



STATE OF CONNECTICUT

DEPARTMENT OF PUBLIC HEALTH

May 8, 2014

VIA REGULAR MAIL

Sheila Matthews-Gallo
19 Washington Avenue
Westport, CT 06880

Re: Paul Fox, M.D.
Petition Number: 2012-241

Dear Ms. Matthews-Gallo:

This correspondence is in response to your request dated April 28, 2014, for the investigative file with respect to the above-referenced petition. Enclosed please find investigative documentation that may be disclosed pursuant to your request. Portions of the enclosed investigative documentation relating to the patient's medical files or similar files that would constitute an invasion of the patient's personal privacy have not been disclosed herein.

I trust the enclosed information is helpful.

Very truly yours,

A handwritten signature in black ink, appearing to read "Matthew S. Antonetti".

Matthew S. Antonetti
Principal Attorney



Phone: (860) 509-7600
Telephone Device for the Deaf (860) 509-7191
410 Capitol Avenue - MS # 12LEG
P.O. Box 340308 Hartford, CT 06134
An Equal Opportunity Employer

**STATE OF CONNECTICUT
DEPARTMENT OF PUBLIC HEALTH
HEALTHCARE QUALITY AND SAFETY BRANCH**

Re: Paul Fox, M.D.
License No.: 029514

Petition No. 2012-241

VOLUNTARY SURRENDER

Paul Fox, being duly sworn, deposes and says:

1. I am over the age of majority and understand the obligations of an oath.
2. I make this affidavit on the basis of personal knowledge.
3. I am licensed by the Department of Public Health (hereinafter "the Department") to practice medicine and surgery. I presently hold license number 029514.
4. I hereby voluntarily surrender my license to practice medicine in the State of Connecticut.
5. While admitting no guilt or wrongdoing, I understand and agree that if I seek a new license or to reinstate my license at any time in the future, the allegations contained in Petition Number 2012-241 shall not be contested before the Department or Connecticut Medical Examining Board ("Board"). I further understand that any such application must be made to the Department which shall have discretion as to whether said license shall be issued or reinstated and, if so, whether said license shall be subject to conditions.
6. I hereby waive any right to a hearing I may have regarding any request that my license be reinstated or that a new license be issued and also waive any right that I may have to appeal or otherwise challenge the disposition of any such request.
7. I understand and agree that this affidavit and file in Petition Number 2012-241 are public documents and I am executing this affidavit in settlement of the allegations contained in the above-referenced petition.
8. I understand that this surrender of my license is an event that is reportable to the National Practitioner Data Bank, will appear on my physician profile pursuant to Connecticut General Statutes 20-13j, and is public information.
9. Within ten days of the Department's execution of this document, I agree to surrender my state and federal Controlled Substance Registrations to the issuing authorities.
10. I understand that this document has no effect unless and until it is executed by the Department; and that, upon execution, the Department will dismiss Petition No. 2012-241.

11. I understand that I have the right to consult with an attorney prior to signing this affidavit.
12. I understand that the execution of this document has no bearing on any criminal liability without the written consent of the Director of the Medicaid Fraud Control Unit or the Bureau Chief of the Division of Criminal Justice's Statewide Prosecution Bureau.
13. I understand that the purpose of this agreement is to resolve the pending matter against my license and is not intended to affect or apply to any claim of civil liability that might be brought against me.
14. If applicable, I agree to comply with the provision of Section 19a-14-44 Regulations Connecticut State Agencies.


 Paul Fox, M.D.

Subscribed and sworn to before me this 13th day of July 2012.

P.Y.M. Yeung, JP
 #5164
 HAMILTON
 Justice of the Peace for New Zealand
 Notary Public
 Commissioner of Superior Court




Jendy H. Furniss

Accepted: Wendy H. Furniss
~~Jennifer Filippone, Section Chief~~
~~Practitioner Licensing and Investigations~~
 Healthcare Quality and Safety Branch

7/16/12
 Date

CERTIFICATION

I, Diane Cybulski, RN, Supervising Nurse Consultant, Healthcare Quality and Safety Branch, Department of Public Health, being duly sworn, hereby attest that I have prepared and reviewed this report and it is a true, complete and accurate documentation of my investigation of Paul Fox, M.D., professional license number: 1.029514.



Diane Cybulski RN, BSN
Supervising Nurse Consultant
Department of Public Health
Division of Health Systems Regulation

Subscribed and sworn to before me this 10th of July 2012.



Notary Public
My Commission Expires 7/28/15

**State of Connecticut
Department of Public Health
Health Care Systems Branch**

DRAFT INVESTIGATIVE REPORT

July 10, 2012

Petition #: 2012-241

Respondent's Name:

Paul L. Fox MD
2 Old New Milford Road
STE 1E
Brookfield, CT 06804-2426

Petitioner's Name:

Yale New Haven Hospital
Assistant General Counsel
Stuart G. Warner
20 York Street
New Haven, CT 06510-3202

License No.: 1.029514

Expiration Date: 10/31/2012

Investigated by: Diane Cybulski RN, BSN
Supervising Nurse Consultant
Health Care Systems Branch

Investigated by and report written by: Elaine Erwin Matulis RN, BSN, MBA
Nurse Consultant
Health Care Systems Branch

Allegations:

- During a psychological assessment with her primary clinician at Yale New Haven Hospital, a patient reported that her treating psychiatrist, the respondent, engaged in a personal consensual sexual relationship with her for more than one year.
- The petitioner indicated that this patient reported the respondent had sexual encounters in his office with her, went out to eat with her and spent time with her on the respondent's personal sail boat.
- Further, the petitioner indicated that the patient reported she met another girl, while hospitalized elsewhere, who was having phone sex with the same doctor.

Introduction:

On March 6, 2012, the Department received a letter of complaint from Yale New Haven Hospital Assistant General Counsel, Stuart G. Warner. This letter identified a patient in the care of Yale New Haven Hospital reported she had a consensual sexual relationship with her treating psychiatrist, the respondent, for more than one year. Inappropriate contacts were reported by the patient with the respondent, including sexual encounters in his office, going out to eat and personal time on his sail boat (**Exhibit A**).

Communications:

On April 13, 2012, interviews were conducted by the Department's investigators with the patient, with her mother and her therapist, Christiane Kinseley, LCSW, who was present during the interview with the patient. A support person, a friend of the patient, was also present. The investigative process was explained and all questions were answered.

Copies of the respondent's CMEs have not been received as of the date of this report. The respondent's attorney, Richard Tynan, provided the Department with information regarding malpractice insurance for the respondent.

- A. On April 13, 2012 the Department received copies of documents provided by the patient and the patient's mother during an interview with both present. Included in the packet of information were e-mail messages from the patient to her mother regarding the patient's relationship with the respondent. Also received from the mother were detailed Verizon Wireless Messaging billing records for phone number 203-XXX-XX09 from 4/26/11-5/25/11, Verizon Wireless to All Messages from 6/10/11 to 6/14/11, and Verizon Wireless Minutes from 10/26/11 to 11/14/11 (Exhibit B).
- a. During the time period of 4/26/11 to 5/25/11 a total of 212 text messages were sent from the respondent's phone number to the patient's phone.
 - b. Records of Verizon Wireless Minutes and All Messages records detailed for the patient's phone number from 10/26/11 to 10/28/11 detailed the following:
 - (1) 36 text messages were sent from respondent's cell phone number to the patient.
 - (2) 42 phone calls were noted between the patient's cell phone and respondent's cell phone noted for a total of 321 billable minutes, with the longest conversation as 49 minutes.
- B. The patient's therapist, Christiane Kinseley, LCSW, provided various correspondences during the interview with the patient present on 4/13/12. The following correspondences were reportedly either from the respondent to the patient or communications from the patient concerning the respondent: two letters reportedly from the respondent to the patient, two Facebook dialogues which were sent by the patient and twenty nine e-mail messages which were provided by the patient's therapist. The e-mails were sent to the patient from respondent's e-mail pfmd@aol.com (Exhibit C).
- C. Western Connecticut State University Counseling Center provided an "Individual Treatment Summary Form" regarding the patient prepared by Tracey Dolan, LCSW. (Exhibit D).
- D. Silver Hill Hospital (SHH) record was received by the Department on April 30, 2012, secondary to Consent for Release of Medical Records signed by the patient (Exhibit E).
- E. Various documents including Verizon Wireless billing records and Anthem billing records were provided to the Department by the patient's mother on May 8, 2012 (Exhibit F).
- F. On May 8, 2012 the patient provided a nine page Voluntary Sworn Statement regarding her relationship with the respondent. The patient also provided the Department with two poems reportedly given to her by the respondent (Exhibit G).
- G. On May 8 2012 the patient's mother provided the Department with a ten page Voluntary Sworn Statement regarding her daughter's relationship with the respondent (Exhibit H).
- H. SLS Residential Medical Records were received by the Department on May 11, 2012, secondary to Consent for Release of Medical Records signed by the patient (Exhibit I).
- I. Yale New Haven Hospital Record received by the Department on May 15th, 2012, secondary to Consent for Release of Medical Records signed by the patient (Exhibit J).

- J. Western Connecticut State University Record received by the Department on May 17th, 2012, secondary to Consent for Release of Medical Records signed by the patient (Exhibit K).**
- K. A Milford Police Department record was received by the Department on May 15th, 2012 (Exhibit L).**
- L. Respondent's Medical Records for the patient were provided by Attorney Richard C. Tynan and received by the Department on June 1, 2012, secondary to Consent for Release of Medical Records signed by the patient. The respondent was the patient's treating psychiatrist. The medical record indicates dates of patient treatment in the respondent's private practice started on 5/13/10, as noted by a completed registration form, and the last dated inclusion was noted as a letter dated 10/27/11 (Exhibit M).**
- M. Danbury Hospital records were received by the Department on June 11, 2012 (Exhibit N).**
- N. Christiane Kinseley, LCSW, provided the Department with the patient's medical records on June 15, 2012. The records include the patient's session notes from 1/13/12 to 3/30/12, Discharge Plans from Yale-New Haven Hospital, letters written by the respondent to the patient, a cell phone of the patient containing text messages and voicemails from the respondent to the patient, and a memory card of a voicemail recording from the respondent to the patient asking her to communicate with and report to the respondent regarding the activities of a former client (Exhibit O, O1, and O2).**
- O. The Department received CVS Pharmacy Records for the patient on June 27, 2012 (Exhibit P).**

Statement of findings related to allegations:

1. The Department of Public Health received a letter of complaint from the Assistant General Counsel of Yale New Haven Hospital, Attorney Stuart G. Warner on 3/6/12. DPH worked with the patient's therapist to gain co-operation of the patient.
2. Review of the documentation identified exchanges between the patient and the respondent that exceed the boundaries of a professional doctor, patient relationship.

Exhibit Legend:

Exhibit A: Complaint

Exhibit B: Documents received from patient's mother: E-mail messages from the patient to her mother; Verizon Wireless Messaging statements; Billing records from respondent to the patient.

Exhibit C: Documents from the patient's therapist including two letters from the respondent to patient, two Facebook dialogues sent by the patient to two girls, twenty nine e-mail messages from the respondent to patient.

Exhibit D: Individual Counseling Treatment Summary Form from Western Connecticut State University therapist.

Exhibit E: Silver Hill Hospital Records for three admissions for patient.

Exhibit F: Various documents provided by the mother of the patient.

Exhibit G: A voluntary sworn statement provided by the patient.

Exhibit G1: E-mail Communication to Diane Cybulski and Pam Pelletier.

Exhibit H: A voluntary sworn statement provided by the mother of the patient.

Exhibit I: SLS Residential Medical Records

Exhibit J: Yale New Haven Hospital Records for patient

Exhibit K: Western Connecticut State University Medical Records

Exhibit L: Milford Police Department Record

Exhibit M: Respondent's Medical Record

Exhibit N: Danbury Hospital Medical Record

Exhibit O: Christiane Kinseley, LCSW, records

Exhibit O1: Patient's cellphone and charger provided by Christiane Kinseley, LCSW and pictures of 4/16 Text Messages Photographed from Patient's Phone

Exhibit O2: Memory Stick Recording of Respondent to Patient Voicemail from Christiane Kinseley, LCSW

Exhibit P: CVS Pharmacy Records for the patient


Communication Log:

Attorney Stuart G. Warner (petitioner)
Yale New Haven Hospital
Assistant General Counsel
20 York Street
New Haven, CT 06510-3202

Paul L. Fox M.D. (respondent)
2 Old New Milford Road
STE 1E
Brookfield, CT 06804-2426

Attorney Richard L. Tynan (respondent's)
Halloran & Sage LLP
1 Goodwin Square
Hartford, CT 06103-4303

Christiane Kinseley LCSW (therapist)
217 Wilton Road (address of record)
Westport, CT 06880-2337

 (subpoena served at)

2012.241.



March 2, 2012

Connecticut Department of Public Health
Practitioner Licensing and Investigations Section
410 Capitol Avenue, MS # 12 INV
Hartford, CT 06134
Attention: Kathleen Boulware

Re: Dr. Fox of Brookfield - Psychiatrist

Dear Ms. Boulware:

Pursuant to section 20-13d of the Connecticut General Statutes I am writing on behalf of Yale-New Haven Hospital with regard to a concern raised by a patient at Yale-New Haven Psychiatric Hospital regarding her psychiatrist Dr. Fox in Brookfield.

During the psychosocial assessment process with her primary clinician, a young adult female patient reported that her treating psychiatrist in Brookfield engaged in a personal consensual sexual relationship with her for more than a year. This relationship was alleged to have included sexual encounters in his office, going out to eat with him or spending time with him on his sailboat.

Three months ago he reportedly "cut her off" by sending her a letter saying he could not talk to her anymore. She reports that she also had a telephone conversation with him, where he told her that he told his wife about their relationship and she kicked him out of the house and was asking for a divorce and that he therefore was an emotional wreck and could not talk to her. She attributes much of her emotional presentation to this issue. She felt torn about whether or not she should report him. She also added that while hospitalized elsewhere she met a girl who had a friend that was reportedly having phone sex with the same doctor.

The staff believe this patient to be credible.

Please contact me at 203-688-2291 if you have further questions.

Sincerely,

A handwritten signature in black ink, appearing to read 'Stuart G. Warner'.

Stuart G. Warner
Assistant General Counsel

A

STATE OF CONNECTICUT
DEPARTMENT OF PUBLIC HEALTH
HEALTHCARE QUALITY AND SAFETY BRANCH
AFFIDAVIT OF DIANE L. CYBULSKI, RN

Re: Paul Fox, M.D.

Petition No. 2012-214

Diane L Cybulski, being duly sworn, deposes and says:

1. I am over the age of majority and understand the obligations of an oath.
2. I make this affidavit on the basis of personal knowledge.
3. I am employed by the Healthcare Quality and Safety Branch, within the Department of Public Health (hereinafter "the Department") as a Supervising Nurse Consultant. As part of my duties, I am responsible for the investigation regarding Paul Fox, M.D. (hereinafter "respondent").
4. Attached hereto and incorporated herein are documents presented to me by Christiane Kinseley, LCSW, the treating therapist for [REDACTED] during an interview conducted on April 13, 2012. These documents were in the possession of Ms. Kinseley who received them from [REDACTED] during the course of her therapy (Exhibit C).
5. During a subsequent interview conducted on May 8, 2012, I requested that [REDACTED] identify the first and second pages of Exhibit C, beginning with "I am often drawn" and ending with "I". [REDACTED] identified the pages as a section of a journal that the respondent kept on his office computer. [REDACTED] stated that the respondent printed it and gave it to her during an office visit. I asked [REDACTED] if she had the original copy in her possession. [REDACTED] proceeded to her bedroom and retrieved her copy and let me review the document. This copy as included herein is an accurate representation of the original copy in [REDACTED] possession.

