

As I told you yesterday, MJH is not staffed for psychiatric problems as they have no unit nor psychiatric coverage in the ER. UVa is the only ER in the area for these kinds of problems. Last I heard Starbucks couldn't pump someone's stomach, sew up slashed wrists or treat acute paranoia.



Starbucks1 message

Thu, May 11, 2017 at 1:59 PM

I have just endured a week of pure hell trying to help my friend with her psychosis. I've done everything I can do ... I've listened to her for hours at Starbucks, I have taken her to the ER, I have joined her for a therapy session, I have spoken with the IT guy investigating the incident, her ex-husband, her mother, her co-worker, Dr. Frank, you, and even Rob, the ex-boyfriend. I've done everything I possible can do. I've basically missed four days of work trying to figure out how I can save her from herself. When I reached out to you and you called me back it meant everything to me. I followed your advice to go to the ER and specifically the UVA ER. We left with nothing but a CPS report. It was so draining and left me hopeless. I was so desperate looking for a psychiatrist that I reached out to you and Dr. Bayliss. When I made the comment about the ER and Starbucks it was half-joking , half-serious, because I think I helped my friend more in our talks at Starbucks than anyone at the ER because no one spent the time to talk to her. The only person I felt heard my sense of urgency was Dr. Sochor, yet we still left without see a psychiatrist despite his recommendation. I don't know why we never got to see one, but whatever, I was frustrated. When I got your reply with graphic depictions of methods of suicide I was SHOCKED and HORRIFIED and HURT. I couldn't believe you could be so insensitive during my time of need. I still can't believe you wrote that and I feel like I deserve and apology, but instead I'm the one who left a voicemail to you apologizing if I offended YOU. Where's the logic in that? That comment was inappropriate coming from anyone, especially a mental health professional. If Fran said that to me my reaction would be FU. I'm not sure if you remember, but I certainly do, that one of our biggest arguments resulted from your colleague's death by suicide and my sense that you were angry at him for doing it instead of trying to understand what someone who is suicidal is going through. You eventually apologized for your reaction to that and upsetting me. I was hoping you would come to the same conclusion here and make amends for a comment that even if the intention was not to hurt me ended up causing me great distress. It's only now, after exhausting every resource to help my friend that I feel I can take the time to take care of myself and in doing so it's important I let you know how I feel. Thanks for your time.



Re: Starbucks1 message

Thu, May 11, 2017 at 3:18 PM

I should have known that a tongue in cheek comment about Starbucks and ER visits would be ok, but I have no such latitude. This is what I get for trying to be helpful. Your hostility knows no bounds. Next time I suggest you call one of your many other therapists who spent time calling you back on Sunday about your friend's truly distressing problem.

-----Original Message-----

From: Leah Connor

Sent: May 11, 2017 1:59 PM

To: !

Subject: Starbucks

I have just endured a week of pure hell trying to help my friend with her psychosis. I've done everything I can do ... I've listened to her for hours at Starbucks, I have taken her to the ER, I have joined her for a therapy session, I have spoken with the IT guy investigating the incident, her ex-husband, her mother, her co-worker, Dr. Frank, you, and even Rob, the ex- boyfriend. I've done everything I possible can do. I've basically missed four days of work trying to figure out how I can save her from herself. When I reached out to you and you called me back it meant everything to me. I followed your advice to go to the ER and specifically the UVA ER. We left with nothing but a CPS report. It was so draining and left me hopeless. I was so desperate looking for a psychiatrist that I reached out to you and Dr. Bayliss. When I made the comment about the ER and Starbucks it was half-joking , half-serious, because I think I helped my friend more in our talks at Starbucks than anyone at the ER because no one spent the time to talk to her. The only person I felt heard my sense of urgency was Dr. Sochor, yet we still left without see a psychiatrist despite his recommendation. I don't know why we never got to see one, but whatever, I was frustrated. When I got your reply with graphic depictions of methods of suicide I was SHOCKED and HORRIFIED and HURT. I couldn't believe you could be so insensitive during my time of need. I still can't believe you wrote that and I feel like I deserve and apology, but instead I'm the one who left a voicemail to you apologizing if I offended YOU. Where's the logic in that? That comment was inappropriate coming from anyone, especially a mental health professional. If Fran said that to me my reaction would be FU. I'm not sure if you remember, but I certainly do, that one of our biggest arguments resulted from your colleague's death by suicide and my sense that you were angry at him for doing it instead of trying to understand what someone who is suicidal is going through. You eventually apologized for your reaction to that and upsetting me. I was hoping you would come to the same conclusion here and make amends for a comment that even if the intention was not to hurt me ended up causing me great distress. It's only now, after exhausting every resource to help my friend that I feel I can take the time to take care of myself and in doing so it's important I let you know how I feel. Thanks for your time.



