

AUTOBIOGRAPHY OUTLINE

A. EARLY CHILDHOOD (0-6 years)

1. Where did you live? What kind of work did your mother and father do? How did they feel about their work?
2. What was the religious and ethnic background of your family?
3. Who named you? Why was that name chosen?
4. What is your earliest memory? What are the feelings connected to it?
5. What was it like being a small child in your home? Who was special to you, who cared the most about you?
6. Give the names and birthdates of other children in the family in which you grew up:
 - a. How did you get along with them?
 - b. What was your place in the family?
 - c. How did the parents treat each of the children?
7. Who disciplined you?
 - a. How did they do it?
 - b. Why did they do it?
 - c. How did you feel about the discipline you received?
8. Were there any health problems in your family? Any deaths?
9. Did your family attend church or Sunday School? How often? Did parents attend? What church? How important was religion in the family?
10. How did your family show feelings towards each other?
 - a. Anger? b. Love? c. Closeness? d. Fear?
 - e. (Other feelings and concerns in the family)?
11. How did your parents get along with each other? What did they enjoy together? What did they fight about? How did they fight? What effect did their relationship have on you then and now?

B. SCHOOL ACTIVITIES (6-19 years)

1. How did you feel when you started school? What was good about school? What was bad about it?
2. Who were your friends at school? What did you do with them? What games or hobbies did you enjoy with other children during grade school years?
3. How did the teachers treat you?
4. Did you enjoy schoolwork? Was any of it hard for you? What subjects?
5. What did your parents want for you in school? Did they want you to do well in: sports? Schoolwork? Religion?
6. Were there changes in your living arrangements or family during high school years? Financial changes? Deaths? Moves?
7. Did your feelings about school or achievements in school change in your high school years?
8. What friends and/or activities were you involved with during high school years?
9. What kind of future job dreams or plans did you think about in your high school years? What were your goals?

C. SEXUAL DEVELOPMENT

1. When you were very young, what did your parents teach you about sex?
2. When did you start to masturbate? What did your parents tell you about it? What were your feelings about masturbating?
3. Did you have sexual contact with other family members? Who? When?

4. What was your first sexual experience you remember as a child? What were your feelings then?

Adolescence

5. How did you feel about the changes in your body as you became a teenager?
6. How often did you have sexual feelings and thoughts about sex as a teenager?
7. When did you start to date?
8. When did you start to have sexual contact with others? (male or female)
9. What did you think was the expected sexual behavior of men during your teenage years?
10. What did you think was the expected sexual behavior of women during your teenage years?
11. Who scared or humiliated you sexually? How? When?
12. What was your father's sexual behavior like? How did you feel about it?
13. What was your mother's sexual behavior like? How did you feel about it?
14. What has your sexual behavior been as an adult? When and why have you been involved in sexual relations with other people?
15. How often do you masturbate now? To what thoughts or fantasies do you usually masturbate?
16. Do you sometimes have different kinds of fantasies that you masturbate to? When and what kinds of thoughts or fantasies?

D. ADULTHOOD

1. What schooling or training were you involved in beyond high school? How did you like it and how did you do in it?
2. What kinds of jobs have you had? For how long? How did you like them?
3. When did you get romantically involved with someone for the first time? How did you meet? What was attractive about the person to you? How long did it last? When and how did it end?
4. How many serious relationships did you have before you married? How long did they last? When did they break up?
5. What first attracted you to your wife? Why did you decide to marry? How did the relationship change after you were married?
6. What were the good parts of your marriage? What were the troubles in the marriage?
7. When did you have children? How many? (names and ages)? How did they effect the marriage?
8. Did you or your wife have other sexual relationships? Why? When?
9. Did the marriage end? When? Why?

REPEAT 5, 6, 7, 8 and 9 FOR ANY OTHER MARRIAGES YOU MAY HAVE HAD.

E. BEHAVIOR THAT BROUGHT YOU INTO TROUBLE WITH THE LAW

1. When and how did you first get involved with the law? What happened?
2. What other things have you been arrested for? When? What happened?
3. Have you served time in other institutions? How long? Where? For what?
4. What was the situation leading up to your most recent sex offense? What was going on in your life? How were you feeling?
5. What was the specific incident that seemed to trigger your sexually assaultive behavior?
6. What did you say and do to your victim? How did you feel about him/her at the time?
7. What did you feel about the victim and yourself after the crime? What did you say to them?
8. What other similar crimes have you been involved with and for how long?
9. Which drugs or chemicals have you abused? For how long? Do you still use or plan on using?

F. TREATMENT

1. What other treatment have you or your family been involved in? For what kinds of problems?

2. What helped you the most in treatment?
3. What do you wish you had done differently? How could you have gotten more from the treatment?
4. What is the most important thing you need now in this treatment? How can we help you get it?

List on a separate piece of paper a minimum of four (4) specific goals that you want to work on in treatment. Consider which parts of yourself that you need to change that caused your crime. Consider your own goals for the future.

