

ARTiculate Therapy
650 University Avenue, Suite 108
Sacramento, CA 95825

Joseph Bert Mahoney
c/o Thacher School
5025 Thacher Road
Ojai, CA 93023

30 July 2024

Re: Treatment Summary for Joseph Bert Mahoney (DOB: 5/01/69)

As Bert's LMFT therapist, I saw him both in couples therapy with his estranged wife, Elizabeth, with whom he is seeking a divorce settlement, and in individual therapy. The goals for each therapy were quite distinct. Bert and Elizabeth's couples therapy ran from January 2023 until May 2023, culminating in Bert moving out of the family home and into his car. He moved his belongings into storage and traveled east to see his parents and cousin. While he wished to reconcile with his wife and repair their relationship, she felt their differences were too vast, and the trust had been irrevocably violated. The two were able to separate peacefully, though it was never Bert's wish to do so.

Bert faced uphill struggles from childhood PTSD and Borderline Personality Disorder (BPD), coupled with Major Depressive Disorder, and suffered from anxiety attacks during the pandemic. Triggering events unfolded during those three years when he chose to self-medicate with drugs and alcohol. There were points in time when he threatened to take his life but had no means or plan. Bert consistently shared how his productivity was plagued with negative thoughts. Now, he has consistent therapeutic support and maintains his sense of mental well-being through a steady regimen of meditation, hiking, listening to inspirational podcasts, and hypnotherapy.

Bert restarted individual therapy in May 2024 and is currently still under my care. He now faces issues of unemployment and homelessness, living out of his vehicle while he searches for work. At this time, Bert has liquidated all his assets. He supports himself through side gigs on DoorDash, occasional pet sitting, and house sitting. He continues to stay medicated, taking 450mg of Wellbutrin daily, and utilizes the support of bi-monthly therapy to offset his depressive episodes. Bert uses meditation to stay calm, balanced, and focused and to help him regulate his emotions as he accepts that his marriage is over. He is working on maintaining healthy boundaries, which allows him to manage his depressive symptomatology.

Despite these efforts, Bert's current living conditions severely impact his mental health. The instability of living in his car and the lack of basic needs such as proper shelter, sanitation, and regular meals exacerbate his depression and anxiety. This ongoing instability makes it extremely difficult for him to achieve economic stability and find consistent employment.

The parents have three sons, and during this period, Bert has been able to see his sons freely when he wishes to. There is no issue regarding custody of the children.

Given Bert's significant mental health challenges, financial instability, and current living conditions, it is crucial that he receives the necessary support to regain stability and well-being. His mental health conditions, combined with his efforts to find employment and stabilize his life, demonstrate his need for spousal support at this time.

Should there be any further questions or concerns, please feel free to contact me at the number/email listed below.

Most Kindly,

Laurie B. Richardson

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