

Despite all efforts, she continues to be unable to effectively regulate her emotions.

315.15

Text exchange Amber Howard

A He send me a message saying he wants to talk

CC You might consider saying you don't want anything to interfere with his surgery, that you want to talk too, but that maybe you should wait until after the surgery. As you probably know, Kipper has terminated his treatment of Johnny. While it may be tempting to reach out to J, I think it's important to lay low, keep to yourself, and let J play this out in whatever way he needs to. If you want to discuss, call me.

A I'll cal you later.
He came over to talk yesterday. Was ok when it was 7:30 but he showed up at 1:30 pretty fucked up. I didn't engage in an argument. Just told him I loved him and hated to see him this way. And that i was his wife but that I couldn't be without him and us getting help.
He left on a peaceful note and I'm pretty sure he's still on the binder he was riding last night- back at his other place.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service 3.23.15 Length of Session 60 min

Modality Individual psych. therapy

Cognitive Processes _____

Body Language _____

Behavior Functioning _____

Mood/Affect Very anxious and distraught.

Medical Condition _____

Substance Use _____

New Issues _____

Risk Assessment Low

Goals _____

Interventions _____

Amber & J still separated but their minimal

Note contact has been civil and calmer.

He had surgery on his hand successful.

Apparently Kipper had terminated his services
due to compliance issues. Those issues have
been resolved. Amber is still concerned
about J's drug usage.

Seems more capable of dealing w/ separation.
Wish to urge them to seek couples counseling

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Deard

Date of Service 3.27.15 Length of Session 60 sec.

Modality DNA psychotherapy

Cognitive Processes normal

Body Language unremarkable

Behavior Functioning normal

Mood/Affect calmer, less anxious

Medical Condition —

Substance Use none reported

New Issues —

Risk Assessment —

Goals —

Interventions —

Amber has managed to have some

Note positive interactions with JD. She

seems to be gaining some degree of strength
and confidence in herself. Issues with
JD's sister persist as do issues between
Amber and her own sister.

A will be traveling again - London and
Denmark. This is always stressful

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service 4.2.15 Length of Session 60 min

Modality IND. psychotherapy

Cognitive Processes normal

Body Language —

Behavior Functioning normal

Mood/Affect focused

Medical Condition —

Substance Use none reported

New Issues —

Risk Assessment low

Goals —

Interventions —

Amber is on location out of the country.
Continues to have sleep issues exacerbated
by jet lag and time changes. Discussed
some performance issues, feelings about being
away from SD, her communication
with Kim. I think all things considered
that she is doing fairly well.

Note from Amber
4/10/15

Had the best conversation with Johnny. I set myself up to let him to come to me (which is SO hard for me, obviously) but in doing so he came to me apologizing and begging to not have it be over etc....

Having the power in my hands seemed to give him the opportunity to regret what he'd done.

Thank you, again, for helping me SO much.

I'm headed to LA for a few days.

Can I come in and see you?

On Sunday?

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service 4.27.15 Length of Session 60 min

Modality Ind. Psychotherapy

Cognitive Processes normal

Body Language —

Behavior Functioning normal

Mood/Affect anxious but cop →

Medical Condition —

Substance Use none reported

New Issues —

Risk Assessment low

Goals —

Interventions —

Amber still out of the country on location:

Note Had phone session with her today.

Emphasis was on her staying calm and focused. Amber has handled her work professionally very well. She still spins around fears of abandonment and loss.

Note:
 Amber News
 5.4.15
 Amber named in allegations
 Amber seemed distracted -
 today. terms of organizing her time
 effectively
 with meschardale.

Note:

Amber Heard

June 26, 2015

Saw Amber today in between travels. Working actors have some unique challenges in terms of distances, trust, etc. But A+J have all these issues amplified by deep seated suspicion and insecurity.

Continue to try and help her with self or their personal responsibilities and anger management. She is as quick to flare as he is and has similar insecurities. Amber worries about J's drug usage.

Interesting how strongly someone continues to want something that promises so much predictable pain.