(Taken from: Retraining Adult Sex Offenders: Methods and Models by Fay Honey Knopp)

Kevin Eric Saunders a/k/a bonze blayk

Autobiography

A. Early Childhood

1. I grew up in Little Rock, Arkansas. My father was a commercial photographer; my mother did bookkeeping for his business and was active in various associations (church boards, League of Women Voters), and became an administrative assistant in the local office of Burns International Security Services in 1971, and continued to work there until her retirement in 1990.

My father was an excellent photographer but somewhat erratic in managing the business. My mother was a very competent aide, although she rebelled at some tasks expected of her initially (e.g., fetching coffee for the boss, the ex-Chief of the Little Rock Police).

2. I was raised as a Disciple of Christ (a fairly liberal Christian denomination) and was baptised at the age of 12. My mother was very religious through the years I lived with my parents (nowadays she still has strong spiritual beliefs but is less inclined to Christianity per se). We attended church regularly, including Wednesday evening activities.

My father was agnostic; his mother was a Christian Scientist, though not fervently so (at one time she was the church organist); for a couple of years I attended services at the Christian Science Church in Little Rock with them while a teenager.

Ethnically we're apparently some mix of Norman-Irish-English-Scottish-Welsh. Very little emphasis was given to ethnic identity in our home.

3. I believe I was named by my mother... it's not clear why the Irish Christian names were chosen, though I'm told a nun at St. Vincent's Infirmary where I was born approved.

4. My earliest memory comes from the age of about two, happily riding a scooter while there was a party going on. I recall sleeping with my brother as a little kid (aged three or so) and Mike telling me stories he made up about the teddy bear.

5. Life in our home was basically OK. I was treated pretty well--both my father and my mother showed a lot of love and caring for me, although they both could be impatient at times.

6. My elder brother (born 5/1/52) Mike is now a professional accountant in the hospital industry. We got along OK. Mike is a very odd person, very intelligent and broadly knowledgeable, yet peculiar in his habits and somewhat reclusive socially.

7. Discipline in our home was along the lines of lectures, which could be fairly harsh. I was spanked maybe twice in my entire childhood (by my father).

8. Our family health was OK, although my father was obese.

9. see 2.

10. Basically my mother was intent on having us all be close. My parents occasionally had verbal arguments... this has left me believing that relationships can survive arguments as long as there's caring on both sides. My parents were both warm physically, and we hugged a lot when I was a little kid... this dropped off as I reached adolescence.

I engaged in a lot of activities with my mother and father... my mother took me along on her volunteer activities, so I helped with letter stuffing and such for the LWV and church. At one period in time they were both actively involved with the community theatre, building sets and such; they also participated in the Arkansas Photographic Association, of which my father was President in 1960 or so.

My father was a railfan and ardent model railroader, and I greatly enjoyed accompanying him to the model railroad club, where I learned a lot about a variety of things: electronics, carpentry, model building, and scale simulations (the club was devoted to a simulation of the Missouri Pacific in Arkansas, and regularly ran scale-time operations on the 25X60 layout, which modeled the MoPac and Missouri and North Arkansas railroads in their entirety: switching yards, depots, everything).

I'd say we were a fairly close family... my brother eventually drafted me into a rock and roll band in the LA area in 1978, which has turned out historically to be quite a success (the "legendary" hard-core punk rock band, the Angry Samoans, whose original songs are nowadays being covered by bands such as The Mighty Mighty Bosstones and The Foo Fighters).

In some ways my mother's emphasis on closeness was overly exaggerated, and her expectations for perfect accord unrealistic--she tended to become upset if these expectations were not met. It's worth mentioning that she was abused as a child by her mother and stepfather.

11. Usually my parents got along well together, though there were problems with my father's failure to bring in enough income, which caused a lot of stress after the recession of '72. My father was a very nice guy and well-respected in the community, but rather undisciplined around his work.

B. SCHOOL ACTIVITIES

1. When I started school, I suppose I was looking forward to it. I had attended kindergarten for a couple of years and had enjoyed it.

Overall though I hated school. I was consistently underchallenged and bored. I had no problems getting a B average consistently without studying, not so much because the schools were poor, but simply because my intelligence was way above average. I was treated well by my teachers for the most part... I tended to be perceived as a teacher's pet because I was well-behaved and the teachers liked me. Corporal punishment was used in our schools, but was never excessive or abusive so far as I observed.

2. I tended to have only one or two close friends in school. I didn't fit in well with groups of boys, because I was quite sensitive, and tended to cry under emotional stress; I enjoyed sports, and had no problems with physically rough activities, but couldn't cope with emotional abuse without breaking down. I read a lot, which led to my being categorized as a bookworm--I think naturally there was some jealousy felt towards me since I never had to put much effort into academics to be reasonably successful, and I think my attitudes were perceived as being snotty by others (particularly boys) who had to work much harder to do well.

In our neighborhood I got along OK with the other kids, playing baseball, football, army, swimming, playing board games, constructing model motoring layouts, imitating the Beatles, etc. My brother was a brilliant inventor of games from an early age... he has a rare knack for creating and modifying rules for games so they're lively and interesting.