6-29-2012

Date

Diane L. Cybulski RN

Diane L. Cybulski, RN

Subscribed and sworn to before me this 29th day of June 2012.

Mouji Abraham

Notary Public

letter to [redacted] from Paul Fox

received from
Christine Keady to
Dmitry [redacted]
4/13/2012

I am often drawn to mental place of desire and pleasure. I view the sensual touch and hear the lovely smells. I am captivated and captured as she so deftly stated. She has graced my life with such joy yet has so imperiled me. I am more attached to her than I am to my penis. It is so ironic that she cares about her performance concerned that she did not bit me. What I failed to express clearly enough is that she is such an extraordinary beauty in so many ways that biting off my penis would be orgasmic. I am so guilty about these feelings that should be for my wife not her. Yet here they are dominating my consciousness and my mood so depends on her. I seem to hang on her fragile frame and absorb her emotional shit which I would gladly absorb yet prove to be such a weak coward when do feel her terrible angst and confusion. She is such a brave beautiful girl if only I could convince of that. And I am so sure I don't deserve to breathe the same air as she yet cherish when I do. You are so delicious and sweet. You define comparison or description your gifts are so prsius and desirable I cant but believe that when I receive them I am in a most delightful dream. I often desire you to leave me not because I don't want you but I am so undeserving and scared. Scared of the power you weld over me something that you surprisingly have no sence of another tragedy of your self that defines a complete explanation. One that ~~is~~ almost certain to be asked and as certain to not provide an adequate oanswer that ~~is~~ this most beautiful creature deserves.. You deserve everything and I feel I give you almost nothing. I am embarrassed that I ache for you so yet I am celebrating how that makes me feel so alive and vibrant. You are ~~so good~~ ~~and~~ ~~for me I am~~ a man quite divided.. Yet through this ambivalence I will become either whole lot more or completely deteriorate and deconstruct into oblivion. I need to commit to a more rational less impulsive emotional do dare say wise mind how obsurd to even conjure up this DBT image in the presence of such delightf ~~is~~ to believe it is possible not to be a slave to my desire all I ~~need~~ the will which falters so rapidly in her presence. She is so beguiling and delicious as ~~is~~ the most rare and delectable desert. But to indulge is so compelling yet a weakening of self. I will prevail with her help. ~~Her~~ help me be the good friend I long so much to be. I pray that I will see the and feel the truth of restraint instead let the waves of sensual pleasure force draw me back into the dream that is so compelling and delectable. It is a war of self where the force of sensual joy overpoweres and pushes away the rational of thoughtful part of my intellect and leaves me with impulse desire and lust. I am left with humiliation and guilt after. My behavior reviewed and self judgment laid upon my internal moral structure which seems to be a fragile house of cards. Yet once again the refrain how something that feels so good be that bad. And maybe the construct of bad vs good is fallacious or is evil an artificial construct that has little validity. Kant devised the categorical moral imperative, a guideline that most of us fail. Especially me I am such an imperfect being that fool is too kind an accolade. Yet I don't regret the pleasant film loop that plays in my head the sensual garden of delight. That seems worth perpetual eternal damnation. It is as if I declare God don't you see how beautiful she is! What absurd folly an embarrassment of self, a revelation of baseness in character. Yes she and everyone else deserves better. but as the proverbial moth to the flame I will ecstatically burn myself again and again. But unlike the moth I contain a cerebral cortex with a frontal lobe which seems at times to be conspicuously absent. Is it because my penis engorged with sll the blood deprives sustenance necessary of logical thought and all that is left is my primitive reptilian brain. It appears so.. But I still believe it is possible to be wiser and more rational than my past

OK
EM
2/23/12

Letter to [REDACTED] from Paul Fox

behavior would suggest that I am capable of. The future has no obligation to follow the past and history seems to repeat itself.
I am sorry how I screwed up with you I lost my objectivity my intense desire to be close to you made it so I was not measured but desperate.

I believe that I have been careless with my morality and subject apathy and false indifference to it. When in fact the guilt and remorse are simmering underneath. The resolution must be resolute in commitment and unwavering. It is easy to justify with the excuse of a screaming amygdale and a depressed frontal lobe but this is only an excuse and not even an explanation. I need to marshal my internal resolve to inhibit my carnal impulses. It seems salient to consider the term love vs inlove or inlust or a mixture of all of the above. When I love and care about the peopoe I work with it is related to how connected I am or is it also that ii am too wrapped up in their outcome. Am I inlove with their success or do I really care It is a mixture of both whose proportions continuously change. I do know that I love [REDACTED] and I often feel inlove with her a feeling that is an unwelcome pleasure. I would prefer if I would only love her but I am aware that I can not control my feelings which seem atr times to wash over me like a powerful wave. I am hoping and anticipating that if I do not act on these feelings they will not be so vexing.

I

[REDACTED]

2/23/17

Dear [REDACTED]

The words that I abused you; victimized you haunt me and distress me. So often I stated with conviction that I want to be good to you so if there is truth to the opinion that my actions abused you I am so deeply regretful and so full of shame. I recognized due to my arrogant self deception I have hurt so many people that I love and care about. You ask how can I make it right I can not. But I am committed to the belief that I never wanted harm to you that I only wanted your joy and happiness and of course emotional regulation.

I will continue to send waves of compassion to you. And hope that you can be receptive to them. You so deserve respect, dignity, and love. You are a good and wonderful person who I will remember.

This is my prayer to you:

May [REDACTED] be well happy and peaceful. May no harm come to her from self or others. May she experience spiritual success. May she meet the inevitable problems and failures in life with patience, courage, understanding, and determination. May she rise above them with integrity, forgiveness, compassion, mindfulness, and wisdom.

These are not words but my most sincere desire and hope for you.

Please do not contact me and definitely do not run away. It is so difficult to consider that I have hurt you so. I realize *sorry* does not begin to address what damage I caused you and others in spite of such good intentions. As they say *Hell is paved with good intentions!* I have been in hell, for hell is in the mind fraught with self loathing and self disgust. I believe from this waste land of guilt, shame, and self loathing will come growth. I will survive and gradually turn self loathing and self deception into positive thoughts and happiness. I know that I have a long way to go so every morning when I wake up I am committed to making another step forward.

I know that we westerners share a collective foolishness of obsessing over the future in a most obtuse way we believe that with future thought we can prepare and be secure. Yet this obsession tends to be a significant basis of our insecurity.

Let us give each other with compassion and caring the space to grow.

I believe that in time and with much positive growth that we will meet under mutual better circumstances but not now.

letter to [REDACTED] from
Paul Fox

Subject: facebook with [redacted]
From: [redacted]
To: [redacted]
Date: Thursday, April 12, 2012 1:56 PM

[redacted]
[redacted]

[redacted]

[redacted]

I do too
what did he do to her?
because i have it too
they told me at the hospital

[redacted]

January 7

[redacted]

it was nothing physical, not that it makes it any better
he told her he was in love with her
they had phone sex
he'd call her all the time
then she realized it was wrong and stuff
did you tell anyone at silver hill?

[redacted]
[redacted]

[redacted]

i denied it was him because i was afraid of hurting him
i still gave him the benefit of the doubt
he said he loved him
*me
i literally feel sick to my stomach right now
I dont know what to do
like it makes me want to die

January 7

[redacted]
[redacted]
[redacted]

[redacted]

January 7

[redacted]
[redacted]

Subject: facebook

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:53 PM

[REDACTED]
thats a good one
do you think he'll call me?

[REDACTED]
I honestly don't know. He never called me again, and may be part of his.. Well whatever he does. But also, since he got kicked out of his house and is living in his office and going through a divorce he might try to rope you back in. Those are the two things I'm thinking of

[REDACTED]
what was the last thing he said to you? like did he leave it off like he would contact you again "someday"
because thats what he said to me but so far its been over a month and I dont know if i should keep waiting for him like this anymore its taking a toll on my mind.

[REDACTED]
well, what would you do if he did call you?
do you want to go back to him?

[REDACTED]
i loved him as naive as that sounds. but i really dont want to go back to him after the pain he's caused me. like, if i talked to him, i just wonder what his excuse would be for leaving me hanging like the way he left me. what the hell would he say to justify himself?
I have such a weak side for people though, like when they breakdown and melt, i breakdown and melt and feel bad for them and give them the benefit of the doubt
but this time, I dont want to break down

[REDACTED]
well, when things ended with us, i was all hysterical and he was like 'we can't talk anymore' and i was like 'forever?' and he was like 'at least not for a very long time' and i was all 'okay' and then we said goodbye and that was over a year ago. and now i swear if he tries to call me he's gonna die

January 13

January 13

January 13

January 13

January 13

January 13

"at least not for a very long time"
what a fucking pussy
i'm sorry, but what he did to you was so wrong
you're so strong
and i guess thats how he left it off with me
i asked him, when can i see you again?
and he says "not now, but someday"

January 13

yeah. ugh. man. this whole "someday" we should both show up, and maybe all the other girls he fucked over. and be like, wuddup bitch

January 13

haha!
it just hurts so much because he said he loved me over and over again,
and i never felt love like that before
and then he just slams the door in my face
but leave it open just a crack, like a tease, like a MIND FUCK
i cant believe what he did to us

January 13

yeah, i just, fuck him. rah

January 13

i need to man up and say the same thing
im so angry at myself. @#*#\$&
am i pissing you off by bringing all this up? honestly. i feel bad if i'm
bringing up all this shit

January 13

oh, no no. please dont feel like that. i'm just on tumblr, so i'm really bad
at facebook...

January 13

lol ok, i'm sorry if im a bother. i hate crying for help all the time gahhhh

January 13

you are not a bother. and keep crying for help. because thus far it's
whats keeping you going. if you need it, do it.

January 13

thanks i think i do need it
can i ask you something. i'm just afraid if it will upset you.

January 13

you can pretty much ask me anything. i feel like i'm in a place that i'm
stable enough, and i've processed it all and i'm secure enough in who i
am, what i've been through. so yeah, go for it

January 13

okay thats really good and i'm glad for you. i just wanted to know, if he
told you he loved you.

like flat out said, i love you
or what did he say

January 13

yes. he said that. like straight up those three words.

January 13

when?

like was it at renfrew or on the phone?

January 13

it was over the phone. i was in residential. i was home on pass, i was talking to him, sharing a victory, and then he told me he loved me. this was on november 26 2010. black friday after i had gone black friday shopping.

January 13

thats funny because on the 25th he kissed me

i seriously want to die right now

i'm sorry

i shouldn't of ask, i shouldn't of shared

i dont want to bring you down

i should seriously just die

January 13

no. no. stop. you're in a very difficult place right now. i am okay. i really am. it's very painful, but it does get better. when you get more time away from your relationship with him, it starts to fall under a different light, and it's less emotionally charged and you can look at it a little differently. it will be okay

January 13

i'm so sad, i'm devastated. i thought he loved me

just tell me he lied

January 13

i honestly felt the same way, and i found out that it was all lies.

January 13

he slept with me

January 13

January 13

it

Subject: Fwd: SI

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:47 PM

Begin forwarded message:

From: pfmd@aol.com
Date: November 4, 2010 9:50:29 AM EDT
To: [REDACTED]
Subject: SI

[REDACTED]

please e-mail the suicide notes with some information as to what event proceeded the writing of the note or escalated the suicidal thinking. I believe that I may be able to pick up some clues that could change the self destructive process. I recall that you indicate that you would not do it b/c you do not have the courage to do so. I am not so reassured.
Also give me all your sharps and anything that you think about that may be a method.
I believe part of your suicidal process is wrong thinking. I'm hoping to derive a more complete understanding of the components of your faulty and erroneous logic.
Dr. Fox

Subject: Fwd: @#\$

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:45 PM

Begin forwarded message:

From: pfmd@aol.com
Date: December 6, 2010 10:47:03 PM EST
To: [REDACTED]
Subject: @#\$

You are all I am going to think about tonight.

Subject: Fwd: WTF

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:44 PM

Begin forwarded message:

From: pfmd@aol.com
Date: December 13, 2010 10:05:05 PM EST
To: [REDACTED]
Subject: WTF

my lips are vibrating with the taste of [REDACTED]

Don't share this with Sam!

Subject: Fwd: alliance

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:43 PM

Begin forwarded message:

From: pfrnd@aol.com
Date: January 10, 2011 5:48:04 AM EST
To: [REDACTED]
Subject: alliance

I need you to agree to the following

1. call when in crisis or the dark side has reared its ugly head
2. call before sx use
3. food diary
4. understand that I care about and your well being

Paul

Subject: Fwd: what it is

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:43 PM

Begin forwarded message:

From: pfmd@aol.com
Date: January 17, 2011 8:10:39 AM EST
To: [REDACTED]
Subject: what it is

[REDACTED]

A few months ago I desired a *pain transplant* something that you clearly and correctly stated was stupid. But as the old adage states be careful for what you wish for because I got it. I will not state that I know how you feel, but I do. Since I desired your pain I have had episodes of profound emptiness, periods of existential and emotional insignificance and one ugly moment of secondary suicidal thinking. I admire your courage and strength tolerating such darkness and painful desperation for so long and so often. I want your your pain even though I loath it so. You deserve so much better. You so deserve joy and happiness for you have given me so much that is good and positive that I can not hope to find words that express my gratitude.

I am committed to being a better person you have inspired me to push myself to be good enough for you. All I can promise is that I will try. I am urging you to remind me when I lapse and please do so directly and without hesitation. My urges to impulsively express the unwholesome and base desires is frequent and strong. I accept that I will be flawed in my attempt to be a perfect friend to you but I *will* succeed in being good enough one.

Translation: I want you in my life and we need mindfulness in order for that to be.
Paul

Subject: Fwd: journal first part

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:41 PM

Begin forwarded message:

From: pfmd@aol.com
Date: January 28, 2011 5:58:18 AM EST
To: [REDACTED]
Subject: journal first part

Please pardon the poor quality of writing I do not have your gift and poise of expression you are so beautiful in so many ways I cant but say the three little words.

Why do I love you?

I don't know.

I recognize that our relationship is an embarrassing reality for you. Which I accept and understand. You focus on their judgments their confusion. *For example how could such a beautiful talented intelligent girl waste her time energy and self on a very old, married, and ugly bald old man. Who got fired from the counselling center for ethics violation. How could you even look at him let alone be intimate with him. It makes my skin crawl just to think of it.* Yet you risk this for passion. I am the old fool that would give up something that I gave 30 years of my life for just to experience a brief intimate connection with you. I observe my almost constant unrelenting thoughts about you and what we did and what we might do and what I want to do. My moral senses of self have become quite altered. I could spin this and say I have developed a more flexible moral compass. But it all does not seem to matter much. I can anticipate conversations with peers that would be overt declarations of condemnation sprinkled with insulting metaphores describing this writer as pedophile. As I search my emotional consciousness I find a surprising absence of guilt, anxiety, or regret. Even though I would hurt the ones I love so profoundly. But now I think about my son an intelligent lad with sarcastic sense of humor and biting wit who often calls me a creeper and old. these not so flattering accolades predate our intimacy but I wonder if they have not increased since. People in our lives have suspicions but if they knew more they would be surprised how tame their suspicions are. My wife has stated multiple times in our quater of a century of life together that she would be devastated if I cheated on her. It is significant that her father cheated on her mother with a much younger woman and is currently married to his 3rd wife who is about the same age gap that we are. You deal with these facts by not thinking about them. I am puzzled as to why I have so little guilt about this. This is why I must spend the night at the telephone pioneer shelter on the AT in pawling ,ny.to attempt to have some clarity on my lack of guilt, anxiety, and/or regret. You are quite cognizant of your anxiety and shame. Does that make you a better person in the eyes of our society? Would the court of public opinion judge you more kindly than me. I think so.