Keep trying to get her to look at how this relationship serves her needs for trust and security. Sighted blinds here here for sure!

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Means

Date of Service 7.8.15 Length of Session 60 min

Modality Individual psychotherapy

Cognitive Processes normal

Body Language _____

Behavior Functioning normal

Mood/Affect stable

Medical Condition _____

Substance Use — none reported

New Issues _____

Risk Assessment _____

Goals _____

Interventions _____

Had a phone conference with Amber

Note tonight! She's still in Australia

in SD. Relationship continues to
cycle through typical conflict. One

chronic issue is his continued drug abuse.

This issue is aggravated by moodiness
and stress on both sides. Making efforts
to keep Amber as calm as possible.

Note from Amber 8/19/15

Have made suggestions as to how to have a conversation about her career choices and the support she would like to have from him and give to him in a reciprocal way. Issue is her doing a film with an actor that J feels threatened by. Amber was afraid to have the conversation. I encouraged her to be transparent and attempt it.

Below is her note to me:

It didn't work. The conversation went south because he drove it there. And no matter how hard I worked to keep calm which I did a good job of externally (I didn't yell or raise my voice or act angry, call names, throw insults --- nothing. I didn't engage. I didn't take the bait and after an hour of silence on the couch and him asking me what was wrong with me, I just said 'I want you to be happy' which led to THE conversation which obviously what the whole thing / non-thing was about, and it just didn't work.

He kept insinuated things, throwing jabs, insults and when I would calmly yes calmly, say that I was being hurt by some of the things he was saying help me interpret it differently... It inevitably ended up being hostility threats more insults and D defense. I literally put up with it for two hours. Didn't crack.

Didn't get mad (externally) and nothing worked.

He just was hostile angry mean and insulting .

And then walked away to "go to bed"

So now I am pacing in my closet room vibrating and crying on what to do or how it could go wrong .

I didn't give chase or yell or fight or do any thing I normally give into doing yet I feel TERRIBLE

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard
Date of Service Oct 5. 15 Length of Session 60 min
Modality Individual psychotherapy
Cognitive Processes adequate
Body Language _____
Behavior Functioning adequate
Mood/Affect Anxious, agitated
Medical Condition _____
Substance Use — none reported
New Issues _____
Risk Assessment _____

Goals Amber has gotten JD to agree to
see a meme
Interventions in couples therapy. Hope this
turns out to be helpful to them both.

Note Relationship continues to keep along
in its unique, toxic way. Amber sees
all level of dysfunction but remains
trapped by all her fears.
Will continue to try and help her through
this but have little hope this will
end well.

Note: Amber
10/21/15

AJ Sorry Connell, I am just now seeing this text. All worked out yesterday re that conversation,. However he showed his true colors in therapy today and stormed out of the office in a big fit , in similar fashion to what he did at yours .

CC Sorry to hear that Amber. Sometimes the only tool someone has is to run. Hope he will choose to go back but you have to be prepared for an uneven process. If you want to talk before you go, give me a call.

Not sure how many times Amber and JD have seen the therapist (2?) Hope he will reconsider and be able to return and take advantage of a third party helping them.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service 11.16.15 Length of Session 60 minutes

Modality Individual psychotherapy

Cognitive Processes normal

Body Language unremarkable

Behavior Functioning normal

Mood/Affect _____

Medical Condition Amber has been sick for past
couple of weeks - fever - saw doctor. On antibiotics

Substance Use none reported

New Issues Asking them their doc to Australia

Risk Assessment Amber facing a number of charges

Goals have made numerous attempts to

Interventions resolve this issue. While both dogs were taken

Note (D's and A's) Amber signed the papers and

it is she facing the charges alone. This has

been very stressful for her. This combined

with the continued volatility of her relationship

has been taking its toll.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service 4.19.15 Length of Session 60 min.