3. Teachers treated me pretty well throughout my school years, although I was always a focus of concern due to consistently keeping my hair very long.

4. Schoolwork was generally too easy for me, so I never developed good "study habits." I read huge amounts of difficult material (particularly history, philosophy, and work in the social sciences) outside of school, and so in general was not impressed with the somewhat simplistic materials presented in these areas, especially in high school.

5. My parents wanted me to do well. They were somewhat disappointed in my grades, but it was never a matter of contention. They were concerned about my failure to "fit in," but there was really not much anyone could do about it: I was basically well behaved but intellectually intransigent from an early age, respecting reasonable arguments but never accepting "because" as a valid argument.

6. My mother had to go to work as a result of financial strains around 1972, since my father's business wasn't doing well. She resented having to work without getting much help around the house from my father. We lived in the same house, a very nice large suburban home in a hilly wooded area, from 1960 on; my mother still lives there.

7. My feelings about school stayed the same throughout my public school experience: it should be more interesting, and the social scene was not to my taste... particularly in high school, as drugs and sex joined football etc. as a focus of adolescent endeavor. I

always tended to enjoy associating with people who were older than I was.

Intellectually I was and am much more serious than the average person. For me there's a life and death flavor to the importance of ideas (including religious ideas), not in the sense of needing to "think correctly" to fit in and be successful, but as the crucial issue in long-term human survival and the success of civilization (judged in enabling human lives to be free, healthy, happy, and meaningful). I was a fervent Libertarian from the age of about 15, which prompted a fair amount of bewilderment from people who didn't comprehend the philosophy of limited government (not surprising in an era in which Socialism was broadly heralded as the Wave of the Future).

8. I had few friends from school in my high school years. I participated in clubs and so forth, e.g., was elected treasurer of the Honor Society, and got along with people OK, but my stance was basically one of disengagement. Sex, no, drugs, no, rock and roll, yes... however my tastes in music, influenced in part by my brother, belonged to a hard-core rock and roll "avant garde" which didn't achieve widespread popularity until the 90's (e.g., The Mothers of Invention, The Velvet Underground, the Stooges, the Dolls, and their eventual modern-day successors such as Nirvana and Green Day).

My brother preceded me in school by 5 years in the same schools. His reputation was that of a person who's very smart but also very weird, so this didn't help me much. (My brother was also a rock critic, contributing to Rolling Stone, Creem, and other magazines, and is held by some to have invented the term "heavy metal," though proper credit for the term belongs to the Zeitgeist rather than any one individual.)

9. I was primarily interested in being a writer... in particular I was impressed by John W. Campbell, editor of the science fiction magazine Analog, and a guiding light in the development of science fiction as a serious field, and was a big fan of Ayn Rand and Wm. F. Buckley Jr. I was always drawn to philosophy, economics, the study of social organization, etc., and was interested in becoming a literary intellectual or academic. (Interestingly, I have indeed become a published author... although an author of computer software rather than intellectual tracts or fiction.)

C. SEXUAL DEVELOPMENT

1. My parents taught me nothing about sex; my father was embarrassed by the topic. I did read some mainstream books on marital sexual relations that my father had among his books, so I wasn't ignorant.

2. I started to masturbate around the age of 14. Initially I was a bit embarrassed, but I came to feel fine about it, and always have since then.

3. Nope, I never had any sexual contact with family members.

4. I don't recall any sexual experiences as a child... however, I did identify with

women from an early age (around 8), and was often criticized for being too feminine.

5. Like everybody else, I was confused during puberty.

6. Like most guys, I thought about sex almost all the time as a teenager.

7. Well, gee, I never really have "dated." My style is more like "hanging out" than dating.

8. First kiss at 17... first intercourse at 18, with a woman who'd been a friend of mine for years.

9. The expected sexual behavior of men? "Men are assholes." This was the heyday of the Playboy philosophy, y'know.

10. I never really thought about the "expected behavior" of women. For myself, I wanted to have a sexual relationship with someone I loved and could relate to both emotionally and intellectually.

11. I was never scared or humiliated sexually as a kid. I was somewhat shy and nervous, so sexual relationships which developed occurred due in large part to the interest of my partner.

12. Gee, I don't know much about my father's sexual behavior. He was something of a girl-watcher, but was always respectful to people in general; I doubt he had affairs.

13. Likewise, my mom's sexual behavior wasn't something I knew little about.

14. My sexual behavior as an adult has mostly been pretty cautious, except for a period at the end of my marriage when things got overly wild. I've been prompted to start sexual relationships when I was attracted to a woman, felt that we had common interests, and felt love for her; I'm not interested in sex outside of a long-term relationship.

15. I masturbate fairly regularly, since I'm alone now.

16. Yup, I fantasize.

D. ADULTHOOD

1. I attended college at the University of Texas at Austin immediately after high school and loved it. I majored in philosophy and economics; UT Austin is a very good school, and the quality of the faculty was very high. I appreciated being able to study at my own pace and the variety of extracurricular activities (UT has a great film program, and Austin is a musical mecca). I completed the requirements for my Bachelor's degree in three years--unfortunately I didn't have enough money to stay on for another year.