Re: Starbucks1 message

Thu, May 11, 2017 at 3:49 PM

It really did mean so much to me that you called me on Sunday, I thought I made that clear on the phone, text, VM, and email. I was just trying to be honest with you about what I now realize was just a misread text - I had no clue you were joking. I honestly felt like I was being scolded for making a joke about something serious. clearly wrong interpretation, my apologies, sincerely, I mean that.

I can't control how I feel, only some of what I think and what I do. I will always be grateful for the time you've given me over that past 10 years. I don't want our last communication to be like this. I'm sorry. I really am. I don't want you to think I'm ungrateful or hostile. I don't have many other therapists. You've been the only one and it was a very important relationship in my life.

Thank you,

leah

On Thu, May 11, 2017 at 3:18 PM, Brian Hocking <drbhocking@earthlink.net> wrote:

I should have known that a tongue in cheek comment about Starbucks and ER visits would be ok, but I have no such latitude. This is what I get for trying to be helpful. Your hostility knows no bounds. Next time I suggest you call one of your many other therapists who spent time calling you back on Sunday about your friend's truly distressing problem.

-----Original Message-----

From: Leah Connor

Sent: May 11, 2017 1:59 PM

To: !

Subject: Starbucks

I have just endured a week of pure hell trying to help my friend with her psychosis. I've done everything I can do ... I've listened to her for hours at Starbucks, I have taken her to the ER, I have joined her for a therapy session, I have spoken with the IT guy investigating the incident, her ex-husband, her mother, her co-worker, Dr. Frank, you, and even Rob, the ex- boyfriend. I've done everything I possible can do. I've basically missed four days of work trying to figure out how I can save her from herself. When I reached out to you and you called me back it meant everything to me. I followed your advice to go to the ER and specifically the UVA ER. We left with nothing but a CPS report. It was so draining and left me hopeless. I was so desperate looking for a psychiatrist that I reached out to you and Dr. Bayliss. When I made the comment about the ER and Starbucks it was half-joking , half-serious, because I think I helped my friend more in our talks at Starbucks than anyone at the ER because no one spent the time to talk to her. The only person I felt heard my sense of urgency was Dr. Sochor, yet we still left without see a psychiatrist despite his recommendation. I don't know why we never got to see one, but whatever, I was frustrated. When I got your reply with graphic depictions of methods of suicide I was SHOCKED and HORRIFIED and HURT. I couldn't believe you could be so insensitive during my time of need. I still can't believe you wrote that and I feel like I deserve and apology, but instead I'm the one who left a voicemail to you apologizing if I offended YOU. Where's the logic in that? That comment was inappropriate coming from anyone, especially a mental health professional. If Fran said that to me my reaction would be FU. I'm not sure if you remember, but I certainly do, that one of our biggest arguments resulted from your colleague's death by suicide and my sense that you were angry at him for doing it instead of trying to understand what someone who is suicidal is going through. You eventually apologized for your reaction to that and upsetting me. I was hoping you would come to the same conclusion here and make amends for a comment that even if the intention was not to hurt me ended up causing me great distress. It's only now, after exhausting every resource to help my friend that I



Re: Starbucks

1 message

Thu, May 11, 2017 at 3:57 PM

Thank you for your message. You know that despite the sometimes stormy nature of our relationship, I was and still am more than happy to talk to you and maybe be of some help. I realize you were stuck with a very sick friend and I am sorry the ER visit proved so unsatisfying. You were trying as a friend to manage a nearly unmanageable psychiatric emergency. In no way was I trying to criticize your handling of it. I was trying to "lighten" the moment, but not at the expense of hurting or criticizing you. You were generous and brave to try to help your friend. I am sorry I could not do more for you(and her).