Modality Individual Psychotherapy

Cognitive Processes normal

Body Language unremarkable

Behavior Functioning normal

Mood/Affect anxious

Medical Condition flu resolved

Substance Use none reported

New Issues _____

Risk Assessment low

Goals mood stabilization

Interventions Amber feeling better physically,

angry and agitated about the Australia changes.
Note Part of this anger is directed towards JD who she claims suggested taking the dogs but had her do all the paperwork. Also anger ^{thru self} contribute/remorseful. This may increase victim's on her travel and make work's much more difficult. all of this puts yet more stress on her relationship with JD.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Means

Date of Service 12.2.16 Length of Session _____

Modality _____

Cognitive Processes _____

Body Language _____

Behavior Functioning _____

Mood/Affect _____

Medical Condition _____

Substance Use _____

New Issues _____

Risk Assessment _____

Goals _____

Interventions _____

Amber missed our appointment

Note today. No notice of her
cancellation was given.

Will contact and reschedule.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service 12.7.15 Length of Session 60 min

Modality Individual psychotherapy

Cognitive Processes normal

Body Language unremarkable

Behavior Functioning normal

Mood/Affect stressed, anxious, upset

Medical Condition —

Substance Use none reported

New Issues —

Risk Assessment low

Goals —

Interventions Amber spoke to Dan, a peer confidant

about her relationship to her sister. Complicated
and by her report one that has been characterized
by Amber's protection and financial support
as well as envy and competition on her sister's
part. This once close relationship has ruptured.
This has caused additional stress and
makes dealing to family / holidays plans
all the more difficult.

PSYCHOTHERAPY PROGRESS NOTES

See attached texts received 12/16

Name: Amber Heard

Date of Service 12.17.15 Length of Session 60 min.

Modality Ind. psychotherapy

Cognitive Processes normal

Body Language _____

Behavior Functioning normal

Mood/Affect anxious, sad

Medical Condition _____

Substance Use none reported

New Issues altercation with JD.

Risk Assessment Shen over holiday plans.

Goals Initial estrangement, plans i A's parents and

J + A's friends planning Xmas on the island.

Interventions _____

Some spark ignited an argument that

Note escalated and got violent. Shoving

and screaming. Amber related that he

started the physicality - pushed her down. Amber

got back up. Asked for he to desecate a fight

Her strategy (despite our conversations is to give and fight back (not protect herself and never self-defeating).

Note: Amber Heard
Text messages 12/16/15

Johnny did a number on me tonight. I'm safe and with my support tonight but I need some real help. Can I come tomorrow. I called earlier because I thought i had a concussion and didn't know if I should have called police. But I have a nurse close to me - and rocky and her have been here for me . Can I see you tmrw

Connell, sorry haven't called because rocky came over last night. Then dealt with Securitiy and called nurse for medical help and went down to sleep. Today has been filled with work (I'm shooting a late show appearance today - with 2 black eyes)

In short? I need your help. But will have time tomorrow to get it. Can you please please make time for me??

Sent from my iPhone

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Beard

Date of Service 1.5.16 Length of Session _____

Modality _____

Cognitive Processes _____

Body Language _____

Behavior Functioning _____

Mood/Affect _____

Medical Condition _____

Substance Use _____

New Issues _____

Risk Assessment _____

Goals _____

Interventions _____

Note Amber didn't come for her appointment today. See attached texts

Note: Amber Heavb
Text message 12/22/18

I am so sorry if I worried you. As you can imagine, the day of travel (20th) he came over to "say goodbye" and there commenced an entire day of hashing it out.... ultimately ending in his agreement to commit to the couples counseling etc... and my decision to go to the island with him and the kids. It's just us and has been relaxing and incredibly peaceful - even if it is just avoiding an inevitable larger "discussion / conclusion". anyway, sorry for the long text. I will text you when I get back to LA . I wish I could tell you I had had the ability to walk away but I just wasn't (although I certainly saw he believed I had) but anyway.... I will text you when I'm back on the 30th. Perhaps I need to rush on in there as soon as you open for the new year... Thank you for checking in, Connell. That means a lot to me.