In college for the first time in my life I fell into a male bonding group, comprised of intelligent and reasonably sensitive guys in my dorm who accepted me as a slightly weird but interesting and companionable fellow. We continued to hang out during my time at UT. They were almost all engineers, and encouraged me to drop academic philosophy as a vocation so I'd have a job when I completed college... good advice!

Also, I've had close women friends through college and most of my life.

2. After graduation in 1977 I got a job as a COBOL programmer at the University of Arkansas at Little Rock where I worked for a year. It was OK; I shared an office with a Dutch/Indonesian fellow who became a very good friend. I intended to go to business school or grad school in economics, wound up joining my brother in LA and co-founding the Angry Samoans in 1978, and then came to grad school in Economics at Cornell. This was a disaster, since the students were essentially viewed as the intellectual equivalent of cannon fodder; most students were dreadfully unhappy with the program.

After that experience I decided to focus on programming, remained in Ithaca, met my future wife, studied computer science on my own, and eventually got a job as a programmer at Cornell (in 1985). I remained in that job for around 8 years, with some vicissitudes; the people comprising Cornell are great, the environment not always so great.

3. I met Jody Hochberg at the Telluride Association Summer Program in 1973 (5 weeks), corresponded with her for a year, and visited her and her parents in Ithaca for a month in 1974. Jody was attractive because she was smart, sensitive, esthetically gifted (primarily as a ballerina), and beautiful. Unfortunately, she went to Harvard, I went to UT, and as she drifted off she hurt my feelings immensely by being untrue to our friendship, concealing the changing state of her feelings toward me. It was crushing not so much because of the romantic rejection, but because of the loss of a great friendship to this unnecessary concealment... both of us respected each other and found each other intellectually interesting, and I think we both lost by it.

4. In 1974 I had another relationship with a woman who'd been a friend for years. Unfortunately once again geographical distances made the relationship untenable; she was relatively insecure about the relationship, and got involved with a fellow at the college she was attending in Missouri (whom she later divorced, she's now married to another guy and has two kids... we're still friends and have gotten together a couple of times when I've been in Little Rock).

From 1975-1978 I had a relationship with another woman in Little Rock. She was torn about commitment, pursuing other sexual relationships at the same time. This didn't bother me terribly, except one relationship she had with a fellow who was jealous and occasionally threatening. I probably would have lived with her, however she would not agree to discontinue her affairs if I moved in... so I didn't. Our relationship ended when I moved to LA in 1978.

5. I first met my ex-wife in 1979, when we both moved in to a co-op in Brooktondale (the Chateau Rosenblatt). I liked AnneMarie because she seemed to be a serious, caring, spiritual person. We lived together for 6 years before we married, primarily because she was afraid marriage outside the Catholic Church would be unacceptably challenging to her mother. After we did get married, the relationship didn't change radically.

6. The good parts were in being mutually supportive, sharing activities (church, taking hikes), sharing friends. AnneMarie was very shy when we first met, and it took years for this shyness to abate; she tended to be very unhappy if we socialized at parties and I didn't stay with her almost all the time, and sometimes became violently jealous (without particularly good cause). We did regularly get together with close friends, where she felt less vulnerable.

7. After Rachel was born in 1986, our relationship changed a lot, since AnneMarie was obsessively focussed on motherhood as a role, we kept a family bed, and AnneMarie encouraged over-dependence in Rachel (e.g., breast-feeding her on demand until she was practically four). This caused Rachel to be almost totally reliant on AnneMarie for comfort, and Rachel would become very distressed at her mother's absence.

8. We had a wholly monogamous relationship for 12 years... AnneMarie was very jealous, and I wasn't inclined to get involved sexually with others, since I wanted to maintain a stable relationship. In 1990, however, we shared the (unexpected) experience of Tantric Sex, which led me to want to be more open about my femininity, and AnneMarie dramatically evolved from shyness into demanding an open marriage with no rules whatsoever. The end was messy; she was seeking some kind of spiritual solution in free sex, was absorbing the nihilist doctrines of Chogyam Trungpa, and was dragging me into sexual situations. (Female domination is not necessarily pretty.)

Ironically, the week after she demanded a wholly open marriage, I met another woman who was open to having a long-term relationship in that context. She became disillusioned, though, about AnneMarie's goals, and probably to some degree about my own problems, and this relationship didn't work out in the long run.

AnneMarie has since pursued a number of relationships, the common denominator of which is that she's been exploited by incompetent dependent men. Currently she's living with an alcoholic "artist" who subjects everyone in earshot to persistent verbal abuse. (Hell, he's an "artist," how is he gonna prove it otherwise?)

5,6,7,8: In 1993 I had another non-marital relationship with a woman who's still a good friend of mine. Basically we weren't compatible sexually, and she found some of my feminine traits annoying (she once said "you'd make a good woman": she's not bisexual).

