



**Leonard Clinton Williams III [REDACTED]@gmail.com>**

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**Re: Email 12/26/2023**

**To:** "Division, Criminal (CRM)" <Criminal.Division@usdoj.gov>, civil.feedback@usdoj.gov

Adderall is all that helps with my neurological impairment. Benadryl helps my physiological symptoms. EMDR and my Kasina regimen work magic. They have diminishing returns. They both moved me a million miles when I first started them. They still would help today. I can't do them because of my impairment for the most part. It is being in this tiny room taxing my mind. I can do my Kasina every now and then. I haven't done EMDR in a long time. They are no longer magic as they once was, but they help.

To give you an example of magic, I went from pacing the floors in hell for 15 hours+ a day, for weeks at a time, to being able to do stuff on more days that not. My intrusive memories went away fast, the type that I was having back then. They were greatly reduced after the first session. I'd pick one intrusive memory at a time. It would take about 3 to 9 sessions to nuke one memory, if I can recall.

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Warmest Regards,

Clint Williams

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