



William Finnerty <williamfinnertygalway@gmail.com>

RE: Yesterday's phone message

William Finnerty <williamfinnertygalway@gmail.com>

Wed, Apr 21, 2021 at 10:09 AM

To: "Trainee Social Worker Mr Raymond Grant at Knockbracken Healthcare Park, Belfast"

<Raymond.Grant@belfasttrust.hscni.net>

Cc: "Social Worker Ms Tina Millar at Knockbracken Healthcare Park, Belfast" <Tina.Millar@belfasttrust.hscni.net>,

"Community Psychiatric Nurse Ms Briana Bloomer at Knockbracken Healthcare Park, Belfast"

<Briana.Bloomer@belfasttrust.hscni.net>, "Community Psychiatric Nurse Ms Ann Flanagan at Knockbracken Healthcare

Park, Belfast" <Ann.Flanagan@belfasttrust.hscni.net>, Mr Gerard Forrestal <gerardforrestal@homelessbelfast.org>,

Gerald Finnerty <margieandgerald@yahoo.ie>, Siobhan Tara Finnerty and Family <siobhan510@bigpond.com>, William

Finnerty Yahoo Account <newinnagalway@yahoo.co.uk>

Bcc: William Finnerty <williamfinnertygalway@gmail.com>

Raymond,

Thank you for the phone message you left yesterday afternoon.

I'm a little unhappy about participating in discussions relating to my legal difficulties just now, and this is partly because of concerns relating to the **"sudden angry or violent outbursts"** symptom of Complex PTSD referred to in the list of C-PTSD symptoms provided below, and which I have been suffering from since around Year 2000. In my case at least, I have long believed that these outbursts are very closely linked with **"an overwhelming sense of injustice and a strong desire to do something about it"**.

It's also partly because I have so far heard nothing further from Phoenix Law to date. As I mentioned to you in our last telephone conversation (assuming I am recalling it correctly), I feel I should wait until tomorrow lunchtime; and, if I have not heard anything from them by then, I would be grateful if you would contact them on my behalf to gently enquire about progress. Ideally, I would like to leave it with them for 14 days before contacting them. However, because of the court hearing set for May 18th 2021 it seems best (to me) that a "progress check" of the "gentle kind" be made much sooner: just in case they may have already decided they cannot help me, but have not yet got around to informing me: in which case I feel I should go about trying to find some other law firm to help me ASAP.

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Common symptoms of PTSD and Complex PTSD that sufferers report experiencinghypervigilance (may feel like paranoia, but see [HERE](#) for key differences between paranoia and hypervigilance)

exaggerated startle response

irritability

sudden angry or violent outbursts

flashbacks, nightmares, intrusive recollections, replays, violent visualisations

triggers

sleep disturbance

exhaustion and chronic fatigue

reactive depression

guilt

feelings of detachment

avoidance behaviours

nervousness, anxiety

phobias about specific daily routines, events or objects

irrational or impulsive behaviour

loss of interest

loss of ambition

anhedonia (inability to feel joy and pleasure)

poor concentration

impaired memory

joint pains, muscle pains

emotional numbness

physical numbness

low self-esteem

an overwhelming sense of injustice and a strong desire to do something about it

From:

<https://bullyonline.org/old/stress/ptsd.htm#Symptoms>

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RELATED FACEBOOK POST

"APRIL 21st 2021"

"OVER TWO YEARS LATER, AND AT PRESENT WAITING HOPEFULLY FOR A FAVORABLE REPLY FROM PHOENIX LAW TO MY REQUEST FOR PROFESSIONAL LEGAL ADVICE AND REPRESENTATION":

Pease see (full FACEBOOK post) at:

<https://www.facebook.com/william.finnerty.3/posts/10224285633311153>

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I will email you again tomorrow lunchtime (sometime between 1pm and 2pm say), to let you know if I have heard anything from Phoenix Law -- or not -- as the case may be.

Kind regards,

William.

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