5,6,7,8: In 1994 I became involved with my last girlfriend. We lived together in my house from 8/94 through 8/96. I was attracted to her because she's beautiful, very

intelligent, soulful, and artistically gifted. The good parts of the relationship were the emotional and intellectual sharing, the gifts of living with someone who is capable of creating a home environment that's esthetically beautiful, sharing dinners with Rachel. The bad parts were that she has had persistent serious physical ailments, and suffers from PTSD. We had a number of arguments, some prompted by my insecurity (heightened by my awareness of the circulation of bizarre and groundless gossip, and attempted "interventions" by an intrusive ex-boyfriend of hers), some prompted by her worthwhile concerns with my behavior (e.g., smoking tobacco), others prompted by her fears and insecurity (e.g., that I would dump her for someone else, that I would try to have her institutionalized). The problems in our relationship were aggravated by her ideological allegiance to a doctrinaire radical-"feminist" belief that if a party to a disagreement possesses a penis, that party IS the problem.

E. BEHAVIOR THAT BROUGHT YOU INTO TROUBLE WITH THE LAW

1. I was arrested for DWI 12/22/97. I was astonished that I was DWI (at .15 BAC), since I had only 4 drinks that night; the last of those drinks was given to me by a stranger, and I believe that it was spiked with additional alcohol.

The following week (12/29/97) I was arrested for harassment and possession of unregistered handguns. My girlfriend claimed I sexually assaulted her, calling the cops at 2 AM in the morning, after coming over to share Christmas with Rachel and I, and sleeping with me for 3 nights successively. To keep it simple, she's a sexual abuse survivor, suffers from PTSD, and hates to admit it when she's wrong.

The following month was hellishly weird, since I went on to become physically ill with neurological (or pseudo-neurological) symptoms which were disabling. My girlfriend contacted me several times, despite an Order of Protection, until I followed my lawyer's advice that such communication was legally hazardous for me.

Unfortunately, although I'd been getting better, my mental state was such that when on 2/3/98 I read *The Silence of The Lambs*, I came upon a clear, cogent understanding (read: delusion) that this weird sequence of events was all part of its plot. The resemblance between my girlfriend and Clarice Starling, as depicted in the book, is amazing, and unfortunately, cut off from contact with her, kicked out of therapy, I was not able to touch base with reality. I fled my house in a paranoid panic the morning of 2/6/98, hearing threatening voices on the radio, believing Hannibal Lecter was behind it all, ultimately wielding a threat to unleash anthrax to devastate civilization if his (unknown) demands were not met. (Part of this paranoid belief system was that I was being falsely typed as a "bad guy" so I would be "interesting" to Hannibal Lecter!) I wound up breaking into her trailer and burning it down with materials (seemingly) left there for that purpose in a very odd tableaux arranged in the dining room of the trailer (please read the book to get a sense of the significance of tableaux and "jokes" for Hannibal Lecter).

2. Those three arrests are it. (I was once arrested for trespassing when I was a teenager, but charges were never filed).
3. I was in jail for 5 weeks following the arson arrest, and spent two months under examination at the Rochester Forensic Unit (1/30/98 - 3/2/98).
4. I've never committed a sex offense, despite one accusation to the contrary.
5. My alleged "assaultive behavior" on 12/29/97 was "triggered" by a prior verbal invitation to act aggressively, an invitation accompanied by voluntary sexual intercourse.
6. I drug her out of the shower (contrary to claim, absolutely no hair pulling was involved) and pushed her onto the bed. After 90 seconds, I got the idea this wasn't something she really wanted, so I desisted.
7. My feelings: annoyance with both of us. She should talk straight and say what she really wants, and I should know better than to take her up on such an invitation. It's difficult to draw the lines on consensual sex with someone who's been traumatized; I like being taken forcefully myself, and we'd both been forceful (consensually) with each other on previous occasions, precedents which make her behavior in this incident hard for me to understand.
8. Zippo. I've never committed or been accused of rape otherwise.
9. No drugs were involved in this incident.

I think at times I've abused alcohol, and I think that abuse has been infrequent and brief.

My fairly consistent marijuana use over the past 20 years has not been abusive, it's been therapeutic. When I smoke, I'm calmer, better focussed, and more productive... quotations attributed to me alleging the contrary are based on misconstructions of my admissions of minor negative side effects of cannabis use, which are vastly outweighed by the benefits. (Please note that my position here has been supported by everyone who's ever lived with me, smoker or not.)

Of course I'm not going to smoke, I'm going to be forbidden to do so, under the threat of institutionalization. Cannabis is cheap, it's safe, and it works... so there's a negative profit potential here for established pharmaceutical firms, and the Federal authorities will be damned before they allow dying or distressing patients to use a medicinal substance with minimal side effects and an LD50 measured in kilograms.

Please note that my biggest problem is Hysteroid Dysphoria, one well-established by my history. Cannabis research has established that it functions both as an SSRI and an MAOI (both used for HD), and it works well for this disorder in my case.