Your words I can do better burn in my consciousness as they ring true yes as I have said so many times you can and should do better. I am at best a stepping stone to some one better and I should be celebratory at that prospect. I feel like such a hypocrite and worst. for as much as I want to do and think and feel only for

my happiness my selfish self serving self gratifying desires invade intrude and at times rule. I feel that I am losing self that I am no longer me that I have grown accustomed to for so long is longer the same being.. You I us has generated the neural juices that has changed my self. Am i changed forever probably is my old self dead or lurking underneath. It is probably a combination of both that the old me has been modified both bad and good. I need to find the way to be that is consistent with who I am. A question so vexing and intangible that i experience a wave of hopelessness at the prospect even entertaining it. But some elements of self I need some clarity what ever that is. I am not the same I ma confused inconsistent and shamefully lost. No I truly dont deserve you. You can and should do better The words ring so true and rift it is as if I feel ma commitment to help you achievt taht goal. Dont worry I know that is stupid. I am struggling with consciousness what is it do I feel yours Are you or is your consciousness part of mine. And if so what does that mean what should I do What should we do. Yet once again I feel this wave of love for you. The three little words as you describe them are bursting into myself my sence and my soul whatever that is. I know nothing. A philosphical concept that I am familiar with but now have a deeper sense about. I am an old fool these words seem to ring too true. I do not to be an old fool what is it to be and old fool. I guess I have to radically accept that I am old.

There will be more to follow.

Subject: Fwd: U

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:41 PM

Begin forwarded message:

From: pfmd@aol.com
Date: February 5, 2011 7:42:31 AM EST
To: [REDACTED]
Subject: U

You are a beguiling beauty but you are wrong sometimes I am not freaking out I do not regret last night. I only wish I could make you happier with you. You are so wonderful, beautiful, sexy, sweet, delightful, desirable, adorable, charming, enchanting, and you nurture my tender passion how could I give up on such joy. Please have an absolute wonderful Birthday.

Now you are 20 years old and no longer a teen ager it is time to start thinking about your retirement plan and in less than 30 years you can join AARP.

Happy Birthday my love

nt

Subject: Fwd: my ed is your ed

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:40 PM

Begin forwarded message:

From: pfmd@aol.com

Date: February 17, 2011 6:14:14 AM EST

To: [REDACTED]

Subject: my ed is your ed

I feel hunger and the joy of denying it. It does matter about health friends family work music or anything else all that matters is that I get thinner and that is that will make me happy because you gave me up for ED. Even after I begged you not to. I dont beg anyone for anything ever. Yet I pleaded with you to eat and fight against ED but you picked it over me. I so need you to fight ED. Please for both of us.

Subject: Fwd: next

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:40 PM

Begin forwarded message:

From: pfmnd@aol.com
Date: February 19, 2011 9:20:49 AM EST
To: [REDACTED]
Subject: next

time we meet I would like to attempt spiritual love with you

Subject: Fwd: what it is

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:39 PM

Begin forwarded message:

From: pfmd@aol.com
Date: February 22, 2011 6:53:30 AM EST
To: [REDACTED]
Subject: what it is

Last night I was in a strange place with death. The pt we had discussed stated that I am the dominant reason that she is alive, an immense burden that she openly acknowledges. I guess I had enough talk about death. I just wanted to escape. Yet that does not excuse my insensitivity towards you and my appearance of indifference and for that I am truly sorry. Your anger and outrage was and is both appropriate and understandable so you have nothing to be sorry for. I wish that my words could express how warm and tender I feel towards you, for the feelings wash over me in waves. I would understand if you want more distance from me given my boorish behavior last night. I continue to admire and desire to hold you and bask in your sweet warmth. You are beauty, joy, music, and enchantment.
Please be good to yourself
I love You

Subject: Fwd: you minx

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:37 PM

Begin forwarded message:

From: pfmd@aol.com
Date: April 15, 2011 10:10:55 PM EDT
To: [REDACTED]
Subject: you minx

You are the most delectable delicious delightful desirable woman I have ever had the good fortune to meet. I am so beguiled by your beauty and your virtue. You are so lovely that I am going to blame my behavior on your unsurpassed beauty.

Subject: Fwd: hey

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:36 PM

Begin forwarded message:

From: pfmd@aol.com
Date: April 23, 2011 8:11:31 PM EDT
To: [REDACTED]
Subject: hey

George Bernard Shaw once wrote :
There are two tragedies in life:
1 Not getting what you want.
2 Getting what you want.

I believe that this applies to both of us and how we struggle with our desires both lustful and righteous. At different times each opposing desire feels right or is concluded to be right. I do believe that this ambivalence and almost constant ambiguity is producing much internal angst at least in me. So you are right when you say I am insecure. For I feel quite unstable and vulnerable. You hold in your beautiful talented hands my life dear girl. I apologize for such a burden. It was not by design for it is quite opposite of the convention. Yet it is, you have control, the upper hand as it were. You may protest such a conclusion since in the past you have complained to the contrary so I anticipate that you do not agree. Whatever I am right. Please believe me when I declare that you have made my life so much richer and so much more worth living. I just wish that I could be assured that this was mutual but I think as each rapturous meeting passes I rob you of opportunity of being with someone better. Please do not restrict either your food intake or intimate experience with others. I am somewhat ashamed to admit that I would not relish the appearance of another easily more worthy man in your life but it is what it is. *Such words of wisdom.*

Subject: Fwd: us

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:33 PM

Begin forwarded message:

From: pfmd@aol.com
Date: May 30, 2011 7:49:30 AM EDT
To: [REDACTED]
Subject: us

Your email was honest and good it did not upset me. You do not feel that you deserve God's help because as a little girl learning/memorizing the bible you did not feel the parental love that was your birth right. The unconditional love from your parents was lacking. There was too much drinking, too much fighting, and way too much emotional neglect. Due to that early instability you demand certainty now as you did in the past to compensate for the unpredictability of your childhood.

I am no theologian but I believe that God does not send a concrete message of existence to those that struggle with belief and/or faith. S/he is found in the dark matter and energy of the universe and the space between the nucleus and electrons in every atom. God is everywhere but if you look for him with a concrete mind s/he is no where. When one looks for God's existence with the five senses that respond to defined types of stimuli one will be frustrated. I believe that much of the bible was not divinely inspired but written by power seeking ignorant men.

I know in both a objective and intuitive way that you deserve my help, God's help and who ever else can and will help. You are truly a wonderful person and so easy to love. I know with out question that you [REDACTED] are and is a good person. This I know with out the need for facts to back this up or references to support my position that with in you is so much good and kindness and love. This is what is.

I do love you but I so want to only love you without desire. It is possible, for there have been fleeting moments when I have felt love without lust, just as there have been moments where you have felt this. This is part of the reason I am grateful to you for biting me to remind me that I deserve to be punished by you, even if it is taken out of context. So lets together work towards love without base gratification. The pleasure of your company is such a joy that it is all that I need and should want.

Love sans lust
Paul

it

Subject: Fwd: please respond

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:33 PM

Begin forwarded message:

From: pfrmd@aol.com
Date: June 4, 2011 7:31:54 AM EDT
To: [REDACTED]
Subject: please respond

I am sad that you feel the way that you do. I am not sleeping well and feel depressed. I will go through a most difficult period the next few months and I may lose much of what is important to me. But I only regret what ever I did that has harmed you. I do not regret the relationship yet if I unwittingly acted or said something that hurt you. I am truly sorry. Please understand that you are very important to me and that your well being at times seems the only thing that matters that may be one of my many errors expressing self in an unmeasured way which at times has appeared inappropriate. But all my expressions to you have been and still are honest declarations of my feelings. I am asking for your forgiveness which may be more than I deserve.

Subject: Fwd: hey

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:32 PM

Begin forwarded message:

From: pfmd@aol.com
Date: June 24, 2011 6:59:02 AM EDT
To: [REDACTED]
Subject: hey

Thank you for being so kind and accepting of me.

I am sad that your father does not see the intelligent, caring, compassionate young woman that you are. It is unfortunate that his brain has become so rigid due to the all too frequent poisoning from the ethanol. You deserve better. But both of us must work on accepting what is not what we believe it should be.

I need to remember that denial does not decrease pain but perpetuates it. Therefore I must work diligently to to:

- Acknowledge my errors and accept them as such recognizing that I am not bad or good but some of my actions are in error and whether they are deserving or not I need to accept the pain of consequences what ever it may be.
- In order to experience freedom of suffering I need to and will accept the pain that goes with the consequences and the process.
- To find freedom from suffering I must go deep within myself a take a brave search within myself to ascertain where and how I went wrong. What character defects led me to the errors that I perpetuated without malice but with good intentions that ended up inadvertently with negative result.
- I will commit to tolerating the moment no matter how unpleasant or noxious for that is acceptance.

I know you suffer and sometimes it is overwhelming and feels beyond your control. Over the last few weeks I have gained a better understanding of the urges to self loath in a physical way i.e. self punishment.

Let us together grow in our ability to mindful.

Pablo

Subject: Fwd: Hey

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:31 PM

[REDACTED]

Begin forwarded message:

From: pfmd@aol.com
Date: June 29, 2011 8:00:55 AM EDT
To: [REDACTED]
Subject: Hey

[REDACTED]

I am worried, no concerned, no upset, no wtf im something about your restriction.
Please, please, please
send me a food log
Paul

Subject: Fwd: im trying

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:31 PM

Begin forwarded message:

From: pfmd@aol.com

Date: July 4, 2011 7:45:44 AM EDT

To: [REDACTED]

Subject: im trying

This is a line from compassionate meditation. It is beyond hard.

"I am not going to run away from this suffering. I want to use it in the best and richest way I can, so that I can become more compassionate and more helpful to others."

I have you in my mind very often. Therefore we are never alone.

Pablo

it

Subject: Fwd: this am
From: [REDACTED]
To: [REDACTED]
Date: Thursday, April 12, 2012 1:30 PM

[REDACTED]

Begin forwarded message:

From: pfmd@aol.com
Date: July 9, 2011 5:43:15 AM EDT
To: [REDACTED]
Subject: this am

[REDACTED]

This am i am thinking about you
As i have so many times before
In spite of your stature
You stand tall and so
Impressive for the profound
Effect you have over me
I see and feel the depth of
Good and the frightening
Bad yet despite it all
There is acceptance and
Love for all that is you.

Please forgive this pathetic attempt at poetry it just came out of me.

Have you ever listened to Vampire Weekend?

I am hiking this morning and wont be availabire until late afternoon but I miss you already.

Subject: Fwd: IDK

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:30 PM

Begin forwarded message:

From: pfmd@aol.com
Date: July 13, 2011 6:00:49 AM EDT
To: [REDACTED]
Subject: IDK

I am still reeling from the events last night. I can not even figure out how or what I am feeling. It will take some tome to make some sence of what I am feeling and what i and or we should would could do .

Here is what I know and can say with out hesitation or ambivalence.
You have made a very profound impact on my self. I am not the same person because of the connection that we have.

I am angry at myself for hurting you. This I so tried to avoid and deeply regret the pain you feel. I so wanted to be good for you and so sorry that I inadvertently hurt you.

Please let me know how you are.

Paul

Subject: Fwd: you

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:27 PM

Begin forwarded message:

From: pfmd@aol.com
Date: July 28, 2011 10:06:00 PM EDT
To: [REDACTED]
Subject: you

are wonderful and so make the moment when i with you the most special possible. I so love that you are in my life you are so good to me all you need to do is exist and I am so happy. I am when you are we will be and it is all so good. I will continue to be so impressed with you. You are wonderful and so beautiful within and with out that to be breathing the air that you expel is such a sweet honor that I lose myself in the joy of the moment. I am listening to Don Fagen and so glad I shared the Steely Dan concert with you. What a great week it has been seeing you Monday experience a great concert and being so wonderfully intimate with you on Wednesday. I am so lucky that I met you I wish that I could be good enough for you i will never understand how you put up with old ugly me. I am glad sad that we were unable to spend the night together bc I know that you need to be away from me to have your own life and youe separate relationships with other people and other activities I so often believe I steal from you time and energy for more productive experiences and relationships. Please forgive me if this is salient and relevant For I do not know what I do sometimes especially with you. I so easily lose myself in the moment with you. The moment that I see you my consciousness changes I can not explain it but must recognize and respect the profound impact it has on me. Please know that you are free to do as wish as ling as you are experiencing joy. Let me not ever be an obstacle to the goal that is your joy and happiness. You so deserve what ever plesure that anyone or anything provides for you you cannot possibly know how beautiful and wonderful you are. For if you did you would glow with self joy and appreciation. Please forgive my word vomit.

Love
Pablo

Subject: Fwd: Ur home?

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:25 PM

Begin forwarded message:

From: pfmd@aol.com

Date: August 8, 2011 8:44:18 AM EDT

To: [REDACTED]

Subject: Ur home?

Call me or txt me when you get home I know you are anxious about the empty house but I am with you no matter where you are.
Love Pablo

Subject: Fwd: hey

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:25 PM

Begin forwarded message:

From: pfmd@aol.com
Date: August 11, 2011 9:19:55 PM EDT
To: [REDACTED]
Subject: hey

this is the lame email you wanted me to send you.

Where is the food log??

I feel sad your ed is worst and I feel your sickness getting stronger and with that my inadequacy and insecurity. You are so important to me you can not give in to the sickness by indulging in secrecy and subterfuge. I am feeling sad right now. I am concerned that I am not helping you. you need to be good to yourself. You are so worth it and deserve it.

Subject: Fwd: WTF IDK

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:23 PM

Begin forwarded message:

From: pfrmd@aol.com
Date: August 27, 2011 9:23:56 PM EDT
To: [REDACTED]
Subject: WTF IDK

To think about you makes me happy. Yet I feel trapped here with my wife she is not mean to me or nasty. she is chronically annoying and irritating to me. Just now she claimed that Fairfield county has proclaimed that there is a hurricane warning, flood watch, tornado watch and asked if I wanted to go down to the basement with her. No I said. I need you please do not go down to the hell of self loathing and despair. I need you to give me life and love and fun. I want to dance with you laugh with you and be with you. I want you to be close to me I long to gaze at your most precious and extraordinary beauty. Yes this is so much more than I deserve but I want it. It looks like we will not be able to sail on tuesday. There may be a sailing lesson for Faline and friends. Let us do light painting instead. Sorry about my lapse into word vomit.
Pablo

nt

<http://us.mg6.mail.yahoo.com/neo/launch?.rand=0o1kg3attnkap>

Subject: Fwd: sleep
From: [REDACTED]
To: [REDACTED]
Date: Thursday, April 12, 2012 1:22 PM

[REDACTED]

Begin forwarded message:

From: pfmd@aol.com
Date: August 31, 2011 6:11:38 AM EDT
To: [REDACTED]
Subject: sleep

[REDACTED]

was distant for you were on my mind a longing, a desire, and a sadness that Thursday is so far away. When can I talk to you without interfering with your life. I love you so.