Sent from my iPhone

This text was in response to a message I sent expressing concern.
This is obviously a toxic and destructive relationship.
Amber understands how damaged and damaging the relationship is and still refuses to move on.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service 1/13/15 Length of Session 60 min

Modality EMD psychotherapy

Cognitive Processes adequate/normal

Body Language —

Behavior Functioning normal

Mood/Affect anxious, A.L.

Medical Condition —

Substance Use none reported

New Issues —

Risk Assessment —

Goals Amber sees clearly all the built-in

difficulties in this relationship. As issues with her

remain fixed (jealousy, feeling threatened by her work, wanting to do whatever drugs he

chooses to use, wanting to spend time at the studio doing music in his bands, etc) Amber's

issues also remain fixed (need for him being kind, accepting her career, timely communication willing now to talk, etc). A is dead that he wants to spend so much time away.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service 1/20/16 Length of Session 60 min

Modality Individual psychotherapy

Cognitive Processes adequate

Body Language —

Behavior Functioning adequate

Mood/Affect sad

Medical Condition —

Substance Use none reported

New Issues —

Risk Assessment —

Goals —

Interventions —

Note Amber trying to stay focused and calm despite her impulse to make plans for J to be different and resume the relationship. She expresses concern and caring for him but is trying to deal with her life in some more self contained way. Making progress here.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service 1 30. 16 Length of Session 60 min.

Modality Individual psychotherapy

Cognitive Processes normal

Body Language —

Behavior Functioning normal

Mood/Affect sad, anxious but coping well

Medical Condition —

Substance Use none reported

New Issues —

Risk Assessment —

Goals —

Interventions Amber trying to take better care of herself. Dealing with being separate. Went to Palm Springs with a friend. Has been going to auditions and events. Although she is sad and uncertain about the future, I do feel as though she is slowly gaining strength and resolve. Clearly she understands this to be an unhealthy relationship.

Note:

Amber Beard

Feb 3, 2016

Missed appointment today.

She told me via text that
she'd broken her phone.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service 2.15.16 Length of Session 60 min

Modality Individual psychotherapy

Cognitive Processes normal

Body Language ---

Behavior Functioning normal

Mood/Affect Continues to be sad but appears

resolute
Medical Condition Amber has been sick again.

think chronic stress impact immune system

Substance Use none reported

New Issues ---

Risk Assessment ---

Goals ---

Interventions ---

Amber dealing with work issues, trial prep
and her feelings of loss. Apparently the
note Australia trial will go ahead. This prep has
been time consuming for her and only adds
to her already maxed out stress level.
My understanding is the J will go with
her to Australia. Think that will
provide some modicum of support.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service 2.22.16 Length of Session 60 min

Modality Individual psychotherapy

Cognitive Processes normal

Body Language _____

Behavior Functioning normal

Mood/Affect anxious, sad

Medical Condition her illness has again resolved.

Substance Use none reported

New Issues _____

Risk Assessment _____

Goals _____

Interventions Our job now is to continue to

help Amber to face the realities of her situation

Note She continues contact but no

resolutions, nor any willingness on her

part to resume some sort of therapy.

My task is to continue encouraging her to

look at the realities (not the wishful-

fantasies) of the relationship - to see it

as fixed. Still want her to let it go even though

this is increasingly realistic about the facts.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service 3-1-16 Length of Session _____

Modality _____

Cognitive Processes _____

Body Language _____

Behavior Functioning _____

Mood/Affect _____

Medical Condition _____

Substance Use _____

New Issues _____

Risk Assessment _____

Goals _____

Interventions _____

Note Amber cancelled + Dan's appt.
Texted me that she had had prep to
do before going to Australia.

Name: Amber Heard

3/6/16

Haven't heard from Amber.
I texted her to express my
concern.

Received a text on 3/7 in
response.

She indicated that she wanted
to "take a break" due to her
unpaid balance. Indicates
that she can no longer afford
therapy.