In contradistinction to marijuana, Prozac was an unmitigated disaster for me, and I believe it had a profoundly detrimental impact on my rationality.

F. TREATMENT

1. No other members of my family has ever been involved in treatment. I've seen several therapists; my motivation was primarily to get advice on dealing with problems in my personal and work life. Ellen Stotz was very helpful; Dr. Anna Matusiewicz was helpful, and took excellent notes which accurately record my statements; Amari Meader and the Family and Children's Service was disingenuous and manipulative, and ultimately caused me great harm by keeping me in therapy precisely up to the point at which I most needed help and then dumping me (contrary to Fran Markover's recommendations) on the grounds that they couldn't treat a person who was "cannabis dependent", despite the fact that they had--by their own diagnosis--been doing just that for 8 months.

2. The things that have helped me most in treatment are useful recommendations for minimizing my emotional distress during periods when I've suffered from depression, for example, Dr. Matusiewicz' recommendation that I not consume alcohol while feeling depressed. Clear, straightforward recommendations and criticisms are helpful.

3. I wish I'd never gone to FCS. I went because I needed someone to talk to who wasn't involved in a gossip chain, someone I could talk to frankly, who would consider my problems and try to give me good advice for dealing with them.

They made diagnoses (Borderline Personality Disorder, Cannabis Dependence) which they concealed from me for 8 months; Amari Meader played various head games which I later realized on reading her notes were based on the assumption that I had classic symptoms of borderline personality disorder (an assumption which is incorrect) and were in any case an inappropriate method for dealing with those symptoms.

Her recommendations to act in a manner which would alienate my girlfriend were harmful, even though I only followed these recommendations in a minimal fashion (e.g., rather than kicking her out so she bounced, or at least "withdrawing all signs of affection", I restricted myself to no longer having sex with her... in August 1996, a change in our relationship which had some pretty dramatic consequences).

Meader's "insights" contained in her notes mostly comprise of a conglomeration of projections which say more about her than they do about me. A lot of things we discussed in our sessions were left out of her notes.

The irony of trying to "build the capacity to trust" by lying to a client continues to amaze me. I told the truth, in particular about smoking marijuana as self-medication, and received distrust, the presumption of guilt, and sleazy manipulation in return for being forthcoming and parting with 10% of my income for "treatment".

Finally, failing to consider the possibility that Prozac was causing some of my

symptoms in January 1997 was irresponsible medication management. Prozac can have adverse side effects, and I displayed a whole range of them. No single factor alone caused my psychosis, but Prozac was another causative agent.

Overall I've been profoundly disillusioned by the numerous misquotations and misinterpretations that appear in the various psychiatric reports on me--most reports I've seen can only be described as "sloppy." The misattributions are made frequently enough that they render the reports practically useless for getting a grasp on the real nature of my problems, both mental and physical. Outside of Dr. Matusiewicz, who quoted me scrupulously, these notes and reports fail to meet the standards of responsible journalism, and it seems to me that a profession truly committed to helping patients who suffer from mental illness should adhere to higher standards than those of journalism.

4. The most important thing I need in this treatment is to have a therapeutic relationship in which I'm dealt with in an honest fashion, in which the therapist levels with me as a rational and caring person.

Treatment Goals

Kevin Eric Saunders a/k/a bonze blayk

Four Specific Goals for Treatment

1. The most difficult goal to achieve in treatment will be restoring my confidence that therapy will have a positive as opposed to a destructive impact. "Therapy" with Amari Meader at Family and Children's Service was mendacious, manipulative, and destructive, not constructive.
2. Monitoring my behavior to help ensure that I don't relapse into insanity. (I think this is highly unlikely as long as I'm not on Prozac, as I was at the time of the offense.)
3. Obtaining approval to see my daughter during visitation without "supervision".
4. Discussing my relationship and gender identity issues and approaches to coping with them.

Personality aspects involved in my "crime".

First off, it wasn't a crime, since there was absolutely zero criminal intent on my part: rather I believed that I was a pawn in an elaborate plot to bring the world (as we know it) to an end through the threat of biological terrorism, and was being subjected to a bizarre test ultimately involving my responses to obscure clues and messages delivered over the radio. I thought at the time that this test was almost certainly going to come out poorly for me (lab rats in general don't prosper during and after the course of an experiment) and my state of mind at the time is best described as "scared out of my wits".

It's a curious coincidence that I lost my mind over this threat about a year before it became front page news and a top national security priority, and that initially I met with skepticism when I described my overpowering fear that I was caught up in such a scenario. Biologists and other experts referring to biological terrorism tend to wind up their estimation of the threat with phrases like "what bioterrorism can do scares me silly" (John S. MacKenzie, University of Queensland, Professor of Biology, quoted in The New York Times, May 26, 1998, "When a Cult Turns to Germ Warfare")... or "'There's nothing that scares the hell out of me like this issue, senator,' said Michael Osterholm, Minnesota's state epidemiologist who spoke for the American Society for Microbiology [at Senate committee hearings on bioterrorism]." (The New York Times, June 3, 1998, "Officials Say U.S. Is Unprepared for Germ Warfare")

The fundamental character flaw underlying this episode is primarily a tendency to

"Quixotism". I think my horror over the consequences has tended to correct the tendency.

