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November 11, 2015

Dear Mr. Ross,

You have requested this brief letter, on the advice of your lawyer, pertaining to a matter of custody issues with your family.

In particular you have asked for my opinion of you in terms of possibly being angry, aggressive, scary, sick, potentially dangerous, of sound mind, and your capacity to care for your children.

I have been seeing you regularly in my practice for individual counselling since May of 2014.

This brief letter is based on approximately 35 sessions with you over this time.

Based on these sessions, I would not characterize you as having any personality or other psychiatric disorder that might be associated pathological anger, aggression, or danger to self or others. Nor have I seen any evidence of psychosis of any kind – ie, you are of “sound mind.”

As we have discussed in past sessions, I would characterize you as being a mild mannered, introverted man with considerable insight (psychologically minded). We have also discussed that you experience mild social anxiety and transient mild depression. You are high functioning, with a highly developed sense of personal morality. I have not seen or heard anything that would cast doubt in terms of your capacity to parent your young children or step children. On the contrary, you have consistently presented yourself as a loving father who can meet the needs of the children in a healthy way.

Please do not hesitate to contact me for any further information you may require in this regard.

Sincerely,



Carol Milstone, PhD, C. Psych.