Subject: Fwd: am

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:21 PM

Begin forwarded message:

From: pfmd@aol.com
Date: September 10, 2011 5:47:30 AM EDT
To: [REDACTED]
Subject: am

It is 5AM and once again I 'm awake thinking of you. I woke up at 4 and laid in bed thinking about Thursday night. I feel more connected and closer to you after that experience if anything I love you more and wish that you experience joy and happiness. Your critical stance of me is most welcome for I struggle with the profound feeling that I am not good enough for you. It is the hope that you will make me a better person. You make me want to be a better friend and more deserving of our intimate connection. I miss you and my desire for you grows after ever lovely encounter. You do not have to do anything for me for to be with you is a gift that overwhelms me with pleasure. I do have one major reservation it is ED. The nemesis I loath with a passion that rivals my love for you. I feel so inadequate at times. I need your help to defeat him. I understand that I will never be able to fully understand how compelling he is to you. But YOU and I know that he is not worth it and you so are. Please know that I think about you often if not almost always. We are so connected even when you are in the abyss.

Love
Pablo

Subject: Fwd: fyi

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:21 PM

Begin forwarded message:

From: pfmd@aol.com
Date: September 14, 2011 6:42:13 AM EDT
To: [REDACTED]
Subject: fyi

I am still merged with you. I am feeling strange things and having some strange comprehensions.

Subject: Fwd: more random gut expressing word vomit

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:19 PM

Begin forwarded message:

From: pfmd@aol.com

Date: September 22, 2011 11:02:56 PM EDT

To: [REDACTED]

Subject: more random gut expressing word vomit

I miss you so much I don't know what I am doing without you. you are so wrong that it is so temporary. Please don't destroy the one I love out of misplaced distress based on ancient pain and absent nurturing.. I know how I feel and how you play such a big role in my consciousness and soul dont leave please I love you damnit.

Subject: Fwd: as I begin

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:19 PM

Begin forwarded message:

From: pfmd@aol.com
Date: October 21, 2011 7:27:07 AM EDT
To: [REDACTED]
Subject: as I begin

my 60th circle around sol. I realize how grateful I am that you are in my life. You have giving me so much pleasure just by being. Thank You my Love

Subject: Fwd: can you please print these for tomorrow? thank you.

From: [REDACTED]

To: [REDACTED]

Date: Thursday, April 12, 2012 1:19 PM

Begin forwarded message:

From: pfmd@aol.com
Date: October 23, 2011 7:09:30 AM EDT
To: [REDACTED]

I miss you think about you so much. You never need to do anything for me. Just be. I long to be with you so often and so intently. I want to figure out a way to see you today only if you are free. I want to be with you some way that is good for you.
I love you.
Paul

STATE OF CONNECTICUT

DEPARTMENT OF PUBLIC HEALTH



Date 5/8/12 Place [REDACTED] Time Started 4:00 pm M.

I, [REDACTED], ama years old. My date of birth is [REDACTED]

I live at [REDACTED] Telephone No. [REDACTED]

I am employed at not applicable Telephone No. [REDACTED]

I give the following voluntary statement to Diane L. Cybulski R.N.

who has identified herself/himself as an Investigator for the Department of Public Health, State of Connecticut.

Attached to this page are eight additional pages^{EH} for a total of nine pages. These pages are an accurate account of my interactions and relationships with Paul Fox M.D. to the best of my recollection.

I have read or have had read to me, each page of the statement hereto annexed of 9 pages, each page of which bears my signature and corrections, if any, bear my initials, and I certify that the facts contained therein are true and correct. I fully understand that if I made a statement that is untrue and which is intended to mislead a public servant in the performance of the official function, I will be in violation of Section 53a-157, Connecticut General Statutes, which is a class A misdemeanor.

This statement was completed at 4:20 P M. on the 8th day of May 2012.

Witness [Signature]

Signature of person giving voluntary statement [REDACTED]

SUBSCRIBED AND SWORN TO BEFORE ME THIS 8th DAY OF May 2012 [Signature]

Notary Public

DIANE L. CYBULSKI
NOTARY PUBLIC
MY COMMISSION EXPIRES 6/30/2015

3




In September of 2009 I met Dr. Paul Lewis Fox at Western Connecticut State University's Counseling Center. I was a freshmen just beginning college, with a history of depression, self-injury (cutting and burning) as well as struggling with an eating disorder. I have a past history of trauma, physical and emotional abuse by my alcoholic father. I started cutting when I was in 8th grade and began eating disorder behaviors as a junior in high school. I had my first hospitalization at Silver Hill Hospital the summer after my senior year of high school right before the semester at WestConn began, where I was diagnosed with a mood disorder, later specified as borderline personality disorder.

I went to the counseling center at WestConn to continue therapy and for medication management. This is where I began working with Dr. Fox. We talked about my cutting problem right away and he was also the first psychiatrist I opened up to about my eating disorder and body image issues. I had never really disclosed my eating disorder to anyone before and in a way he had actually discovered this secretive problem of mine and pulled it out of me the very first day of meeting with him. This made him very important and special to me because I finally had someone I could now talk to about this. I kept my eating problems mostly to myself for so long. Even with my previous therapist I had in high school, I hardly addressed it with her because my depression, cutting and suicidal ideations were always considered a higher priority.

I began to see him at the counseling center regularly and liked him very much. I liked him so much that I remember it concerning me. I find journaling in October of 2009 "I don't want to talk to Dr. Fox anymore. It's unhealthy. I want him to be my father..." I remember around this time I learned what the term "transference" meant in the field of psychology. I was a nursing major then, and was taking a psychology class and learned that transference is a phenomenon when emotions, feelings and desires, especially of those unconsciously retained from childhood are redirected and transferred to the therapist. I remember thinking to myself that this could actually be happening to me with Dr. Fox. So when I saw him I confronted him about this concern. I told him, "I think transference is happening between us." He didn't express any concern and dismissed the idea. My concern of transference happening with me was never brought up again.

He gave me his cell phone number and I would call him at night multiple times a week, even at late hours of the evening, and he would talk to me. I remember asking him about his family. He told me he had two children, a son and a daughter. I asked him how old his daughter was. She was a year older than me. I remember saying, "she's really lucky to have you." I began to become more attached to Dr. Fox, talking to him more, asking him more questions about his personal life, which he would answer. Around this time I remember having fantasies of him hugging me, kissing me even, and yet recognizing that though these were my thoughts, these actions would be wrong. And these thoughts were so confusing to me because though I wanted him to be a fatherly figure to me, I wanted him to kiss me too, and I was wondering, how could this be? I was beginning to think that I loved him. I was very vulnerable and very confused with myself.

Throughout the semester of 2009 I had several trips to the Danbury Hospital ER because of a prescription drug overdose and because of cutting for which I required medical attention. I continued to see Dr. Fox. It was in December that he said I was beautiful. I remember feeling really good about that. It was also in December 2009 into January 2010 that I went back to Silver Hill Hospital to do a DBT outpatient program, but because of another prescription drug overdose I ended up being inpatient at their Acute



Care Unit during my winter break. At the hospital I remember calling Dr. Fox every night. I'd call him "Foxy," and ask him if he loved me. He'd say he couldn't cross that boundary with me, but that he cared for me and that I was "worth it." When I got out of Silver Hill, I went back to WestConn for the spring semester and continued seeing him at the counseling center.

It was April 1, 2010 and I had called Dr. Fox's cell phone at a very late hour because I was in a very disturbed drug induced state of mind. He stayed on the phone with me for a very long time because I had told him I was so dependent on him, I went so far as in saying that if he hung up on me, I would die. Although eventually he did hang up, I think he had stayed on the phone with me until after midnight. As I look back on it, I wonder why he didn't just send me to the hospital if he realized that I was in such a bad state of mind, yet stayed on the phone with me for so long. Maybe it's because he cared so much about me and didn't want me returning to the hospital yet again that he stayed with me on the phone? However this really continued to encourage my unhealthy dependency on him.

April 6, 2010 I started seeing Dr. Fox at his private office in Brookfield. It was the first time we held hands. I was really nervous in his office and was trembling. I had made an agreement with him that I'd give him the scalpel I'd been using to cut myself with and that he'd keep it away from me and store it in his office. Just being there in his office, knowing that my scalpel was somewhere in that room was causing me great anxiety and a feeling of disconnection. He told me squeezing his hand would help. And it did. I felt connected to him and calm.

A few days later I was in the dorm, abusing some of my prescription medications again and threatening suicide. I had called him up and he said he'd either drive over to my dorm to talk to me or he'd call campus police. He ended up coming to my dorm and we sat and talked outside. I think it was around 8pm. I remember asking him, "Why did you come?" He said he really didn't know. Later on that night, I ran out in front of his car as he was leaving. Once again, he did not call for the hospital to come get me, maybe because he cared about me so much and did not want me to end up there again. But instead, he tried to put me in his car, but I refused to get inside. I stood outside crying. He came up to me and hugged me and held me. Then he walked me back to my dorm once I calmed down.

After the spring semester ended at WestConn, he told me that would be his last year at the college (later on he wrote in an email 1/28/11 that he was "fired from the counseling center for ethics violation") and that I would have the option of seeing him privately in Brookfield. Of course I said yes. My feelings for him at this point were very strong, so much so that I wanted him to love me, yet up to this point in time I never disclosed such feelings. So throughout the summer I continued to see him at his private office where my eating disorder became a greater focus of our therapy sessions.

To address the ED, we would drink Ensure together and then he would sit and talk with me after to make sure I did not purge. My bulimic tendencies were rampant at this time. But then drinking Ensure turned into going out for dinner and having actual meals. We would walk to a local Italian restaurant right down Federal road, the road from his office, called Sinapi's (it is now closed). Over dinner we would talk about a lot things, and laugh a lot. Dinner was a pleasant and fun time and though eating was hard for me, he would make it enjoyable. It was July 2010 that after dinner I first opened up to him about my concerns about how I believed I was getting too attached to him and I felt that in a way




our relationship was wrong in that I wanted to cross boundaries with him. He said it was good that I was demonstrating self control and that I was not acting sexually provocative. He admitted though, that the night he came to my dorm and hugged me after I ran in front of his car, he said it "felt good." When I asked him if it meant that he felt good because he was physically close to me, he said yes, that for him, when he hugged me, it felt good to him to be so close to me. He told me that my feelings weren't wrong, but that it was up to him what he should do to me and how to act towards me. I told him about the greatness I'd feel if I knew that he'd loved me. He said that he thought I was beautiful, intelligent, fun to be with, admirable, but that he wouldn't say that he loved me because he couldn't. For myself, I really felt a feeling of love towards him and I so desperately wanted his love in return, but this feeling caused so much conflict within me. I was also just so sad that it couldn't be mutual.

After sessions we would hug each other. We would hold hands like I've mentioned before. He would brush my hair out of my face. He would make me feel beautiful, connected, and loved just by these simple touches and embraces, yet vulnerable, confused and even frustrated sometimes. He'd always schedule me later in the evening like 7pm, 7:45pm, that way we'd have time go out to dinner and I'd be his last patient for the day. I'd always go over an hour session. I very rarely remember having a patient come in after me, if ever.

It was in July of 2010 that I remember him telling me that he had sexual feelings for me, but explained to me that these feelings were not the sole reasons as to why he was hugging me, but apologized for being a human male. I remember him acknowledging my vulnerability and promising me that he would not take advantage of me and that though he wanted it, so much more, he wanted me to be healthy and that his sexual urges were somewhat insignificant.

It wasn't until I returned back to WestConn for my sophomore semester in the fall that things between us really started to take a turn. I actually began giving him violin lessons during our therapy sessions. It was a fun "therapeutic" way that he said would help take my mind off of my cutting and eating disorder behaviors. I enjoyed doing this a lot and so did he. 9/23/10 I write in my journal, "He said he had the urge to kiss me. He said my lips are beautiful. He said he's never had feelings like his for anyone else." 9/27/10 "He said he thinks about me more than he should. He made me promise that I wouldn't purge or cut or binge drink this whole semester before he told me that he is obsessed with the idea of massaging my hands....He said I wouldn't be wrong if I kissed him, it would be up to him to do the right thing. I don't understand why he thinks I'm not responsible and should take no blame. He would prefer that I didn't kiss him because he doesn't know how he'd do the right thing. He said he'd hope he do the right thing. We talked and talked about how to resolve this sexual tension between us...He said he loves me. He finally said it...I'm glad he told me. I feel wrong and selfish and I'm worried about him I'm worried so much. We're playing with fire. I told him that. He wants to still work with me and work past this so that we don't get burned....He has other obsessions with me but he wouldn't say...Should I leave him? No, I can't. I love him. He said we're going to be friends. He's going to want to know how I'm doing and what I'm doing for the rest of his life. He wants to be connected to me. He said he won't leave. I feel safe with him but at the same time I feel wrong."



During our sessions shortly after this conversation he admitted to having thoughts about having sex with me and that making love to me would be the most beautiful thing between us, but it would be wrong and that's why he wouldn't do it. He would open up to me during the sessions about how he was struggling not to kiss me and how though we'd just be holding hands, he'd feel so intimately close to me, unlike how he felt so lacking of intimacy with his wife. He would talk about how he would kiss me if he ever did. He would stroke my hair and kiss my forehead and hold me. On 12/11/10 he writes about touching my costal margin, after I emailed him saying, "I can't sleep. I just want to be with you." His email reply back was, "How ironically coincidental I could not sleep either and I got a mild migraine and I recalled how alarmed I was when I palpated your costal margin. Please eat more." Though this sort of touching was occurring, our actual first kiss did not occur until 10/25/10.

After we kissed, I actually became very emotionally distraught and he knew it was wrong and we didn't kiss after this for some time. I actually debated not going back to him for a little while, but of course did not end up following through with that plan because I still found it in my heart that I loved and cared for him, and that I felt I needed him. I continued seeing him.

It was around this time that Dr. Fox told me about [REDACTED] I was in his office the day he got her letter. I think this letter stated that she was suing him for malpractice or whatnot. I had no idea what specifically this letter was about but I had heard rumors that he had told her, a former patient of his, that he loved her. Yet I didn't allow myself to believe this rumor. I truly believed Dr. Fox to be a good and honest man, loving and kind, incapable of hurting any of his patients, plus, I thought he loved *me*. I thought I was *the only one*. He was so upset when he got this letter and that it was threatening his career. I said I would help him if I could. I would look [REDACTED] up online and find her on her Facebook page and Tumblr page, and get any information on her to help his case. He left me a voice-mail, which states, "Hi [REDACTED] I got a favor to ask of you. If you could make a copy of what [REDACTED] says about herself, how great she's doing from her Facebook or anywhere else....it will mitigate the likelihood that I'll be sued for malpractice if there's not damages or proof of any damages, so please do that if you can...if you can really secure that information...at least make a file of all that stuff that she says....the more information that we get about her that says that she's doing okay the more protected I am....I don't want to burden you with this crap. Take care and I love you." I remember feeling scared, what if the rumor is true? What if he really did tell [REDACTED] he loved her? What if he really did do something wrong to her? What if he's just doing the same thing to me? So I called him up one day and asked if the rumor was true, "Did you ever tell her you loved her?" He said no. He explained to me that I'm not like [REDACTED] at all, that I'm his friend. He explained to me that [REDACTED] was the one calling *him* up all the time, talking provocatively to *him* and asking *him* to go have sex with *her*. He said he just took the calls from her and talked to her because he was "afraid of her feeling rejected", but he said it got to the point where she was becoming a threat to him and his family that he had to end taking her calls and called the police to intervene.