-----Original Message-----

From: Leah Connor
Sent: May 11, 2017 3:49 PM
To: Brian Hocking
Subject: Re: Starbucks

It really did mean so much to me that you called me on Sunday, I thought I made that clear on the phone, text, VM, and email. I was just trying to be honest with you about what I now realize was just a misread text - I had no clue you were joking. I honestly felt like I was being scolded for making a joke about something serious. clearly wrong interpretation, my apologies, sincerely, I mean that.

I can't control how I feel, only some of what I think and what I do. I will always be grateful for the time you've given me over that past 10 years. I don't want our last communication to be like this. I'm sorry. I really am. I don't want you to think I'm ungrateful or hostile. I don't have many other therapists. You've been the only one and it was a very important relationship in my life.

Thank you,

leah

On Thu, May 11, 2017 at 3:18 PM, Brian Hocking <drbhocking@earthlink.net> wrote:

I should have known that a tongue in cheek comment about Starbucks and ER visits would be ok, but I have no such lattitude. This is what I get for trying to be helpful. Your hostility knows no bounds. Next time I suggest you call one of your many other therapists who spent time calling you back on Sunday about your friend's truly distressing problem.

-----Original Message-----

From: Leah Connor
Sent: May 11, 2017 1:59 PM
To: !
Subject: Starbucks

I have just endured a week of pure hell trying to help my friend with her psychosis. I've done everything I can do ... I've listened to her for hours at Starbucks, I have taken her to the ER, I have joined her for a therapy session, I have spoken with the IT guy investigating the incident, her ex-husband, her mother, her co-worker, Dr. Frank, you, and even Rob, the ex- boyfriend. I've done everything I possible can do. I've basically missed four days of work trying to figure out how I can save her from herself. When I reached out to you and you called me back it meant everything to me. I followed your advice to go to the ER and specifically the UVA ER. We left with nothing but a CPS report. It was so draining and left me hopeless. I was so desperate looking for a psychiatrist that I

Leah,

I regret it as well. When can you come back so we can talk about it?

!

-----Original Message-----

From: Leah Connor

Sent: May 22, 2017 6:41 PM

To: !

Subject: Nicole

I regret we spent 45 min talking about your suicide comment and related emails. Was I wrong to have told you that comment hurt me? I feel like I can be BOTH grateful for your help and also be upset by that comment. Should I hide my feelings from you if I think they might offend you?



Revised email (how should I have written it better?)

1 message

Mon, May 22, 2017 at 7:31 PM

I really need to know how I should have expressed myself in my email so as not to offend you. I don't want to seem unappreciative, but I shouldn't have to hide my feelings from you about being upset about your references to suicide. It really did bother me. I'm not making that up. But clearly I could have taken out some lines that may have escalated things. I can see that now. How else could I have said that I was hurt without offending you and seeming ungrateful? I tried to write a better email (I admit what I sent originally was a first draft, but I got Mindy's ok on it, ugh!). Maybe I didn't change this enough so tell me what I should have said, ok? I'm sorry this has become the focus of everything but it comes back to us having a relationship that to me seems to blur boundaries.

I think it matters a lot that I felt your anger and when people are angry I often assume they are trying to hurt me. I know I say mean things to hurt people.

I'm sorry for all this. I wish we could avoid fights. I never fought with another therapist in my entire life so it feels abnormal to me. You have to know I wasn't trying to offend you or to be hostile in my message. If you felt angry I wish you could have waited to talk about it in person. We already had a miscommunication about a text and we piled on with misinterpretation of each other's emails.

REVISED

I have just endured a week of pure hell trying to help my friend with her psychosis. I've done everything I can do ... I've listened to her for hours at Starbucks, I have taken her to the ER, I have joined her for a therapy session, I have spoken with the IT guy investigating the incident, her ex-husband, her mother, her co-worker, Dr. Frank, you, and even Rob, the ex-boyfriend. I've done everything I possible can do. I've basically missed four days of work trying to figure out how I can save her from herself.

When I reached out to you and you called me back it meant everything to me. Thank you so much for taking the time to help me on your day off.

