

## Session Notes from most recent engagement

12/02/2026-until current - next session 07/05/2026

12/02/2026 Kept Appointment - See Note The Fife HSCP Referral to The Well has been received. Please take a note of your Submission Reference... Submission Reference: T6728150-CSTW6728151 Debbie A/S Wants to have a male - task to contact A/S by 26th Feb liaise PLO Scottish Historical Abuse - linwood hall. Dave Murphy. Mum and Dad. Powerlessness - Parkinsons and COPD - brother heart failure and is still supporting M/D but not at gym. George is less present - Kenny still does stuff.

19/02/2026 Worker holiday

26/02/2026 Telephone counselling You did not pick up immediately, but rang back You reviewed how the past couple of weeks have been, you spoke of Debbie and how it was to have her in the house. You recorded giving her the benefit of the doubt. And keeping an eye on how it feels working with her. You said the WELL had been in touch and finding the capacity to call back was hard. We spoke of them being able to liaise with the GP and I shared the NHS Scot information on ScotCap. <https://www.nhsinform.scot/tests-and-treatments/non-surgical-procedures/colon-capsule-endoscopy/> We touched on the fears of being poorly. Your behaviour of buying supplements on the interweb and not taking things because you do not have a sense of being able to trust what might be in them. You spoke of the MMA legal team - I explained what 20% fee would be. Hope to be able to go cycling with your cousin.

05/03/2026 Client Sick fell asleep.

12/03/2026 Telephone counselling A very intense session. Sent information on Fife Law Centre re dealing with MMA legal for compensation scheme. The Well - still not head back. For the first time you shared about the experiences of being in Perth, Saughton and Peterhead. The violence you endured, how being hyper vigilant saves you and saved you. Still - broken jaw, kettling, and attempted stabbing. You shared the stuff of attempting to complete suicide. The importance of Mark and Dillon in keeping you safe. - again you spoke of Mark's death. You shared the process of being with Marcia and why that ended as you were at risk of malicious accusations. Police investigated and found no substance to the claims, SW'er taking reports from others - making claims which you heard. Again no substance. The choice to be alone and single. Safeguarding you and others - g/daughter. Shared a dream of being elsewhere whilst recognising that cannot happen til' Mum and Dad aren't here. The behaviours learned in prison still being applied today. You spoke of what happens when the licence is reviewed - possibility and hope you will be removed from the register.

19/03/2026 Telephone counselling P 3 - Am eating, E 5 M 5 Mark 6 months - ability We explored the loss of Mark, and what it is to live in a community where there is fear about labelling. Fear of M=D becoming more ill. Hope for activity in the sunshine. Referred to law centre (who declined to help or advise over abuse case...)

26/03/2026 Worker holiday

02/04/2026 Telephone counselling Dylan. P 6 E 9 M 7 Frequency healer to try. Going ahead with MMA legal process. yesterday was spent out with your cousin on the electric bike. A real sense of achievement, visited your M+D, went to marks grave. down to cameron brig, along to Leven, cuppa with other cousin not seen in years and largo and back. The impact of that has been huge. You talked about cousin taking his son in a tent and doing overnight session in Glen Coe etc. You would not

choose this as you are so hard wired to ensure safeguarding. You then went on to explore how you kept safe in prison. The trust that women screws would come and smoke in your cell. you spoke of the distress of powerlessness and how trust has never been chosen and edged with necessity and expecting it to go wrong. You mentioned again Mark, and the cost of being the family "rock" - the tree where he hanged himself would be the point where Dylan would do the same, if life were challenging. I heard you again safeguarding yourself, this was not a place for you to go, and that having survived inside, you wanted more to be free of licence and restrictions. You spoke of how this is the most open you have been with anyone. yesterday would not have been possible without counselling. Managing fears and finding resilience. ADP review coming up - involve Circles. Permission to liaise if necessary with Circles and MMA should they be in contact. Not here next week, speak in 2 weeks time

09/04/2026      Worker holiday

16/04/2026      Client holiday      Ricky is managing a cycling break with his cousin. Excellent news - he is out on the bike - AND out of the flat. Sense of physical recovery/management, self care.

23/04/2026      Telephone counselling      you arrived on time. We spoke about the process of ending. We will review in 3 sessions time, in the interim looking at living in the now. Much came up about the death of Mark. Managing fear of being out and being recognised. You shared some pictures of you aged 25 with your mum.