Just recently, I have contacted [REDACTED] myself and we have met in person. We have shared each other's stories and experiences with Dr. Fox and I have now gotten her side of the story, that he did in fact tell her he loved her on 10/26/10, as well participated in phone sex with her during that month. There is more to her story and just to honor her

confidentiality I don't want to disclose any more than I already have but I do want to say that because of meeting up with [REDACTED] I am confident in saying that she has helped me confirm for myself that I am doing the right thing in coming forward and reporting Dr. Fox's behavior; that what he's done to *both* of us was so emotionally damaging to us and very wrong. Furthermore I must also point out, [REDACTED] told me he ended the relationship with her 10/30/10, that was that last time he talked to her yet like I previously mentioned before, that was when he was just beginning the affair with me and starting the sexual intimacy with me; our first kiss was on 10/25/10. Please note that the time period as to when he was having phone sex with [REDACTED], telling her that he loved her and then so bluntly cutting her off, and then starting things with me is down to the exact same week.


It was December 2010 that we started kissing again. Things became more intimately intense that touching began too. He would ask me more personal questions about my sexuality. Up until August 2010 I was still a virgin. I had just started having sex an ex-boyfriend from high school in August. I did not have a history of being very promiscuous, yet I must admit after having being intimately involved with Dr. Fox, my hook-ups with different people increased and I became more embracing to my sexuality and promiscuity. This is because I felt like I was his "dirty secret," and though he hated it so much when I told him that this was how I felt and though he told me that that's not what I was, I still sometimes really believed this to be true about myself, so in turn I became even more promiscuous.

He would tell me that he wanted to make me orgasm but probably shouldn't try. He would tell me he didn't deserve me, and just wanted to make me happy and to be good for me. He'd tell me about his fantasies about giving me oral sex during our sessions.

One night, 1/5/11, Dr. Fox sent me out to go pick up the pizza for dinner. He said we were going to eat it in his office this time. When I went out to pick it up, I actually ended up getting into a car accident on my way to the restaurant and totaled my car. Later, after the tow truck came and Dr. Fox came to pick me up from the scene of the accident, we went back to his office and I remember smelling the burning smell of lit candles and wondering what that was all about. He had explained to me that this night was supposed to be really special, that he was going to surprise me and was going to give me a massage and was actually going to give me oral sex. I had no idea that was his plan.

He would open up to me about his wife and how the feelings he had for me were so lacking for her and wrote to me a letter and an email both describing his moral dilemma of how he was so passionate and in love with me, yet recognizing that it would be damaging to his family and his career to be with me. In one letter he writes, "I'm sorry how I screwed up with you I lost my objectivity my intense desire to be close to you made it so I was not measured but desperate." And in the email, 1/28/11, he writes, "I am the old fool that would give up something that I gave 30 years of my life for just to experience a brief intimate connection with you. I observe my almost constant unrelenting thoughts about you and what we did and what we might do and what I want to do. My moral sense of self have become quite altered."

Throughout January and February 2011 we were hooking more frequently. I remember one time he called me and told me about having sex with his wife. I find in my journal writing, "He said he was thinking about me when he was having sex with her....I'm just really feeling awful, used, disgusting, I feel that I deserve better. It sort of makes me



sick to my stomach. I didn't mind him telling me because we're best friends but I feel bad at the same time. I feel used. I feel like a slut."

One day in March 2011 he took me hiking to a place, I think it was called Bull's Bridge in Kent, where we hiked for a couple hours. We actually talked about ending our intimacy on this day because if we stopped kissing each other and giving into the urges for physical intimacy, it would make our relationship and love stronger. But this commitment didn't last long.

We'd schedule to see each other in the mornings before I'd have class for breakfast at Panera's. He was still trying to address my eating disorder and having breakfast with me would assure me a good meal. He would tell me that, "we can do this," "we" as a team, in fighting against my eating disorder. It was at times comforting to know that I wasn't alone with my eating disorder, that he knew about it and was helping me deal with it, and so many times, when we were together, he would even make me feel beautiful and desirable, despite my self-loathing body image issues.

During April 2011 one night he bought wine to go with our dinner at the office. It was this night that I first gave him oral sex. We stayed up until midnight together. He told me his wife and son were away visiting a college. Throughout April through July there were multiple occasions when we gave each other oral sex.

I continued seeing him at his office, still struggling with my eating disorder, still engaging in self-harm behaviors and suicidal ideations. One time at his office I attacked myself with a pair of scissors. He physically wrestled me to get them out of my hands. Then there were two occasions, one time in particular occurred in June that I cut myself on my abdomen and came into his office bleeding. He addressed my wounds himself, bandaged me up and held me. He would tell me that he was so connected to me, that when I felt suicidal, he felt suicidal.

As the fall semester of my sophomore year at WestConn began he took me out sailing on his sailboat several times. Then it was in September that we first started having sexual intercourse. It was unprotected. He told me he had a vasectomy so the chances of me getting pregnant from him were zero. We had sex a total of three times. One time, he "light-painted" us having sex with a 35mm camera he kept in his office. We never finished the roll of film, and to this day I do not know if he ever developed the film. The last time we had sex was 10/25/11.

Two days later I went back to his office for another session. We were touching and kissing and I remember being in a vulnerable, strange and almost psychotic state of mind; as I was on top of him kissing him, asking him for some reason to hit me, which he did, though causing me no physical injury. After, I remember asking him, "If you love me, why don't you tell your wife about me?" He told me that he didn't want to tell her because he didn't think she deserved that pain. I felt hurt and upset by this reply and I said to him, "but you're causing me pain." Then I ran out of his office and ran into oncoming traffic, having a complete emotional and psychotic breakdown. He ran after me and grabbed me out of the street. After I calmed down, we told each other we loved each other, kissed, and drove away. That was the last time I saw him.

The next day, I tried to kill myself. I was forced to drop out of school and went back to Silver Hill Hospital.

As time went by during my stay at Silver Hill, I was feeling hurt that he hadn't tried to contact me so I ended up calling him. He told me to please stop calling him. I asked him



if he still loved me. He said, "I don't know." Hearing these words devastated me that hung up and totally lost control, emotionally breaking down to the point where the hospital staff had to restrain me and give me a shot of anxiety medication.

Then one day he actually called me. He told me that he told his wife about having an affair with me and that she threw him out of their house; that he'd been living in a hotel for a couple days but now he was living at his office. A couple days passed before I called him back, though a lot of the hospital staff was advising me not to be in contact with him. They had been questioning our relationship and knew there was something not right about it, and though my treatment team asked me if I was having sex with Dr. Fox, I flat out denied it because though I was hurt and though my sense of right verse wrong had been so skewed, I still loved him and believed that he still loved me, so I wanted to protect him. I didn't want to get him in trouble. And so when I called him back he told me that he missed me. He called me again that week and we actually had a nice conversation; he said it was good to hear a friendly voice. Then he said what I so desperately wanted to hear; He said he loves me.

After I was released from Silver Hill I went straight to SLS Residential in Brewster, NY to continue treatment. I was still suicidal and emotionally all over the place. It was here at SLS that I began to let out the secret. However, I was completely ambivalent about doing so. I had counselors telling me I was a victim, yet my emotional attachment to him was still so strong. How could I be a victim of a man who said loved me; a victim of someone who I loved and put so much trust in? I called him from SLS because he had not contacted me for a while and I wanted him to know where I was. I beginning to fear that he was abandoning me, and that perhaps what my counselors were telling me, that he took advantage of me, that I was a victim of sexual abuse and sexual trauma, was true. My individual therapist and I began to address "boundary violation and sexual exploitation in psychotherapy," and I was starting the investigative process of uncovering what I thought was love, passion and compassion as actually being malpractice. I started to recognize the damaging things the relationship I had with Dr. Fox caused me. I identified with many common reactions that are frequently associated with therapist-patient sex, such as increased suicidal risk, sexual confusion, guilt, and extreme ambivalence.

I refrained from calling him for a while as I stayed at SLS because my therapist strongly advised me not to contact him. Yet I ended up calling him because I just wanted to know how he was doing and I wanted to talk. I think it was December 3, 2011 that was our last phone conversation when he said, "I don't want to admit this, I really don't want to admit this, but I still love you." December 7, 2011 I received a letter from him asking, "Please do not contact me". I went numb and dissociative with pain and confusion at this point.

In the letter he wrote nothing of loving me but instead writes, "Dear [redacted] The words that I abused you; victimized you haunt me and distress me. So often I stated with conviction that I want to be good for you so if there is truth to the opinion that my actions abused you I am so deeply regretful and so full of shame...I am committed to the belief that I never wanted to harm you that I only wanted your joy and happiness and of course emotional regulation." He wrote a prayer to me that I may be "well happy and peaceful," and concluded the letter saying "Let us give each other with compassion and caring the space to grow. I believe in time and with much positive growth that we will meet under mutual better circumstances but not now."



And for a while I bought into it. I believed that he'd come back to me; that for now we just needed some space but that soon he'd come back to me because I couldn't believe that all those times he told me he loved me, all those times he told me I was his best friend, that I was so important in his life, that we were so connected, that it was all lies, and that all those times of physical intimacy and all the things he did to me, that it was all me being taken advantage of and used for his own sexual gratification; sexual abuse. But as days turned in to weeks, and weeks turned in to months, I had to tell myself that I had to stop waiting for him to call. It was unhealthy for me. I had to face the truth; that he really did abandon me, because you don't leave the ones you truly love dangling the way he left me. He left me guessing that the reason he left me like that was to try to protect himself.

Sometimes I find myself questioning if Paul truly is a predator or if what happened between us was just a case of transference and counter-transference gone really wrong? What if he really did love me? Sometimes he'd even get really emotional and cry in front of me when he knew I was in such emotional pain and struggling. He did and said so many things that showed me at the time how much he loved, cared for and was attached to me. But what if he was just sick himself? I don't know.

But I do know that unfortunately I really did love him and that is what gives me such a strange and painful feeling knowing that I am testifying against a man that I considered a close and trusted friend. Yet now that I have heard Bailey's side of the story and know what he did to her, and as I read the letter he sent me, which he didn't even have the decency to sign, that so bluntly ended our intense relationship just days after he admitted to still loving me over the phone which utterly confused and destabilized me even more than I already was, I'm beginning to see the twisted pattern in his behavior; that he preys and then he flees, leaving emotional wrecks behind him, and though I don't know if what he does is intentional or unintentional, it is still very wrong and very hurtful to those he claims to "love," and it cannot be overlooked.

I have several empowering friends and counselors supporting me now, telling me that I am indeed a victim of his manipulations and that he did in fact take advantage of me when I came to him as his patient, very mentally unstable and vulnerable. I'm starting to realize that *I must reveal the truth* in order to protect other patients. I must come forward now to protect another vulnerable, hurting girl because that was just what *I* was myself. I was a 19-year old vulnerable and hurting girl when our affair started. He was 59 years old.

As I come forward my mind is still fraught with ambivalence over my current feelings towards him. Most of the time, it is too painful to think about him at all. Yet I realize and hope that coming forward is just the beginning of my healing process from this. And though I'm finally being honest with myself in saying that I am a victim, I can also say I am coping to be survivor, both at the same time.

If you need any other information from me, I am ready and willing to provide more.



Freedom of Will

Received from [redacted] 5/8/2012 bc

We have the capability of taking a stance towards psychological, biological, and social conditions. Freedom defined as shaping ones own life within the limits of the given possibilities. We are autonomous beings capable of shaping our life.

Paradoxical intention is the process of self distancing and humorous exaggeration and therefore degrading the vicious cycle of symptom use and consequently symptom amplification or craving.

Will to meaning

We are free to seek goals and purpose. The search for meaning is the primary motivation for us. When one can not realize her will to meaning in her life she will experience the abysmal sensation of meaninglessness and emptiness. The frustration of the existential need for meaningful goals will give rise to aggression, addiction, depression, and suicidality.

It is important to identify and remove factors that interfere with the pursuit of meaningful goals. Effort must be made in increasing awareness of ones meaningful potentialities.

Meaning in Life

Meaning is an objective reality not a perception from an outside observer. Meaning, success, and having a life worth living are intangible and hard to define and subjective yet have some objective elements.

The capacity to love and internalize love from others; the openness to love oneself with acceptance and forgiveness; the wiliness to address lapses, failures, mistakes and the striving to learn and grow from these instead of focusing and obsessing on errors are all elements of a life worth living. Holding onto ones flaws in an attempt to change and better oneself becomes counterproductive when instead of acceptance one descends into self condemnation and self loathing.

You are a truly beautiful and wonderful person. It has been one of my greatest joys experiencing the connection we have and the friendship that we continue to share.

Pauls Pathetic Poem

received from [redacted]
5/8/2012 [signature]

I have so much to say and yet say nothing
Words are such poor instruments of connecting.

I desire you completely with ambivalence
I ache for clarity yet get resistance.

You are both grace and joy when I hear your laughter.
When I feel your pain I all but shatter.

From the depth of despair I attempt to emerge
Yet you push me down there with each purge.

Our connection is both exquisite delight and awful torment.
You deserve everything yet I feel like such an embarrassment.

I am captured by your silky web of desire
Whose bonds are strong and set me a fire

I know that you will leave me which is so right.
The pain and loss I will feel, hide, and fight

~~I will miss your goodness talent and humor~~
You deserve better than this old mind in the sewer

Please forgive my fragile frame of self control,
I am but a mortal and an ancient soul.

Cybulski, Diane

From: [REDACTED]
Sent: Sunday, May 13, 2012 8:48 AM
To: Cybulski, Diane
Subject: Statement

Dear Diane and Pam,

Today I was in the middle of talking to a close friend about what has transpired in my life over the past couple weeks and a sudden realization hit me that I have made an honest mistake in my statement.

I have gone back into my journal and reviewed my conversation I had with [REDACTED] to confirm her story to come to the conclusion that my statement when I wrote "... [REDACTED] told me he ended the relationship with her 10/30/10, that was that last time he talked to her yet-like I previously mentioned before, that was when he was just beginning the affair with me and starting the sexual intimacy with me; our first kiss was on 10/25/10. Please note that the time period as to when he was having phone sex with [REDACTED] telling her that he loved her and then so bluntly cutting her off, and then starting things with me is down to the exact same week" is actually inaccurate, and for that I am so sorry and would like to somehow see if I can amend this error. Because actually, when I met up with [REDACTED] in person a couple weeks ago she told me that he ended the relationship with her in *November*, not October. I don't know why I wrote 10/30/10 instead of 11/30/10, totally confusing my statement.

