

**Appointment Details**

Practitioner Maarten Pansier  
Date / Time 29-Jan-2018 13:00  
Duration 60 minutes  
Location Psychology Cafe  
Psychology Cafe  
19 Walan Street  
MOOLOOLABA, Queensland, 4557  
Australia

Emma Roberts-Smith  
29-Jan-2018  
13:00  
Session Number: 2  
Other's Present:

**Patient**

Name Emma Roberts-Smith  
Date of Birth [REDACTED]

**Update:**

- Had a good weekend away with the family
- Family life has been good over last weeks
- Result with Ben that what used to stress him about daughters doesn't stress him now

**Session Content and Strategies Discussed:**

- Drinking
- Change from topic (drinking) to emotion (fear)
- Friendship is there, but not a lot of effort to maintain it
- Dating and starting that again
- Gottman love cards tip
- PE investing in this, will probably just as with family life, reduce stress, when less stress at home, probably more able to handle external stress better -> we can not change how many reporters show up at the doorstep, but we can change the state you're in when they show up

**Homework:**

- Date

**Plan/Agenda for Next Session:**

- Did they date?
- Stress-reducing strategies at work

Maarten Pansier

FEDERAL COURT OF AUSTRALIA

NSD 1485, 1486, 1487 of 2018

Date: 25 June 2021

Ben Roberts-Smith v Fairfax Media Publications Pty Ltd & Ors

Exhibit No: R61  
Assoc: Alice O'Connell

MFI No: \_\_\_\_\_