I think that Prozac was a crucial factor in unhinging my thinking... my typically mildly suspicious attitudes mushroomed into a paranoid delusional and hallucinatory state. I didn't suspect at the time that Prozac was having a negative impact on my thinking... I've never experienced hallucinations previous to (or after) the period 2/6/97-2/8/97, and hadn't been warned that this might occur as a side effect of Prozac, so I had no reason to mistrust the evidence of my senses. (I had been in a paranoid state briefly during the period in January 1996 when I was physically disabled, but hadn't experienced frank hallucinations.)

Personal goals for the future

1. Continuing my efforts to be produce useful computer software. I want to pay off my debts, including the judgment owed due to the offense.
2. Being supportive of my daughter.

Appendix to Treatment Plan
Kevin Eric Saunders a/k/a bonze blayk
8/24/98

The following lists various diagnostic categories from the DSM which might apply to my case and symptoms which I believe I display.

Axis I:

296.33 Major Depressive Episode, Recurrent, Severe?, with Atypical Features

A. Five (or more) of the following symptoms have been present during the same 2-week period; at least one of the symptoms is either 1) or 2)

- 1) Depressed mood most of the day, nearly every day
- 2) Markedly diminished interest or pleasure in all, or almost all, activities
- 3) Significant weight gain or loss
- 4) Insomnia or hypersomnia nearly every day
- 5) Psychomotor agitation or retardation nearly every day
- 6) Fatigue or loss of energy nearly every day
- 7) Feelings of worthlessness or inappropriate guilt nearly every day
- 8) Diminished ability to think or concentrate, or indecisiveness, nearly every day
- 9) Recurrent thoughts of death, recurrent suicidal ideation without a plan, or a suicide attempt or specific plan for committing suicide

B. The symptoms do not meet the criteria for a Mixed Episode

C. The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning

D. The symptoms are not due to the direct physiological effects of a substance or a general medical condition

E. The symptoms are not better accounted for by Bereavement

All A category items have been present simultaneously in some of my previous depressions (4 generally insomnia, 5 generally agitation), which have persisted at times for months.

Currently A: 1,2,4,7,8,9 and B, C, D, and E apply.

With Atypical Features

A. Mood reactivity

B. Two or more of the following features

- 1) Significant weight gain or increase in appetite
- 2) Hypersomnia
- 3) Lethargy
- 4) Long-standing pattern of interpersonal rejection sensitivity that results in significant social or occupational impairment

4 is always present, at times criteria 1 and 2 have been met

C. Criteria are not met for With Melancholic Features or With Catatonic Features during the same episode.

302.85 Gender Identity Disorder

A. A strong and persistent cross-gender identification (not merely a desire for any perceived cultural advantages of being the other sex).

In adolescents and adults, the disturbance is manifested by symptoms such as a stated desire to be the other sex, frequent passing as the other sex, desire to live and be treated as the other sex, or the conviction that he or she has the typical feelings and reactions of the other sex.

B. Persistent discomfort with his or her sex or sense of inappropriateness in the gender role of that sex.

In adolescents and adults, the disturbance is manifested by symptoms such as preoccupation with getting rid of primary and secondary sex characteristics (e.g., request for hormones, surgery, or other procedures to physically alter sexual characteristics to simulate the other sex) or belief that he or she was born the wrong sex.

C. The disturbance is not concurrent with a physical intersex condition.

D. The disturbance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.

Sexually attracted to both (with a preference for women and serious long-term relationships)

In my case, hair removal (including some electrolysis for my beard) and cross-dressing are indications of the "disorder". I've had many close women friends outside of sexual relationships and tend to dislike the same things about men that most women, heterosexual and otherwise, dislike.

As far as this culture goes, I do wish I'd been born female... there's still significant bias and discrimination against women, but if you don't fit in as a "man", you get placed in a third category which is even worse, and considered as something like a "gender traitor."

I self-administered a Bem Sex Role Inventory test which was available on the network a few months ago, and tested out as "near-feminine" (which surprised me somewhat, because I expected to fall into the middle "androgynous" category).

302.3 Transvestic Fetishism

- A. Over a period of at least 6 months, in a heterosexual male, recurrent, intense sexually arousing fantasies, sexual urges, or behaviors involving cross-dressing.
- B. The fantasies, sexual urges, or behaviors cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

With Gender Dysphoria: if the person has persistent discomfort with gender role or identity.

All apply to some degree, although I am not always sexually aroused when I "cross-dress". I believe the GID diagnosis takes precedence over a diagnosis of Transvestic Fetishism (though they are not exclusive).

Substance Dependence

"A maladaptive pattern of substance use, leading to clinically significant impairment or distress, as manifested by three (or more) of the following, occurring at any time in the same 12-month period."