I also have it documented in a Facebook conversation I had with [REDACTED] online that when I asked her when Dr. Fox told her he loved her she replied, "it was over the phone. i was in residential. i was home on pass, i was talking to him, sharing a victory, and then he told me he loved me. this was on november 26 2010. black friday after i had gone black friday shopping." I think Christiane and I had given you a copy of this exact Facebook conversation the day we met together in Christiane's office. So it was actually in November 2010 that Dr. Fox was still involved with [REDACTED] and it was November that he cut her off, not October like I said. Yet I am still completely accurate in stating that he was starting the intimate relationship with me in October 2010, 10/25/10 was when we first kissed. Thus, this still goes to show that he was having inappropriate relationships going on with both of us during the same year, 2010. I find writing in my journal 11/29/10 "I just talked to Dr. Fox. He told me about [REDACTED] and how she keeps calling him and talking to him provocatively because she wants to have sex with him and he doesn't know how to say no to her without rejecting her. I told him I know how she feels but basically he needs to say no and he knows that. He thanked me for helping him even though I didn't feel like much help but just talked to him about it..." When I met up with [REDACTED] in person that is when she told me that it was November 30, (which would have been a day after I wrote this journal entry) that he ended the relationship with her. Maybe he really did listen to me after all.

I'm so sorry for this inaccuracy in my statement. It literally just hit me today that I made this mistake. I know it has already been notarized, but is there anything I can do? It was an honest mistake that I just sorted out now.

Thank you,
[REDACTED]

Cybulski, Diane

From: [REDACTED]
Sent: Monday, May 14, 2012 8:26 AM
To: Cybulski, Diane
Subject: Fwd: Statement

Begin forwarded message:

From: [REDACTED]
Date: May 14, 2012 8:25:38 AM EDT
To: pam.pelletier@ct.gov
Subject: Statement

Dear Pam,

I already sent Diane an email about the mistake in the dates I made, explaining myself that a couple days ago I was in the middle of talking to a close friend about what has transpired in my life over the past couple weeks when a sudden realization hit me that I have made an honest mistake in my statement. I didn't have your email at the time but this is what I sent to Diane...

I have gone back into my journal and reviewed my conversation I had with [REDACTED] to confirm her story to come to the conclusion that my statement when I wrote "...[REDACTED] told me he ended the relationship with her 10/30/10, that was that last time he talked to her yet like I previously mentioned before, that was when he was just beginning the affair with me and starting the sexual intimacy with me; our first kiss was on 10/25/10. Please note that the time period as to when he was having phone sex with [REDACTED] telling her that he loved her and then so bluntly cutting her off, and then starting things with me is down to the exact same week" is actually inaccurate, and for that I am so sorry and would like to somehow see if I can amend this error. Because actually, when I met up with [REDACTED] in person a couple weeks ago she told me that he ended the relationship with her in *November*, not October. I don't know why I wrote 10/30/10 instead of 11/30/10, totally confusing my statement.

I also have it documented in a Facebook conversation I had with [REDACTED] online that when I asked her when Dr. Fox told her he loved her she replied, "it was over the phone. i was in residential. i was home on pass, i was talking to him, sharing a victory, and then he told me he loved me. this was on november 26 2010. black friday after i had gone black friday shopping." I think Christiane and I had given you a copy of this exact Facebook conversation the day we met together in Christiane's office. So it was actually in November 2010 that Dr. Fox was still involved with [REDACTED] and it was November that he cut her off, not October like I said. Yet I am still completely accurate in stating that he was starting the intimate relationship with me in October 2010, 10/25/10 was when we first kissed. Thus, this still goes to show that he was having inappropriate relationships going on with both of us during the same year, 2010. I find writing in my journal 11/29/10 "I just talked to Dr. Fox. He told me about [REDACTED] and how she keeps calling him and talking to him provocatively because she wants to have sex with him and he doesn't know how to say no to her without rejecting her. I told him I know how she feels but basically he needs to say no and he knows that. He thanked me for helping him even though I didn't feel like much help but just talked to him about it..." When I met up with [REDACTED] in person that is when she told me that it was November 30, (which would have been a day after I wrote this journal entry) that he ended the relationship with her. Maybe he really did listen to me after all.

My statement, "Please note that the time period as to when he was having phone sex with [REDACTED] telling her that he loved her and then so bluntly cutting her off, and then starting things with me is down the to the exact same week," should be changed to "Please note that the time period as to when he was having phone sex with [REDACTED] telling her that he loved her and then so bluntly cutting her off, and then starting things with me *was all within the same 1-2 month period (October to November, 2010).*"

I'm so sorry for this inaccuracy in my statement. It literally just hit me that I made this mistake. I know it has already been notarized, but is there anything I can do? It was an honest mistake that I just sorted out now.

Thank you,
[REDACTED]

STATE OF CONNECTICUT

DEPARTMENT OF PUBLIC HEALTH
VOLUNTARY STATEMENT

Page 1 of 10

Date 5-8-12 Place [redacted] Time Started 4:05 p.m M.

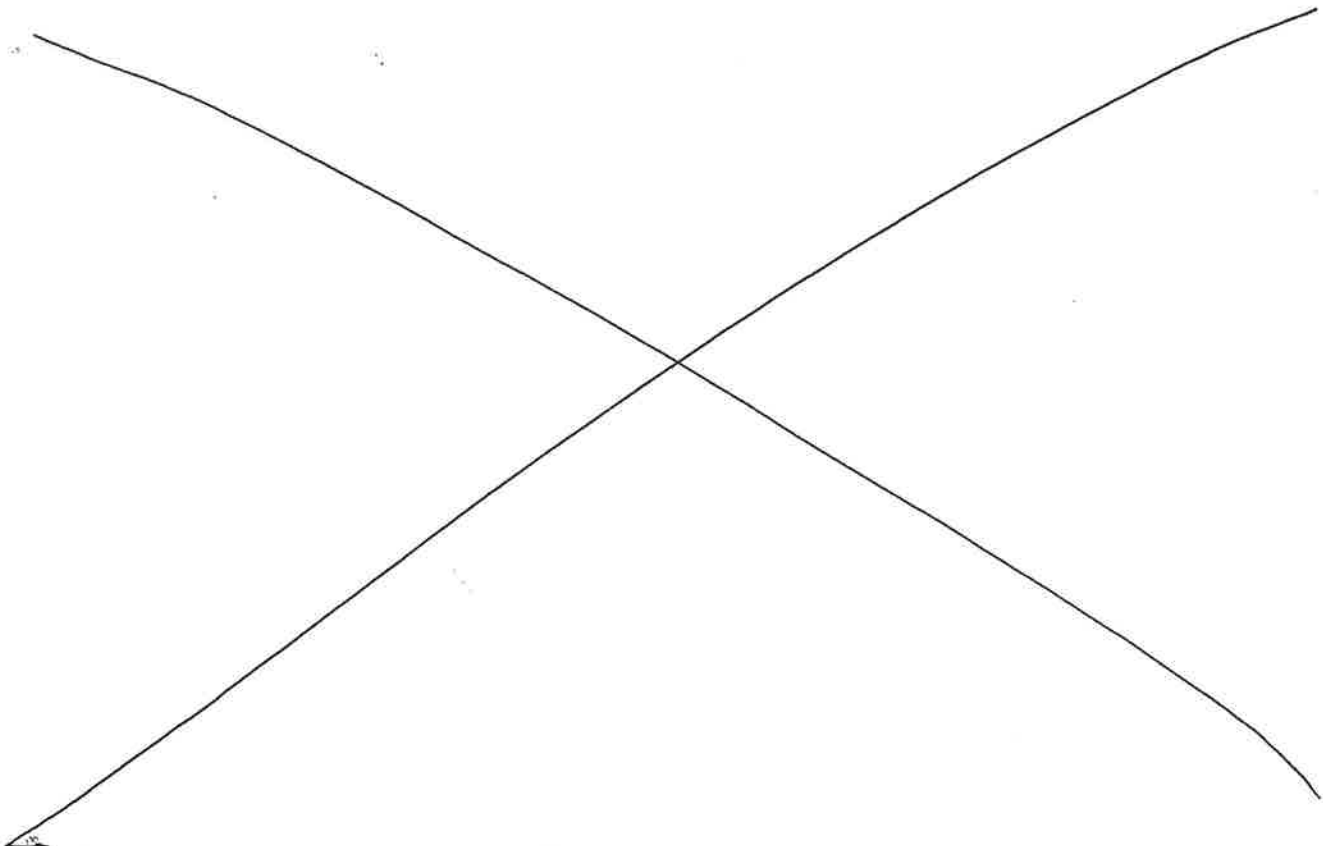
I, [redacted], am 57 years old. My date of birth is [redacted]

I live at address above Telephone No. [redacted]

I am employed at [redacted] Telephone No. [redacted]

I give the following voluntary statement to Pamela Pelletier, MSN RN who has identified herself/himself as an Investigator for the Department of Public Health, State of Connecticut.

I have attached my statement to this sheet which consists of a total of 10 pages, including this page



I have read or have had read to me, each page of the statement hereto annexed of 10 pages, each page of which bears my signature and corrections, if any, bear my initials, and I certify that the facts contained therein are true and correct. I fully understand that if I made a statement that is untrue and which is intended to mislead a public servant in the performance of the official function, I will be in violation of Section 53a-157, Connecticut General Statutes, which is a class A misdemeanor.

This statement was completed at 4:40 P.M. on the 8th day of May 2002.

Dean L. Lybrand
Witness

[redacted signature]
Signature of person giving voluntary statement

SUBSCRIBED AND SWORN TO BEFORE ME THIS 8th DAY OF May 2002 Pamela Pelletier
Notary Public

Date Commission expires: 03/31/2015

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My daughter, [REDACTED], entered Western CT State University as a nursing major in September of 2009. Prior to the start of the semester, she and I had visited the Counseling Center on campus because [REDACTED] had been seeing a therapist for the past two years in high school for depression and self-harming (cutting). I wanted to get her connected with the services offered at the university. We picked up a few brochures and spoke with the office assistant, Linda Donnelly. Once [REDACTED] started school, she went on her own to the counseling center and got connected with counselor, Tracy Dolan, and with psychiatrist, Dr. Paul Fox. As the semester went on, I spoke with Tracy a couple of times on the phone and she expressed to me that [REDACTED] needed a lot of help, her issues were serious ones that might actually jeopardize her ability to remain there as a student on campus. As it turned out, Tracy told me that [REDACTED] seemed to click so well with Dr. Fox that their mutual agreement was to have Dr. Fox take over the bulk of the counseling sessions with [REDACTED]. Tracy would still see [REDACTED] once in a while but she would mainly be working with Dr. Fox.

I remember [REDACTED] was very happy to have this new Dr. Fox in her life. She called him "foxy". She teased and made funny remarks about him. She was charmed by him and he also by her I'm sure. I can imagine now that when she called him "foxy", he would see that as cute, daring, even flirtatious. My daughter, however, was a very young, 19 year-old virgin, a church girl, not worldly nor street smart, vulnerable, desperate to have a caring man in her life, having been physically and emotionally abused by her own father. She was also going to be soon thereafter diagnosed with BPD.

On October 28, 2009 I received a voicemail from Dr. Fox in which he said "I have a limited waiver of confidentiality so I won't be able to answer all of your questions" regarding [REDACTED]. Today [REDACTED] tells me that she never remembers signing anything or giving or not giving him permission to speak with me about anything or everything.

The following is my recollection of one of my first interactions with Dr. Fox. One day during her first semester, [REDACTED] was not doing well. I asked her "did you call Dr. Fox"? She said she didn't want to talk to him or anybody else. I called and left a voicemail message for Dr. Fox that [REDACTED] wasn't doing well and she told me that she didn't want to talk to him or anyone else. To the best of my recollection, what seemed like just minutes later, [REDACTED] called me and said quite angrily "Mom, why did you tell Dr. Fox that I didn't want to talk to him?" It immediately became apparent that he had gone right behind my back and called her and

told her what I said. He never called me back first or just took the information that I gave him and kept it to himself and just professionally followed up with her without having to "tattle". I called him right back and asked him why he would do that? I said "I thought our goal here was to not upset [REDACTED] and now she's very upset, right before her exam". I said, "I understand the confidentiality between you and her but what about the confidentiality between me and you?.....why would you go right behind my back like that and tell her what I said and get her all upset?" I was very angry. All he said very calmly and cool was "I'm sorry you perceive it that way." It was our first real phone interaction and it didn't go well. I was so exasperated by this and he did nothing to assure me that his action was professional and appropriate and OK, he just made me doubt myself that perhaps I was overreacting and not "perceiving" this correctly. Looking back now, I feel that it was probably his first attempt to distance me, to set me up against my daughter, to put me between him and her and have me look and feel like I was the crazy mean mother.

On a Saturday afternoon during that fall semester, my sister, [REDACTED] and I stopped at a tag sale in the neighborhood. [REDACTED] had put a call in to Dr. Fox and he had returned her call. She said "I have to talk to Dr. Fox", she got out of the van, and walked down the street to have a very lengthy and private conversation with him. My sister thought it strange at the time. Saturday afternoon? Why would she be on the phone with him then for such a long time when she's only supposed to briefly meet weekly with him at the Counseling Center?

One Friday evening that fall semester I walked past [REDACTED]'s bedroom at 11:00 p.m.. She was on the phone with Dr. Fox. I questioned her, "isn't the man married?.....isn't he at home in bed with his wife right now?....why is he on the phone with you?" Sadly, of course, many months later I would find myself saying to [REDACTED] "you know, it really doesn't matter anymore what I think (concerning the inappropriate relationship I felt she was having with this man), all that matters at this point is what his wife thinks!

The hours spent talking on the phone became our commonplace experience. [REDACTED] would be on the phone with Dr. Fox and I would be in a room nearby, feeling like if I listened in, I would be invading their privacy, wondering, why is he able to talk with her for so long, why is he creating, allowing such a relationship of total dependency upon him? Why isn't he including me in any of these lengthy phone sessions, not before, during or after? Does he really care that much about trying to help my daughter that he'll give her as much time as she needs of him?

I had been reading up on BPD and was mindful that BPD required a very close and trusting therapist/client relationship in order for there to be any real move toward recovery. So I respected this relationship and gave him all the time and space he needed to help fix my daughter and make her better. I also actually began to think that he was maybe going to write a book or a paper and he was using her as his subject client for all of his research. But I had a hard time coming to terms with the fact that he was totally leaving me out. This I had the hardest time understanding because [REDACTED] and I were very close and I had been included in sessions with her previous therapist. I actually came to the conclusion at one point that [REDACTED] must have shared such awful information with Dr. Fox about what a terrible mother she must have truly felt I was and because he had this picture painted in his mind that I was some sort of a monster, he would, in [REDACTED]'s best interest of course, not involve me at all in her treatment. The farther away he could keep himself and her away from me, the better.

At the very beginning of [REDACTED]'s freshman semester, Sept. 2009, I called the Counseling Center to initially inquire as to why Dr. Fox's credentials were not on the WCSU website under the Counseling Center's "Meet Our Staff" section. I was told by Linda Donnelly, the Administrative Assistant in charge of things there, that he was a new staff person and simply hadn't gotten around to giving her his resume yet. I called the university and complained again at least two more times that Dr. Fox's name, office phone number, and credentials were not anywhere to be found on the college website. I am not absolutely sure of the particular month that he finally left the university but I do remember getting an e-mail alert from [REDACTED] in Jan. 2011 that he was on the website (finally). She wanted to assure me of this because she knew that it had been a pet peeve of mine all along. I also remember thinking at the time, now that he's finally left (or perhaps was just leaving), they have FINALLY posted his name and credentials on the website. At first I thought, "how strange", then I just felt disgusted about the whole thing, like, why bother putting it out there now? Was it perhaps just to satisfy my complaint so I couldn't make a claim against the university later on down the road? Were they simply trying to protect themselves and him against any potential questions that might be raised about this in the future?