30/04/2026      Telephone counselling      Crave a normal life. The gaol made it worse a lot worse. Respect for you. Nicole - I have lost Nicole, Ellie. (I went inside when she was 8 and back when 15) Keiran, Hope g.f - Brooklyn. Marcia was alibi. Hope is in the form of a single life. You answered on time, as ever. We undertook a Core 10 - which led into a being able to talk about suicidal ideation. The burden of thinking about ending life. You shared with me your awareness of how to manage when it gets really dark. A&E and ambulance. Who else knows - no one - too big a burden for M&D and Dylan. I shared my respect for you. No one has ever indicated deep respect. What is that like? The burden of the past, the labelling being inside for 5 1/2 yrs. When you came out Nicole chose to go into care. Your sense of I have lost her. G/daughter Ellie meet at your Mum's Painful generosity not getting in the way of Nicole's choice - not demanding visiting - again "my burden is mine and too heavy to share." Always having your back covered. Marci's kids and their actions. Hope is a single safe life. You reported feeling better for the time we spend together.

### **Previous engagement 16/03/2023 – 02/11/2023**

#### **Session Notes**

Referral 16/03/2023 - 02/11/2023

Date      Status      Notes

06/04/2023      Telephone counselling      Methilhill belt, McNeil, Ritchie. Shields Brutalising process, imagine being adult bending back a 9yr olds fingers and hitting with a ruler? Escape from my mum's hoose. 3yrs Buckhind braes - brought home polis Quetiapine 100mg - Cannabis Angry what do you do with it? Anger/depression Explore memory of childhood. Carry on working around contract. Annual leave text

13/04/2023      Worker holiday

20/04/2023 Kept Appointment - See Note In and out the gaol. CID lifted - rape, abduction. Hep C. Remanded fear of my life. 1yr 2months. 1yr on license. Daughter Mum, Dad, 4 yrs 3mnth. 33 Mark - scary man bench-pressing 280 kg - black sheep, head doorman selling. 2007 Dylan

27/04/2023 Telephone counselling Revelations into what it was like for family member AS. Stabilise Methadone 40mg. Ricky - Hep C, rape and abduction. Suicide watch Under age sex, libidinous served 5yrs - 15yr. Incognito, now bein' able to do. Go somewhere else. 50 - get by day by day. What does Hope mean to you ? not quite answered. Desire to be away from Methil. Amsterdam. VW Caravanette.

04/05/2023 Telephone counselling Lindsay support for ADP application. steak bakes chicken bakes, pizza - coco pops, milk, coffee pods tassimo? Nescafe Azzura. Butter not marge. Light bread Discuss with Susan. Permission to explore contact with other services. Focus on Safety. Esme Bethany Trust. 07 811 179 975 - Susan given me no. Is he appropriate. Link Living. Energy housing. Do you have a social worker Wellesley Church washing machine.

11/05/2023 Telephone counselling Dylan Bethany Trust 8 yrs ago. support around housing. Walks with crutch. Issues around the label. Managing food Didn't want anyone, whilst in remand. Saughton - Peterheid. Get yer gaol heid aff. Following the rules. Nicole - daughter. Martha for 6yrs, was drinker. Contact Point. Buck hind. Kitchen flair - flooded New Kitchen. Permission to liaise with Housing, fix the door. Vulnerable persons social workers. - refer No longer on licence and on register. 2006 - 2011. Tenancy for 8 yrs.

18/05/2023 Telephone counselling Set up meeting over phone Moved Damien Fowler. Camping trips tae Dunbarney beach. Carer used to tak me. Solitude in nature. Managing safety. Notified about next week.

25/05/2023 Worker Cancelled - See Note training

01/06/2023 Telephone counselling

08/06/2023 Telephone counselling Lives with trauma response. 2006-2011(August) Assessed to be accommodated at Carstairs hospital. Records admission several voluntary admissions to Whyteman's Brae. Crisis episodes for up to 3 days and recovery as outpatients - under Dr Murphy Scarring for attempting suicide 2001 Gordon Campbell CPN monthly injection, Flupentixol decanoate court ordered. 2.5yr order Psychosis medication in various forms. Last episode over a year ago, disassociation. Brother suicided Kilrenny park 2007- shackled to attend funeral. Part of which is the experience of auditory disruption in the form of whispering and voices. Behavioural issues would indicate psychological distress. Whilst Was assessed for accommodation at Carstairs hospital. Withdrawal of engagement when trust is compromised - GP services not used. A&E suicidal ideation brought on by psychological crisis Cutting, slow superficial cuts when stressed. -Addressed by use Quetiapine. Daughter 23 No contact with grand - daughter. Register has an impact on isolation. Will not put others through the intrusion. Will not put self. Detached from own humanity, no physical contact. Reports No Cause for Concern. Everything is task - even making coffee and the kettle's in the living room.