I assured her that I was
understanding and available.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service 6-7-16 Length of Session 60 min

Modality Individual psychotherapy

Cognitive Processes Normal

Body Language _____

Behavior Functioning Normal

Mood/Affect anxious/ sad - in crisis mode

Medical Condition Stable - nothing remarkable

Substance Use None reported

New Issues see attached extended note

Risk Assessment low

Goals Try and keep Amber stable and focused

Interventions DO us to facilitate judgment and thought through decision making -

Note see attached

Notes:

Amber Heard

June 7, 2016

(1)

Current medications:

Gabapentin 300 mg every 4 to 6 hours

Provigil 200 mg twice daily

Neurontin 1200 mg at bedtime

Melatonin 20 mg

Zanax 1 mg (Amber sometimes cuts these in half (.5mg) unless she is extremely anxious. Discussed how swiftly Zanax can become addictive and cautioned her to take as little as possible understanding that is a very stressful time for her.

I haven't seen Amber since March 16, shortly before the news broke, she texted me that she "finally filed for divorce."

From very early on Amber has known this to be an unsafe and unhealthy relationship. This final breach has been a long time coming.

During these months that Amber has been in therapy we have picked through the permanent and stationary unhealthy elements in her rel. i.e. JD - his controlling nature, jealousy and suspiciousness, addiction to drugs and alcohol, and violent and indulgent temper. Her finally acknowledging the toxicity is a healthy move on her part despite all the storm and drang that has accompanied the filing.

I'm not surprised Amber realizes how much she is in need of being in treatment. Her call to me only followed her meeting with Mr. Ripper. Ripper called me and indicated he would terminate his treatment if Amber didn't show up. She was in therapy (continuing to Arg. for her meds = being in therapy = someone). That was the motivation, enough to get her here but it will not be sufficient over time.

Amber arrived Friday, encouraged by an entourage of paparazzi. And to close

the gap. Subsequent to our arrival, I have received calls from the media that I have not returned in intent to Amber in how it full crisis mode and has not yet had the outpatient appointment.

She is to pursue what has happened. She is surrounded by a number of lawyers and is focused with making some decisions (i.e., does she opt to file a domestic violence complaint against JD, she been damaged & by the other span by the media - JD threatened by cold cold again. There to help her pursue upcoming decisions that would be healthy for her. Despite all, there is still ambiguity in her feelings toward JD. Decided at length, is too difficult for her to let go & finally, Am encouraged her to do so.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service 6.8.16 Length of Session _____

Modality _____

Cognitive Processes _____

Body Language _____

Behavior Functioning _____

Mood/Affect _____

Medical Condition _____

Substance Use _____

New Issues _____

Risk Assessment _____

Goals _____

Interventions _____

Note Amber to check schedule and make another appointment. Told her I leave for next court Sunday and back 7/3. Will have to do our sessions by phone during that period.

PSYCHOTHERAPY PROGRESS NOTES

Name: Amber Heard

Date of Service 6.10.16 Length of Session _____

Modality _____

Cognitive Processes _____

Body Language _____

Behavior Functioning _____

Mood/Affect _____

Medical Condition _____

Substance Use _____

New Issues _____

Risk Assessment _____

Goals _____

Interventions Amber has not yet contacted me to set up appointment. Makes

Note me concerned about her commitment to treatment and follow through. Will not pursue this. She needs to decide how motivated she is to deal with therapy.

Amber, I am very upset. I promised to communicate with you after Johnny's visit with the specialist this morning. I organized an appointment with the hand specialist with all the manipulation of their office scheduling to accommodate us, including security and my scheduling changes, only to learn upon arrival at Sweetzer this morning that io went to the house last night and engaged with him until 5am. Because of this he was so compromised from not sleeping that we couldn't get him to the appointment this morning (this is after putting him in the car, taking him to the doctor's office, but then turning around since he was not capable of interacting normally). Because of this I had to reschedule his appointment for tomorrow and push his surgery back which involves changing my appointments, personal and professional, to accommodate his need to get his hand repaired. Since Debbie and Erin are now away the nursing care (a nurse that works regularly with us) must also change her plans to accommodate the situation. I am committed to caring for both of you but this was very inappropriate to have compromised all that has gone into making these arrangements - for his care and everyone else's time. If you truly love this man please respect the issues that will allow him to get the care he needs. Also, I am confused. If you are convinced that all problems between the two of you stem from his drug abuse why would you have participated with mushrooms on the island during the wedding and Ecstasy in Australia? I want to help you both so please help me.