It was the week of finals freshman year right before Christmas break. I got a call from a friend of [REDACTED] telling me that he heard from her that she was going to take a bunch of pills after her last final. This being an apparent suicide threat, I called Dr. Fox's office immediately. No answer, I left a message on his voicemail. I don't remember how/when I got his cell phone number but I called that number as well, no answer, again I left a message. I was standing in a parking lot, with no pad or paper to write numbers down but I

remembered hearing another phone number that he gave out on his taped message to call if there's an emergency. So I called his office number back to listen and get that number. I was, needless to say, a bit frantic, because I was an hour away from my daughter, I couldn't assess the immediate situation so all I could do is keep calling numbers to get someone's attention to get help to my daughter. After 2 or 3 tries to get through to Dr. Fox, he finally picked up and this is what I heard, in a strong harsh tone of voice, verbatim....."██████████, STOP CALLING ME!" I was so shocked, stunned, I backed down, and became immediately silent. He said "I need to call, help, get through to (?)...(can't remember) ██████████ now". I said, "OK" and hung up. This was my first experience with an actual suicide threat from my daughter and I immediately reached out to the one person I thought could and would be able to help. I expected nothing less than a professional response like "thank you for your call Mrs. ██████████ I'm on it right away and I'll follow-up with you later, just as soon as I have more information."

There would be many other calls that I would make to him over a two and half-year period concerning my daughter's status, whether she was just not doing very well or in crisis, most of which would be left on his voicemail. Many of my calls were never returned. When she happened to be in the middle of a psychotic episode or just terribly acting out with me at home, she would call him and once or twice I called him for her. If I reached him, he would immediately ask to speak to her. He would continue to talk to her for hours, I would still be nearby but he would not have me come to the phone to speak with him to advise me about what was happening or what I should do/not do. I felt as though he was treating me like I was invisible. He never included me in her care/treatment management plan, even when she was right there with me and I was in crisis with her. I would be the one who called him to inform him about what was going on with ██████████ but he rarely had the courtesy to return my call, acknowledge my input, let alone give me any guidance or support in how to deal with her.

In the spring semester of ██████████'s freshman year, she overdosed and fainted in the hall at her dorm. The campus police were called in and she was taken to Danbury Hospital. Some of the girls in ██████████ dorm had apparently offered up a lot of information about ██████████ to the school authorities. I received a call from Dean Cramer from the university about whether or not it would be suitable for ██████████ to be able to continue to live in the dorm because of her illness. During that conversation with Dean Cramer, I expressed some of my reservations about Dr. Fox...I told him that I felt Dr. Fox had crossed boundaries and was creating a total dependency of ██████████ upon him. He asked "do you think something is going on between your daughter and Dr. Fox?" I said "No, I'm not going there, not yet anyway, but I will tell

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you that they are spending hours of time on the telephone." I also inquired with him as to why Dr. Fox was nowhere to be found on the WCSU website. He said he would look into the matter and also that I would be contacted again regarding ██████'s status for returning to stay in the dorm. Dean Cramer never called me back and I let it go. I didn't want to make any waves, as long as they were obviously letting ██████ back to school to continue as a student there I didn't want to draw any more attention to her illness. She was doing well academically, we had paid all of her tuition and I decided to just lay low, as long as they weren't questioning her or us any more about it.

Near the end of her freshman year, ██████ told me that Dr. Fox was leaving the university. I breathed a sigh of relief, thinking she would continue with whoever replaced him at the counseling center for her sophomore year. Apparently, before he even left the university, ██████ began seeing him in his office in Brookfield. She told me it was because they needed more time, more than the 15 mins. she got with him at the university. I was upset because I couldn't understand why I should have to pay for additional counseling off of campus when I had already paid the university and it was offered free under student services. Then when I found out that he was out-of-network under our medical insurance plan, I was even more upset. ██████ knew I was unhappy with this arrangement. I told her to tell him to call me about the insurance. He never did. He never did speak with me about any of it. He let ██████ be stuck in the middle, keeping the distance and the silence between her mother and her doctor. She was forced to be the messenger. I would argue vehemently, why should I give checks to him that are made out to me and sent to me from my insurance company? I remember feeling at this point, I didn't want to have anything to do with him, I didn't want my insurance to be paying him anything to have anything to do with my daughter. But he would submit the claims himself directly to the insurance company and they'd send me the checks, so I had no choice but to be involved in getting payment made to him.

In the summer of 2010, ██████ mentioned to me that Dr. Fox had held her hand and also had made some kind of comment to the effect that he could have feelings for her if he wasn't in his position, something like, it would be easy to love her but he knew that he couldn't. I was very concerned to hear this and I don't remember if I shared my concern with her right there and then or if I just listened and took it all in and didn't respond because I wanted to proceed cautiously and slowly with her. I feared early on that if I started to make accusations about him being a pervert, there would be such a strong adverse reaction from her that all lines of communication I had with her would be broken down and I didn't want to risk that happening.

At some point in her sophomore year, [REDACTED] told me that Dr. Fox wasn't her doctor anymore, they were now just friends. It would be from that time on that there would be nothing more submitted to the insurance company for payment for "counseling sessions". I remember when I told a friend or a family member about this, they would ask "how IS he getting paid?" Of course by that point there was great suspicion that something was going on. What doctor would continue to care for a patient and not expect payment for it? He was still her doctor though because he was still either giving her many free samples or prescribing medications which would go through my insurance. (The overprescribing of many and various medications was also an ever increasing concern of mine. She was at any given time on at least three or four medications and he was always changing them....pills to sleep, pills to stay awake, she was turning into a zombie. I got very concerned with all the free samples he was giving her that when he was out of town and she ran out of pills, we'd have no back up, there was nothing on record at the pharmacy so she couldn't call and get more pills. Again, he had created a situation of complete dependency upon him to continue getting all of her drugs and for free, no less.

I remember basically one big conversation/argument I had with [REDACTED] about her and Dr. Fox being "friends." I told her, in my opinion, it was completely inappropriate. She said "why can't we be friends"? Just because society doesn't accept it? I asked "have you met his family?" Has he met your friends? If it was a normal friendship, if such a thing could even exist between a 20 year old and a 59 year old, this is what would be happening with a normal friendship. Again, whenever it came up, she vehemently stated that there was nothing sexual going on between them, she would even mock me that I could even think, let alone suggest such a thing could be happening between them. After arguing about it and/or her denying it just so many times, needless to say, I totally stopped asking anymore or making any more comments about it.

In the spring of her sophomore year, [REDACTED] told me she had to get back to school one Sunday afternoon because she was going on a hike with Dr. Fox, I questioned her "are other students going on the hike with him too?" No, it would be just the two of them. I remember having a creepy feeling, a feeling of fear overcame me...what might he do to or with my daughter out in the middle of the woods somewhere? My mind went to the worst case scenario where she could be left for dead and no one would ever know or be able to prove what really happened to her.

In the summer following [REDACTED]'s sophomore year, Friday nights began to be termed "date night" by my sisters and one close friend. That is when [REDACTED] would be going up to Danbury

to see Dr. Fox and they would be going out to have a pizza, all under the guise of him helping her with her eating disorder. [REDACTED] would leave around 4:00 p.m. and not return until 11:00 p.m.

In May or June of 2011, [REDACTED] had an episode which she would describe as "having a mental breakdown". That night she slept in my room on the floor and the following morning he called the house and asked to speak to her and I heard her say to him during their conversation two things: "I tried to be good for you" and "Do you still love me?" She was so fragile at that point, again I did not confront her any further about the meanings behind those statements she made to him.

I just knew by then, if I didn't know anything else that this relationship had clearly gone way beyond normal doctor/patient boundaries and it was a relationship of complete dependency upon this man. Nevertheless, I didn't want him to come between me and my daughter. I didn't want my anger, dislike and mistrust of him to become the reason our relationship would be severed. I didn't want to destroy the close relationship I had with my daughter. I didn't want to provoke outbursts from her by continuing to question her about the relationship. There came a time when I couldn't even mention his name anymore. I would get "I don't want to talk about it (or him) and I would immediately back down. I remember feeling so frustrated and helpless throughout this whole time period and I would say to close family members and friends that "outside of hiring a lawyer or a private investigator, what can I do to find out the truth of what's going on here and have it stopped?" I didn't want to take this type of drastic action because 1) I couldn't afford it, 2) I was afraid to falsely accuse someone and 3) most of all I didn't want my relationship with my daughter to be destroyed.

The month of October 2011 will always be particularly disturbing in my memory with [REDACTED] being hospitalized three times at Danbury ER; the third time when at last, everything came to a head, [REDACTED] was completely suicidal, the campus police found her after she ran in front of a car, and from that point on she was not allowed to come back to the university. She ended up coming home with me, withdrawing from school and just started to quietly and painfully let some of her story start to come out. I knew from the way she looked, spoke and acted that she had clearly been through some sort of traumatization. Once she told me a few more of the details out about the last night she and Dr. Fox were together, I simply responded, "it sounds like you both got in over your heads." I also remember gently telling her, "Honey, the problem here is that Dr. Fox should have never become "Paul". I was careful to be as gentle and non-judgmental as I could be with her at this time in her

extremely fragile state. She didn't try to deny, justify, defend or argue anything with me at this time.

[redacted] was admitted to Silver Hill Hospital on October 31. During one of my visits with her she whispered to me "he hurt me". I asked, how many times did he hurt you, more than once? She said "yes, but he didn't mean to." I asked her did he hurt you in his office? She said yes. Later on she said it to me again, "he hurt me.... but not like Dad." Her Dad had hurt her physically so I knew and took that as [redacted] way of finally trying to tell me, to finally admit to me that yes this man had been with her in a sexual way.

During her stay at Silver Hill, [redacted] expressed her guilt feelings and said that she was responsible for the relationship, that she wanted it. I told her that he was responsible because he was the doctor. If he had truly even begun to love her like a father figure, he would have welcomed her into his home and introduced her to his family. She was extremely protective of him at this time even though I went right ahead and started to blow the whistle on him with the staff at Silver Hill. They witnessed her explosive meltdown after taking a phone call from him.

After Silver Hill [redacted] went to SLS residential. When I went to visit her there, she proceeded to give me an explanation about transference. She told me that she believed that Dr. Fox really didn't know what he was doing. Then came the letter. The unsigned goodbye letter from him which she allowed me to read.

After SLS closed its doors and [redacted] was sent home, at the end of January she suffered a psychotic episode which resulted in a 911 call to our apartment. [redacted] yelled out, as the police officers stood in our living room, "my doctor fucked me." As they took her away, she was screaming crying "Why did he leave me?"

My daughter suffered the very thing which those with BPD fear the most, abandonment. She and I have both experienced the severest violation of trust. [redacted] went from being a young college nursing student, struggling with a few issues yet hopeful and academically moving forward to a broken and brokenhearted young woman, robbed of her college education and promising career in nursing, (leaving her with thousands of dollars of loans to pay back with nothing to show for it) feeling dirty, ashamed and wanting to die. In the end Dr. Fox never really helped my daughter. I believe he targeted her from the beginning, took advantage of her because of her complete vulnerability and mental disabilities, seduced her into a sexual relationship, then abandoned her and in the end, almost completely destroyed her.

[redacted] and I have subjected ourselves to the process of reporting what we know about Dr. Fox and recounting her private nightmare to those in authority, those who are outside our intimate circle of family members and close friends. It has been a grueling, emotionally draining experience for us to relive it all, but we had to do it. Why?

Is it anger that motivates me? Yes, we are indeed angry. How could a mother not feel angry at the knowledge that her daughter, her only child, needed help, and trusted those charged with providing that help, only to have that trust betrayed, and to have that child abused and taken advantage of in the most heinous way.

Is it vengeance? Yes, there is that, especially when I think of what was taken from my daughter – her youth, her days as a young woman in college, studying to become a nurse. Her college years, which for me had been some of the happiest of my life. Not to mention what she has lost beyond her college years – namely, her career, her ability to earn a living in her chosen profession.

Is it justice? I suppose, although the concept of justice becomes lost in the same way that victims of violent crimes will never really know justice. My daughter needed professional help. She was so sweet, so young and pretty, so innocent. She was 18 at the time, just a child. She needed help. Instead, she had the horrific misfortune of being placed in the care of a predator.

So why are we doing this? We are doing this for [redacted]. And we are doing this for and because of at least the one former victim we know about, if not many other victims that came before [redacted]. But more important, we are doing this to make sure that it ends here, and that no young girl and her parents will ever again have to suffer what [redacted] has suffered at the hands of this man.

[redacted]

STATE OF CONNECTICUT
DEPARTMENT OF PUBLIC HEALTH
HEALTHCARE QUALITY AND SAFETY BRANCH
AFFIDAVIT OF DIANE L. CYBULSKI, RN

Re: Paul Fox, M.D.

Petition No. 2012-214

Diane L Cybulski, being duly sworn, deposes and says:

1. I am over the age of majority and understand the obligations of an oath.
2. I make this affidavit on the basis of personal knowledge.
3. I am employed by the Healthcare Quality and Safety , within the Department of Public Health (hereinafter "the Department") as a Supervising Nurse Consultant. As part of my duties, I am responsible for the investigation regarding Paul Fox, M.D. (hereinafter "respondent").
4. During an interview conducted on April 13, 2012 cell phone was presented by [REDACTED] to Christiane Kinseley in my presence. This cell phone was subsequently transferred by Christiane Kinseley to the Department, via express mail, and received in our office on June 15, 2012.
5. Attached hereto and incorporated herein are photographs of text messages which were retrieved from the above identified cell phone. These text messages were retrieved and the cell phone screens were photographed by me, Elaine Erwin Matulis, RN, and Jolanta Gawinski, RN.

