

Letter written
to Dr. Kay
while at ToH
October 2015

Tab Q

Monday October 19, 2015

cc. personal file
cc. David Pattee
cc. Mr. Jonathan Richardson
etc.

Dear Dr. Kay,

In preparation for today's meeting, I offer to you
the following notes, thoughts, requests

- ① In my view, the "perfect storm" that triggers my
defensive dysregulation is currently characterized.

	TCH	HOME
Heightened anxiety	+	-
+ Severe empathy	n/a	n/a
+ REM deprivation	-	?
= Defensive dysregulation		

where, + = positive impact and - = negative impact
e.g. Being at ToH reduces anxiety - & having a
positive impact.

② Current Work in Progress (WIPs)

a) Initiating Divorce from Jonathan Kiska (JK)

At 10:00 a.m. on Thursday October 9, 2015, I met with
Mr. Jonathan Richardson of Augustine Baker Binks LLP
(613-569-7500). My colleague and friend, David Pattee,
joined me at this meeting. He can be reached at
613-410-8484 or david.pattee@corusent.com.

I am hoping to get a retroactive separation date
of July 10, 2014; the day that JK lied in order
to have me committed to the Civic Hospital under
a form 1.