15/06/2023 Telephone counselling Explored email of support. What is triggered seeing things written down. Core and Web, how things seem to have moved. Systems of survival, what would flourishing look like - taxi to Dunbarney Beach. Fire. Coco pops and pizza. Debt from electricity. £180 per month.

22/06/2023 Worker holiday

29/06/2023 Telephone counselling Bethany to be in touch. Working out with AS Positive about contacts.

06/07/2023 Telephone counselling keep going for 6 weeks and then review. Possibility of meeting face to face Soup maker Wellesley Parish Church. Gym membership. YMCA - funds £25 unique physique.

13/07/2023 Telephone counselling Institutionalised. Nicole - trying to tell me what to do. i depth session. Revisited contract - what is confidential. What happened in the past - alarmed worker raising concern where not helpful. Transparency of my working. You will always know what I am going to do, I will tell you. Trauma of rattling, shit bombs. Noro virus this week reliving that trauma. Rage? Gaba releasing rage and false confidence. - rescued by brother. How this process feels? Over-run time making it safe. Core etc next week not up to it today.

20/07/2023 Worker Cancelled - See Note Seminar for supervisors.

27/07/2023 Telephone counselling Greg Wallace, prog. Traumatized - believe. Money Toaster fae Mum Contact Point? Weekly script Friday? Down to 40mg - Meth. Detox

03/08/2023 Client Cancelled - See Note A school pal of Ricky just died and he is not in a place to do any work today.

10/08/2023 Client holiday Ricky let me know he needed a break this week.

17/08/2023 Telephone counselling School expelled 14 Lynnwood in Leven Shetland at 16 Mark brother who died. Dylan came to help a pal of Mark's go home. Telling of violence when rattling, how that turned the corner. I am not a bad person, I made some bad choices. Keyboard from dad. Determination to support M&D Nicole and the wee one.

24/08/2023 Telephone counselling Lindsay Jones Addiction Services permission re ADP George (Bones) funeral - childhood. Time left. ?M+D? Existential questions. 50 next week ADP? hope.

31/08/2023 Worker Cancelled - See Note International Overdose day at Leven

07/09/2023 Telephone counselling celebrated 50th Big Dylan and little Dylan AS - Lyndsay Jones Permission to liaise with social security Scotland

14/09/2023 Worker holiday

21/09/2023 Worker holiday

28/09/2023 Kept Appointment - See Note disability payment awarded. Backdated payment. ESA increase. Went to kdy - fir claeths & been M/D surprise visit. Feelings elation, then downer. The capacity to make choice. Get a carer. Kenny can step back. Debts paid. Making solid and real plans. Kitchen fixed.

05/10/2023 Client Sick Covid.

12/10/2023 Telephone counselling Organised for 3 more sessions Dad in hospital and recovering. Ricky positive, engaged with supporting Mum. Touched on how ending would look/feel. Core 22. Planning for making the flat comfortable. Planning detox from 40 mls to Zero this winter. Dunbarney beach ?

19/10/2023 Client Cancelled - See Note GP appointment.

26/10/2023 Telephone counselling Hiya Ro how's you today av got workers in decorating my house George has arranged it with friends of my brothers so it's no strangers they've done the toilet and lobby so far they've set me up in my bedroom with everything to hand so a can shut the door when it gets to much for me Anyways was hoping we could catch up next time alot happening alot to tell you a feel so overwhelmed with everything hope your all good Ro We did speak, reviewed the possibiity of ending. Referred to Furniture Plus.

02/11/2023 Telephone counselling Ricky able to do core - excellent outcome. Decorators sorting out the house Furniture Plus putting in suite and possibly carpets. How do we end. Maintaining a safety net. Contact and referral back in to the system is always possible. Life greatly improved. Job well done.