6.29.2012

Date

Diane L Cybulski

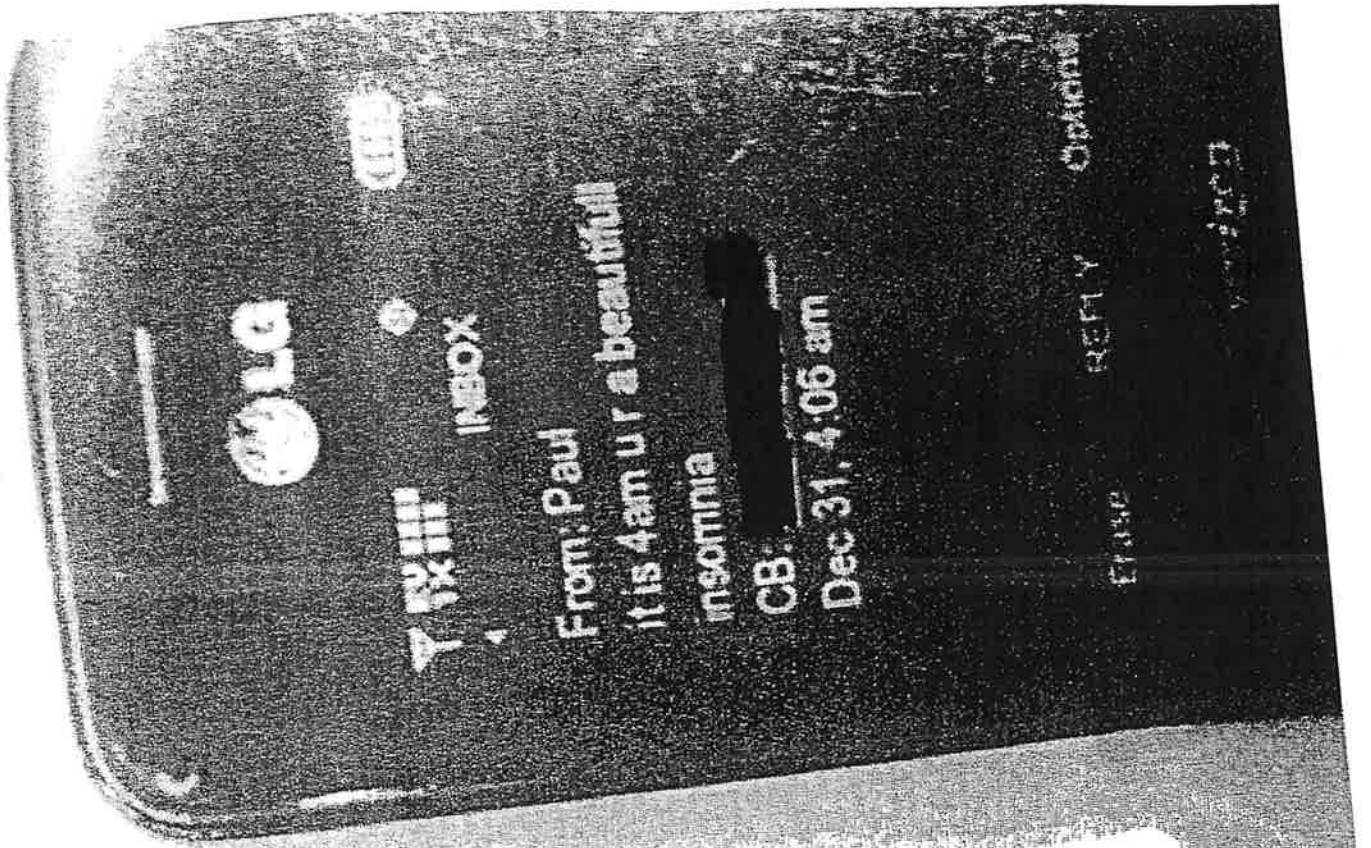
Diane L. Cybulski, RN

Subscribed and sworn to before me this 29th day of June 2012.

Marijn Abraham

Notary Public

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Full



INBOX

From: Paul
Dearest [REDACTED] Thanks for
being in my life!

CB: [REDACTED]

Jan 2, 3:49 pm

Erase

REPLY

Options

PRINT



Y TXII

INBOX

From: Paul
I have an intense urge 2
hold u

CB.

Jan 1, 6:54 pm

Options

REPLY

ERASE

STATE OF CONNECTICUT
DEPARTMENT OF PUBLIC HEALTH
HEALTHCARE QUALITY AND SAFETY BRANCH
AFFIDAVIT OF DIANE L. CYBULSKI, RN

Re: Paul Fox, M.D.

Petition No. 2012-214

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4. Attached hereto and incorporated herein is a voicemail recording provided to the Department by Christiane Kinseley, LCSW. The original recording was in the possession of [REDACTED] on her cell phone. During an interview conducted on April 13, 2012, [REDACTED] played the recording in my presence. The phone, which contained the recording, was transferred in my presence to Christiane Kinseley for the purpose of downloading the recording. This recording, downloaded to a sandisk cruzer 4GB flash drive by Christiane Kinseley, was subsequently forwarded by Christiane Kinseley to the Department and received in this office on June 15, 2012.

6-29-2012

Date

Diane L. Cybulski, RN

Diane L. Cybulski, RN

Subscribed and sworn to before me this 29th day of June 2012.

Maeji Abraham

Notary Public

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STATE OF CONNECTICUT

DEPARTMENT OF PUBLIC HEALTH

July 9, 2012

The following is a transcription of the message from the flash drive provided to the Department from the therapist, Christiane Kinseley. The recording was provided from the patient's phone and provided by the patient to the therapist and downloaded by the therapist onto the flash drive. This transcription represents a voicemail recording from the respondent to the patient.

"If you could, uh, make a copy of what [REDACTED] says about herself, how great she is doing, ah, from her facebook or anywhere else that would be great. I appreciate that. Um, it will mitigate the likelihood that I'll be sued for malpractice if there's no damages or proof of any damages. So, um, please do that if you can. If you don't if you can't do that it's OK. You don't have to do it right away, when you get to it cuz this won't happen for months. But, if you could really secure that information and, ah, at least make a file of all that stuff she says. The more information we get about her that shows she's doing OK, the more protected I am. Anyway I will talk about it some other time and you know I don't want to burden you with this crap. Take care and I love you."

American Psychiatric Association
The Principles of Medical Ethics

*With Annotations Especially
Applicable to Psychiatry*

2010 Edition

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The Principles of Medical Ethics

2010 Edition Revised

(Previous editions 1973, 1978, 1981, 1984, 1985, 1989, 1992, 1993, 1995, 1995
Revised, 1998, 2001, 2001 Revised, 2006, 2008, 2009, 2009 Revised)

American Psychiatric Association
1000 Wilson Boulevard #1825
Arlington, VA 22209

THE PRINCIPLES OF MEDICAL ETHICS

With Annotations Especially
Applicable to Psychiatry
2010 Edition

In 1973, the American Psychiatric Association (APA) published the first edition of *The Principles of Medical Ethics With Annotations Especially Applicable to Psychiatry*. Subsequently, revisions were published as the APA Board of Trustees and the APA Assembly approved additional annotations. In July of 1980, the American Medical Association (AMA) approved a new version of the *Principles of Medical Ethics* (the first revision since 1957), and the APA Ethics Committee¹ incorporated many of its annotations into the new *Principles*, which resulted in the 1981 edition and subsequent revisions. This version includes changes to the *Principles* approved by the AMA in 2001.

Foreword

ALL PHYSICIANS should practice in accordance with the medical code of ethics set forth in the *Principles of Medical Ethics* of the American Medical Association. An up-to-date expression and elaboration of these statements is found in the Opinions and Reports of the Council on Ethical and Judicial Affairs of the American Medical Association.² Psychiatrists are strongly advised to be familiar with these documents.³

However, these general guidelines have sometimes been difficult to interpret for psychiatry, so further annotations to the basic principles are offered in this document. While psychiatrists have the same goals as all physicians, there are special ethical problems in psychiatric practice that differ in coloring and degree from ethical problems in other branches of medical practice, even

¹The committee included Herbert Klemmer, M.D., Chairperson, Miltiades Zaphiropoulos, M.D., Ewald Busse, M.D., John R. Saunders, M.D., and Robert McDevitt, M.D. J. Brand Brickman, M.D., William P. Camp, M.D., and Robert A. Moore, M.D., served as consultants to the APA Ethics Committee.

²*Current Opinions with Annotations of the Council on Ethical and Judicial Affairs*, Chicago, American Medical Association, 2002–2003.

³Chapter 7, Section 1 of the Bylaws of the American Psychiatric Association (May 2003 edition) states, “All members of the Association shall be bound by the ethical code of the medical profession, specifically defined in the *Principles of Medical Ethics* of the American Medical Association and in the Association’s *Principles of Medical Ethics With Annotations Especially Applicable to Psychiatry*.” In interpreting the Bylaws, it is the opinion of the APA Board of Trustees that inactive status in no way removes a physician member from responsibility to abide by the *Principles of Medical Ethics*.

though the basic principles are the same. The annotations are not designed as absolutes and will be revised from time to time so as to be applicable to current practices and problems.

Following are the AMA *Principles of Medical Ethics*, printed in their entirety, and then each principle printed separately along with an annotation especially applicable to psychiatry.

Principles of Medical Ethics American Medical Association

Preamble

The medical profession has long subscribed to a body of ethical statements developed primarily for the benefit of the patient. As a member of this profession, a physician must recognize responsibility to patients first and foremost, as well as to society, to other health professionals, and to self. The following *Principles* adopted by the American Medical Association are not laws, but standards of conduct which define the essentials of honorable behavior for the physician.

Section 1

A physician shall be dedicated to providing competent medical care, with compassion and respect for human dignity and rights.

Section 2

A physician shall uphold the standards of professionalism, be honest in all professional interactions, and strive to report physicians deficient in character or competence, or engaging in fraud or deception, to appropriate entities.

Section 3

A physician shall respect the law and also recognize a responsibility to seek changes in those requirements which are contrary to the best interests of the patient.

Section 4

A physician shall respect the rights of patients, colleagues, and other health professionals, and shall safeguard patient confidences and privacy within the constraints of the law.

Section 5

A physician shall continue to study, apply, and advance scientific knowledge, maintain a commitment to medical education, make relevant information available to patients, colleagues, and the public, obtain consultation, and use the talents of other health professionals when indicated.

Section 6

A physician shall, in the provision of appropriate patient care, except in emergencies, be free to choose whom to serve, with whom to associate, and the environment in which to provide medical care.

Section 7

A physician shall recognize a responsibility to participate in activities contributing to the improvement of the community and the betterment of public health.

Section 8

A physician shall, while caring for a patient, regard responsibility to the patient as paramount.

Section 9

A physician shall support access to medical care for all people.

Principles With Annotations

Following are each of the AMA *Principles of Medical Ethics* printed separately along with annotations especially applicable to psychiatry.

Preamble

The medical profession has long subscribed to a body of ethical statements developed primarily for the benefit of the patient. As a member of this profession, a physician must recognize responsibility to patients first and foremost, as well as to society, to other health professionals, and to self. The following Principles adopted by the American Medical Association are not laws, but standards of conduct which define the essentials of honorable behavior for the physician.⁴

Section 1

A physician shall be dedicated to providing competent medical care with compassion and respect for human dignity and rights.

1. A psychiatrist shall not gratify his or her own needs by exploiting the patient. The psychiatrist shall be ever vigilant about the impact that his or her conduct has upon the boundaries of the doctor–patient relationship, and thus upon the well-being of the patient. These requirements become particularly important because of the essentially private, highly personal, and sometimes intensely emotional nature of the relationship established with the psychiatrist.
2. A psychiatrist should not be a party to any type of policy that excludes, segregates, or demeans the dignity of any patient because of ethnic origin, race, sex, creed, age, socioeconomic status, or sexual orientation.

⁴Statements in italics are taken directly from the American Medical Association's *Principles of Medical Ethics*.

3. In accord with the requirements of law and accepted medical practice, it is ethical for a physician to submit his or her work to peer review and to the ultimate authority of the medical staff executive body and the hospital administration and its governing body. In case of dispute, the ethical psychiatrist has the following steps available:
 - a. Seek appeal from the medical staff decision to a joint conference committee, including members of the medical staff executive committee and the executive committee of the governing board. At this appeal, the ethical psychiatrist could request that outside opinions be considered.
 - b. Appeal to the governing body itself.
 - c. Appeal to state agencies regulating licensure of hospitals if, in the particular state, they concern themselves with matters of professional competency and quality of care.
 - d. Attempt to educate colleagues through development of research projects and data and presentations at professional meetings and in professional journals.
 - e. Seek redress in local courts, perhaps through an enjoining injunction against the governing body.
 - f. Public education as carried out by an ethical psychiatrist would not utilize appeals based solely upon emotion, but would be presented in a professional way and without any potential exploitation of patients through testimonials.
4. A psychiatrist should not be a participant in a legally authorized execution.

Section 2

A physician shall uphold the standards of professionalism, be honest in all professional interactions and strive to report physicians deficient in character or competence, or engaging in fraud or deception to appropriate entities.

1. The requirement that the physician conduct himself/herself with propriety in his or her profession and in all the actions of his or her life is especially important in the case of the psychiatrist because the patient tends to model his or her behavior after that of his or her psychiatrist by identification. Further, the necessary intensity of the treatment relationship may tend to activate sexual and other needs and fantasies on the part of both patient and psychiatrist, while weakening the objectivity necessary for control. Additionally, the inherent inequality in the doctor-patient relationship may lead to exploitation of the patient. Sexual activity with a current or former patient is unethical.

2. The psychiatrist should diligently guard against exploiting information furnished by the patient and should not use the unique position of power afforded him/her by the psychotherapeutic situation to influence the patient in any way not directly relevant to the treatment goals.
3. A psychiatrist who regularly practices outside his or her area of professional competence should be considered unethical. Determination of professional competence should be made by peer review boards or other appropriate bodies.
4. Special consideration should be given to those psychiatrists who, because of mental illness, jeopardize the welfare of their patients and their own reputations and practices. It is ethical, even encouraged, for another psychiatrist to intercede in such situations.
5. Psychiatric services, like all medical services, are dispensed in the context of a contractual arrangement between the patient and the physician. The provisions of the contractual arrangement, which are binding on the physician as well as on the patient, should be explicitly established.
6. It is ethical for the psychiatrist to make a charge for a missed appointment when this falls within the terms of the specific contractual agreement with the patient. Charging for a missed appointment or for one not canceled 24 hours in advance need not, in itself, be considered unethical if a patient is fully advised that the physician will make such a charge. The practice, however, should be resorted to infrequently and always with the utmost consideration for the patient and his or her circumstances.
7. An arrangement in which a psychiatrist provides supervision or administration to other physicians or nonmedical persons for a percentage of their fees or gross income is not acceptable; this would constitute fee splitting. In a team of practitioners, or a multidisciplinary team, it is ethical for the psychiatrist to receive income for administration, research, education, or consultation. This should be based on a mutually agreed-upon and set fee or salary, open to renegotiation when a change in the time demand occurs. (See also Section 5, Annotations 2, 3, and 4.)

Section 3

A physician shall respect the law and also recognize a responsibility to seek changes in those requirements which are contrary to the best interests of the patient.

1. It would seem self-evident that a psychiatrist who is a law-breaker might be ethically unsuited to practice his or her profession. When such illegal activities bear directly upon his or her practice, this would obviously be the case. However, in other instances, illegal activities such as those concerning the right to protest social injustices might not bear on either the image of the psychiatrist or the ability of the specific psychiatrist to treat his or her patient ethically and well. While no committee or board could offer prior assurance that any illegal activity would not be considered unethical, it is conceivable that an individual could violate a law without being guilty

LICENSURE CERTIFICATION

I, Jennifer Filippone, am Section Chief, Connecticut Department of Public Health, Practitioner Licensing and Investigations. As such, I am the custodian of the official records of this section.

I hereby certify that the records of this section indicate the following:

Paul Fox was issued Connecticut license number 029514 to practice as a physician and surgeon on October 7, 1988.

Dr. Fox's license was active from the time period of January 1, 2010 through the date of this affidavit.

Dr. Fox's address of record is 2 Old New Milford Road, Suite 1E, Brookfield, Connecticut 06804.

Dr. Fox's email address of record with the Department of Public Health is pfmd@aol.com.

Jennifer Filippone

Jennifer Filippone
Section Chief
Practitioner Licensing and Investigations

Subscribed and sworn to before me this 9th day of July 2012.

[Signature]

Notary Public

(seal)

ALEJANDRO RODRIGUEZ
NOTARY PUBLIC
MY COMMISSION EXPIRES 10/31/12

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