

Doctor Connell Cowan / Collection of notes and texts

Tuesday 15 December 2015

18:26	Text from Amber Heard ("AH") to Connell Cowan: <i>Hey there. Any way you could see me earlier on thurs?</i>	File 9, Tab 114 page K122	Time zone recalculated
20:00	Text from AH to Connell Cowan: <i>emergency can you please call me?</i>	File 9, Tab 114 page K122	Time zone recalculated
22:05	Text from Connell Cowan to AH: <i>11a Thursday? Or tomorrow same time. Tried to reach you by phone earlier. Hope you're ok.</i>	File 7, Tab 13(a), page H81.1	Time zone recalculated

Wednesday December 16 2015

00:03	Text from AH to Connell Cowan: <i>Johnny did a number on me tonight. I'm safe and with my support tonight but need some real help. Can I come tomorrow. I called earlier because I thought I had a concussion and didn't know if I should have called police. But I have a nurse close to me - and rocky and her have been here for me. Can I see you tmrw</i>	File 7, Tab 13(a), page H81.1; File 9, Tab 133, page K278	Time zone recalculated
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9:12	Text from Connell Cowan to AH: <i>So sorry Amber. Come over today at 11a.</i>	File 7, Tab 13(a), page H81.1	Time zone recalculated
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14:59 – 15:00	AH texts Connell Cowan: <i>Connell, sorry haven't called because rocky came over last night. Then dealt with Security and called nurse for medical help and went down to sleep. Today has been filled with work (I'm shooting a late show appearance today - with 2 black eyes) In short? I need your help. But will have time tomorrow to get it. Can you please please make time for me??</i> <i>Johnny beat me up pretty good last night</i> <i>He's using again</i>	File 7, Tab 13(a), page H81.1 File 9, Tab 133, page K278	Time zone recalculated
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15:02	Connell Cowan texts AH: <i>tomorrow 11am?</i>	File 7, Tab 13(a), page H81.1	Time zone recalculated
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16:21	Connell Cowan texts AH: <i>So come at 10:30. Will give us two hours.</i>	File 7, Tab 13(a), page H81.1	Time zone recalculated
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Time unknown	Connell Cowan notes of psychotherapy session with AH: <i>"New Issues: altercation with JD.</i> ... <i>Risk Assessment: ... Some spark ignited an argument that escalated and got violent. Shoving and screaming. Amber related that he started the physicality - pushed her down. Amber got back up. Hard for her to de-escalate a fight. Her strategy (despite our conversations) is to try and fight back (not protective of self and very self-defeating)."</i>	File 9, Tab 133, page K277	
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Sunday December 20 2015

19:35 – 19:36	Texts from AH to Connell Cowan: <i>I don't feel strong enough</i> <i>I want to be</i> <i>Just don't feel it</i> <i>He wants to say bye to me. He came over to grab some things I just don't want him to leave</i> <i>I don't know what to do</i>	File 7, Tab 20(a), page H129.1	Time zone recalculated
19:49	Text from Connell Cowan to AH: <i>All I can tell you Amber is that it's important to trust what you know to be safe and healthy for you and to distrust any of those feelings that come from fear and insecurity. Whatever you decide, whatever you do, make sure you try and let it come from strength, not weakness. I know you don't want him to go but staying and using leads to what??</i>	File 7, Tab 20(a), page H129.1	Time zone recalculated
20:21	Text from Connell Cowan to AH: <i>Let me know what time you have tomorrow to talk</i>	File 7, Tab 20(a), page H129.1	Time zone recalculated

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Tuesday 22 December 2015

Time unknown
 AH texts Connell Cowan:
I am so sorry if I worried you. As you can imagine, the day of travel (20th) he came over to "say goodbye" and there commenced an entire day of hashing it out.... Ultimately ending in his agreement to commit to the couples counselling etc... and my decision to go to the island with him and the kids. It's just us and has been relaxing and incredibly peaceful --

File 9, Tab 133, page K281

even if it is just avoiding an inevitable larger "discussion / conclusion". Anyway, sorry for the long text. I will text you when I get back to L.A. I wish I could tell you I had had the ability to walk away but I just wasn't (although I certainly saw he believed I had) but anyway.... I will text you when I'm back on the 30th. Perhaps I need to rush on in there as soon as you open for the new year... Thank you for checking in, Connell. That means a lot to me.

Connell Cowan records in his notes:

This text was in response to a message I sent expressing concern. This is obviously a toxic and destructive relationship. Amber understands how damaged and damaging the relationship is and still refuses to move on.

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Sunday March 8 2015

<i>Time unknown and this may be 9 March</i>	Dr Connell Cowan medical notes for AH: [XXX] [Call?]: 3.8.15 Amber Heard Very difficult maintaining continuity of care with Amber. Her travel schedule has prevented any meaningful communication. Amber is with JD in Australia where he is working. Difficult to match times but not impossible – concerned that she hasn't made more effort to make this happen. Have exchanged a number of texts. They are fighting – relationship volatile and destructive to any sense of growing trust. Her coping skills seem minimal – talks about feeling lost and not knowing what to do. Trying to arrange an actual conversation to evaluate. Big event that turned angry – trying to piece together the specifics. They are both volatile and she doesn't back down when confronted. Understand he badly injured his hand.	File 9, Tab 133, page K255	This note is dated "3.8.15" but Dr Kipper's notes for AH (below) state that AH attended 2 hour psychotherapy session on 9 March 2015
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Monday March 9 2015

<i>Time unknown</i>	Text from Connell Cowan to Amber: "I know you're discouraged and feeling lost right now. I don't know what's going on but I do know that. You have two choices here: you can isolate or you can reach out. I know how much you [want] to change. You want to do something that moves in the right direction? Call me. Together we can pick our way through whatever is going on. Now is the time to be kind to yourself, not angry. Pick up the phone Amber."	File 9, Tab 133, page K256	
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1 HEARD - LAWS

2 it is sent to John Harwell. In fact, the e-mail that I am
3 going to ask you about is an e-mail that is dated 27th
4 January, so if we look underneath that, you can see Connell
5 Cowan, at 6.25 p.m., to David Kipper. David Kipper, we have
6 heard about, is a doctor who was in fact treating both you and
7 Mr. Depp, is that right, for a period of time?

8 A. Yes.

9 Q. What Connell Cowan is saying -- it starts off, in fact, if you
10 go to the middle, "Con, sorry for getting back to you late.
11 I am swamped, Amber and JD", that is Mr. Depp, is it not?

12 A. Yes.

13 Q. "... have been fighting non-stop since he confirmed his need
14 for a pre-nup on their way to the airport going to Japan to
15 promote his movie. She tried to push up the date of the
16 wedding to avoid all this, but the reality is he'll need a
17 pre-nup. If she fails to sign, they won't get married. Both
18 behaved like super triple D types." Then it went on about the
19 behaviour on the flight. There was an argument, was there
20 not?

21 A. There was an argument in the hotel room in Tokyo that resulted
22 in Johnny kneeling on my back and hitting me in the back of
23 the head, but that argument, actually, well, he toggled
24 between it being in relation to -- he mentioned more, it was