I followed your advice to go to the ER and specifically the UVA ER. We left with nothing but a CPS report. It was so draining and left me hopeless. I was so desperate looking for a psychiatrist that I reached out to you and Dr. Bayliss. When I made the comment about the ER and Starbucks it was half-joking, half-serious, because I think I helped my friend more in our talks at Starbucks than anyone at the ER because no one spent the time to talk to her. The only person I felt heard my sense of urgency was Dr. Sochor, yet we still left without see a psychiatrist despite his recommendation. I don't know why we never got to see one, but whatever, I was frustrated.

When I got your reply with graphic depictions of methods of suicide I have to admit I was shocked. It felt insensitive and I wasn't sure if you were scolding me or joking. I left a voicemail apologizing if I offended you and I meant that, but I also wanted an apology from you too.

I'm not sure if you remember, but I certainly do, that one of our biggest arguments resulted from your colleague's death by suicide and my sense that you were angry at him for doing it instead of trying to understand what someone who is suicidal is going through. You eventually apologized for your reaction to that and upsetting me.

I was hoping you would come to the same conclusion here and make amends for a comment that even if the intention was not to hurt me ended up causing me great distress.

It's only now, after exhausting every resource to help my friend that I feel I can take the time to take care of myself and in doing so it's important I let you know how I feel.

Thanks for your time.

ORIGINAL....

I have just endured a week of pure hell trying to help my friend with her psychosis. I've done everything I can do ... I've listened to her for hours at Starbucks, I have taken her to the ER, I have joined her for a therapy session, I have spoken with the IT guy investigating the incident, her ex-husband, her mother, her co-worker, Dr. Frank, you, and even Rob, the ex-boyfriend. I've done everything I possible can do. I've basically missed four days of work trying to figure out how I can save her from herself. When I reached out to you and you called me back it meant everything to me. I followed your advice to go to the ER and specifically the UVA ER. We left with nothing but a CPS report. It was so draining and left me hopeless. I was so desperate looking for a psychiatrist that I reached out to you and Dr. Bayliss. When I made the comment about the ER and Starbucks it was half-joking, half-serious, because I think I helped my friend more in our talks at Starbucks than anyone at the ER because no one spent the time to talk to her. The only person I felt heard my sense of urgency was Dr. Sochor, yet we still left without see a psychiatrist despite his recommendation. I don't know why we never got to see one, but whatever, I was frustrated. When I got your reply with graphic depictions of methods of suicide I was SHOCKED and HORRIFIED and HURT. I couldn't believe you could be so insensitive during my time of need. I still can't believe you wrote that and I feel like I deserve and apology, but instead I'm the one who left a voicemail to you apologizing if I offended YOU. Where's the logic in that? That comment was inappropriate coming from anyone, especially a mental health professional. If Fran said that to me my reaction would be FU. I'm not sure if you remember, but I certainly do, that one of our biggest arguments resulted from your colleague's death by suicide and my sense that you were angry at him for doing it instead of trying to understand what someone who is suicidal is going through. You eventually apologized for your reaction to that and upsetting me. I was hoping you would come to the same conclusion here and make amends for a comment that even if the intention was not to hurt me ended up causing me great distress. It's only now, after exhausting every resource to help my friend that I feel I can take the time to take care of myself and in doing so it's important I let you know how I feel. Thanks for your time.



Re: Schedule1 message

Mon, May 22, 2017 at 8:28 PM

Option b takes the words out of my mouth. Well written and well thought out. Not to mention--demonstrates real empathy for the person I have tried to be with you. Option b shows you understand both you and me. I'm sorry that I have not always been at my best. I do believe there is hope for me. And I will try to help you with the loss of your friend Nicole under the most trying conditions.

Friday @ 1145 or 315?

!

-----Original Message-----

From: Leah Ann Connor

Sent: May 22, 2017 7:55 PM

To:

Subject: Schedule

Unfortunately Thursday 11am or 1:45pm times don't work. Anything else?

Not to put words in your mouth, but I like option b ;)

Version a

"I'm not a sadist"

Version b

"Leah, I care about you. I'm concerned that you feel like I intended to hurt you. I assure you I didn't. It must be really scary to assume when someone important in your life shows anger towards you that it must mean they want you to be in pain and suffer. I don't want any of that. I want to help you feel better. (But really Leah you need to work on how you express yourself because you can easily offend people even if that's not what you intended.)"