David, You once told me that no one was to blame for johnnys behavior or decisions, other than Johnny. And I have to say that if Johnny stayed up, or was too drunk/ messed up to engage in his appt. this morning then it's johnnys fault only. io took it upon herself to go there- I did NOT ask her to go. She went in a moment of fear for me because she has never seen me so upset or lost.....as she explained to me this morning. I did not ask her to go and frankly I was too upset last night to try and stop her (our SOBER MUTUAL friend) from getting clarity on how to best understand the situation. I couldn't stop her and frankly I barely registered that she left to go over there (as I was being talked down from a panic attack on the floor of my bathroom).

She did not keep him up. Or make him drink.
Nor did I.

In fact, she and the other two people there were trying to calm him down and talk him into sleep for hours.

I have respected your advice to leave him alone. Completely. I haven't even texted him. And have trusted your care and direction, despite how confusing and scary it is at times.

Last night when we spoke I was upset primarily because I had expectations to get some clarity on what was going on - what the plan was (set boundaries...

abandon them?... etc) - what your perspective was (complete relapse, move on...?) but felt I was being shut down and out.
I continue to feel alienated and confused. On top of having the man I love fall into relapse.

So of course, i was upset but No excuse for allowing it to somehow upset you too.

Note: Amber Heard

November 14/14

Amber sent me the following text message from JD. Clearly, he is reaching out (sent to Amber's sister who he knew would forward the message to Amber).

Hey, sweet Sis...

Thank you, honey... How is my little girl???

Fuck...? I miss her so much !!! Ha!

Don't know why, but... somehow... I make her miserable and then the shit-storm commences... And, as you well know... She goes for the jugular... And doesn't stop until she feels that she successfully provoked me to feel true rage and profound sadness... That is no way for anyone to live...

I have only wanted her to work on her self, not just for us, but, of course, for her!!!

I can't tell you how fucked and sad I felt when she flat out lied to me ... TO MY FUCKING FACE!!! And also, when I was not in Georgia...!!!

What would she do if I did that???

WE ARE 3 GODDAM YEARS DOWN OUR CHOSEN ROAD!!!

How many times did she, not just avoid the truth to protect me from unpleasantries that she would rather I had no knowledge of???

She was my best friend... And then it's been battle after battle... When lies and untruths become standard fare!!

I don't know what's up... I do know that I miss her and love her...

Thanks, angel...

Lovey

I want her to be happy!!!

Amber Heard

Referred by Dr. David Kipper

Patient seen September 1, 2014

Initial thoughts:

Amber was referred to me by Dr. Kipper for individual Psychotherapy. Kipper has been seeing her medically and thought that some therapy would be helpful to Amber in terms of better managing her stress. Amber is a working actor who presents as anxious and depressed. She is involved with another actor (Johnny Depp) and the relationship is challenging and volatile emotionally.

Background:

Amber comes from a chaotic and unstructured home. She has a younger sister who has moved to Los Angeles and whom she helps care for. Both of Amber's parents have a history of drug abuse that is apparently still ongoing. Amber also has a history of abusing drugs and alcohol. Currently, she is clean and sober although she states drinking wine occasionally. Amber grew up in Austin Texas. Her parents were unable to play much of a constructive role in her early life and apparently her father was physically abusive. Amber left home before graduating high school and came to California. Even though she never completed her education, she is self taught, curious, and intelligent.

Plan:

Amber seems motivated to deal with better emotional regulation and understanding her of her relationship.

Document Produced in Native Format.