- 1) Tolerance develops to use of the substance, requiring increasing amount to achieve desired effect
- 2) Withdrawal symptoms occur on cessation of use
- 3) Lack of control over quantity and duration of use
- 4) Desire to decrease use or unsuccessful efforts to do so
- 5) Inordinate amount of time spent acquiring, using, or recovering from usage
- 6) Reduction or abandonment of other activities
- 7) Continuance of use despite knowledge of problems caused or exacerbated by the substance

Cannabis: None of the criteria above apply to my previous use of cannabis. Withdrawal symptoms from cannabis use have been so mild they hardly bear consideration. My use of cannabis has been self-medication, with beneficial results overall, pursued only because the law currently provides no alternative to self-medication for medicinal

applications of cannabis, which contains several pharmacologically-active compounds affecting a unique class of receptors. (The DSM-IV notes: "[Cannabis] has been taken since ancient times for its psychoactive effects and as a remedy for a wide range of medical conditions.")

Alcohol: None.

305.10 Nicotine: All of the criteria apply to my use of tobacco.

Substance Abuse

"A maladaptive pattern of substance use leading to clinically significant impairment or distress, as manifested by one (or more) of the following, occurring at any time in the same 12-month period."

- 1) Use causes failure to meet major role obligations
- 2) Recurrent use in situations in which it is physically hazardous
- 3) Recurrent substance-related legal problems
- 4) Continued use despite persistent or recurrent social or interpersonal problems caused or exacerbated by the substance

Cannabis and Alcohol: None. (Note "recurrent" requirement in 3: I've had only one DUI arrest after driving while over the legal BAC limit, immediately following consuming a spiked drink. Other than speeding violations on highways, I have a very good driving record).

Axis II:

301.83 Borderline Personality Disorder

"A pervasive pattern of instability of interpersonal relationships, self-image, and affects, and marked impulsivity beginning by early adulthood and present in a variety of contexts, as indicated by five (or more) of the following:"

- 1) Frantic efforts to avoid real or imagined abandonment
- 2) A pattern of intense and unstable interpersonal relationships
- 3) Markedly and persistently unstable self-image or sense of self
- 4) Impulsivity in at least two areas that are potentially self-damaging
- 5) Recurrent suicidal behavior, gestures, or threats, or self-mutilating behavior
- 6) Affective instability due to a marked reactivity of mood
- 7) Chronic feelings of emptiness
- 8) Inappropriate, intense anger or difficulty controlling anger
- 9) Transient, stress-related paranoid ideation or severe dissociative symptoms

4,6,8,9 apply in my case. Most of my interpersonal relationships have been reasonably stable, with a couple of exceptions (if you have a relationship with a person who suffers from full-fledged BPD, it's going to be unstable no matter what your own preferences are!). It's worth noting that my relationship with AnneMarie Whelan was stable and wholly monogamous for almost 12 years.

301.4 Obsessive-Compulsive Personality Disorder

"A pervasive pattern of preoccupation with orderliness, perfectionism, and mental and interpersonal control, at the expense of flexibility, openness, and efficiency, beginning in early adulthood and present in a variety of contexts, as indicated by four (or more) of the following:

- 1) Preoccupation with details, rules, etc., to the extent that the major point of the activity is lost
- 2) Shows perfectionism that interferes with task completion
- 3) Excessively devoted to work and productivity
- 4) Overconscientious, scrupulous, and inflexible about matters of morality, ethics, or values
- 5) Unable to discard worthless objects even when they have no sentimental value
- 6) Reluctant to delegate tasks or to work with others unless they submit to exactly his or her way of doing things
- 7) Adopts a miserly spending style towards both self and others
- 8) Shows rigidity and stubbornness

2,4,6,8 apply in my case. 5 and 7 used to apply to me, but I recognized these as flaws and worked to overcome them.

301.81 Narcissistic Personality Disorder

Only one criterion applies:

- 9) Shows arrogant, haughty behaviors or attitudes

I may be mildly grandiose, and do indeed believe that I'm "'special' and unique", but these are qualities I attribute to the whole of humanity: "ordinary" human accomplishments are rather extraordinary, and all human beings are "'special' and unique."

Specifically I reject the notion that I lack empathy. Tears over the tragic misfortunes of strangers and outrage at tyranny and brutality hardly indicate a lack of empathy.

Diagnoses not included in the DSM-IV

Geschwind Syndrome ("Inter-ictal personality disorder").

I meet all the criteria for the Geschwind Syndrome, which many respected neurologists and psychiatrists associate with the presence of temporal lobe epilepsy.

The major unanswered (and critical) question is: what prompted my psychosis February 4-8 1997? How much was attributable to Prozac (which I know definitely was an aggravating factor because of its effects on my physical state and personality, as reported by others, Jan-June 1997), and how much to underlying problems which could cause psychosis (depression, personality flaws resulting in decompensation, and the possibility of simple partial status epilepticus, which I still consider a possibility due to the striking similarities between the descriptions of the paranoid delusional psychoses associated with epilepsies of the left temporal lobe and my own experience, featuring auditory hallucinations and overwhelming fear).