

Ted Kaczynski's Letters To Therapists

Ted Kaczynski

Nov 14, 1997

EXCERPTS FROM LETTERS WRITTEN BY THEODORE KACZYNSKI

Filed Nov. 14, 1997

Following are excerpts from letters written by Theodore Kaczynski. The letters were included as an exhibit with the GOVERNMENT'S REPLY BRIEF IN SUPPORT OF ITS MOTION TO PRECLUDE DEFENDANT FROM RELYING ON EXPERT MENTAL HEALTH TESTIMONY AT THE GUILT PHASE AND TO REQUIRE THE DEFENDANT TO UNDERGO A MENTAL EXAMINATION BEFORE SENTENCING. This document was filed in U.S. District Court, Eastern District, Sacramento, Calif., on Nov. 14, 1997.

T.J. Kaczynski
Stemple Pass Road
Lincoln, Montana 56939
July 11, 1988

Mental Health Services, Inc.
512 Logan
Helena, Montana 59601

Dear Sirs:

I have a personal problem in connection with which I'd like to do a lot of talking, partly just to relieve my feelings, partly to attain a better understanding of certain matters, and partly in order to get advice. I understand that for my income level your fee is five dollars per professional hour, but unfortunately my income is so low (redacted) that I can't afford to travel repeatedly to Helena. (A trip to Helena would cost me about \$20 exclusive of your fee.)

Thus, if it's acceptable to you, I'd like to make an arrangement of the following kind. If you'll assign me to a counselor or therapist, I will send him at intervals a typewritten statement that can be read in well under an hour, together with a check for five dollars and a stamped, self-addressed envelope. The counselor can read the statement and then, in what is left of the hour, write down his comments and advice informally and mail them to me.

I suppose this would be an unusual arrangement, but, as I've already mentioned, I can't afford repeated trips to Helena, so I don't see how else to handle the matter. Actually I'd even *prefer* to handle it this way because, in writing, I can express what I have to say much more precisely, clearly, and completely than I can in speaking.

Several weeks ago I phoned Mental Health Services and was told that you had a 10-week waiting list. Since I didn't want to wait that long for at least a preliminary discussion, I went to a private therapist (redacted) whom I saw June 1. I like her very much, but I can't ask her for any further services because I can't afford the fee. As

far as I am concerned, the counselor or therapist to whom you assign me would be welcome to exchange information about me or impressions of me with (redacted).

Sincerely yours,
T.J. Kaczynski

Theodore J. Kaczynski
HCR 30 Box 27
Lincoln, Montana 56939
July 12, 1991
Dr. (redacted)
Missoula Medical Plaza, Suite 304
900 North Orange Street
Missoula, Montana

Dear Dr. (redacted)

I am interested in consulting you about a personal problem. However, I assume that an interview with you will be quite expensive – probably a hundred dollars or more – and naturally I am not anxious to spend that amount of money only to be told that you can't be of help to me or that I would do better to see some other doctor. Therefore I would like to outline (illegible) letter the problem about which I want to consult you. I would appreciate it if you would let me know whether you think you can help me and what approach you would be likely to take in dealing with the problem. If your answer seems promising, then I'll make an appointment to see you.

To begin with, I must tell you frankly that I am highly skeptical about the theories by which talk therapists (illegible) to explain their patients' problems, and I'm not going to pay large sums of money to listen to speculative explanations based on psychoanalytic theories or to be told that I have 3,288 different personalities. In fact, the main cause of my problems seems reasonably clear (though questions about contributing factors can be raised), and I am interested in a concrete and practical approach to getting over the problem.

(pages 2 and 3 redacted)

I expect to be in Missoula on Thursday and Friday, July 18 and 19, If I haven't heard from you by then, I will stop in at your office on one of those days to get an oral or written reply from you if you choose to answer me in that way; or you can use my stamped, self-addressed envelope – as you may prefer.

Sincerely yours,
Theodore J. Kaczynski

Theodore J. Kaczynski
P.O. Box 524
Lincoln MT 59639
October 6, 1993
Director
Golden Triangle Community
Mental Health Center
P.O. Box 5048
Great Falls, Montana (illegible)

Dear Sir:

I am suffering from insomnia, which is causing me serious hardship and which I suspect is due to some form of (redacted). I am seeking referral to a psychiatrist or other doctor who could diagnose and treat this problem.

(redacted)

I telephoned Mental Health Services Inc. in Helena (442-0640) and spoke to a woman whom I asked to refer me to a suitable psychiatrist. She said that she was unable to give me such a referral and suggested that I call the support unit at St. Peters Hospital. I did so and was told that I should go to a general practitioner for referral to a psychiatrist.

(redacted)

I don't want to pick a psychiatrist at random out of the yellow pages, because I might pay a hundred dollars or more for a visit to him only to find that he is, for example, a freudian who tries to tell me that I have insomnia because I am unconsciously punishing myself for oedipal feelings or some such nonsense. So it would be extremely helpful to me if you could give me the name of a psychiatrist in Helena, Great Falls, or Missoula who might diagnose and treat my insomnia.

I would strongly prefer to see a psychiatrist who is oriented more toward physiology and neurology than toward talk therapy, for the following reasons. First, a psychiatrist oriented primarily toward talk therapy might tend to overlook possible physical causes of the insomnia. (I only *suspect* that my insomnia is caused by (redacted) I am by no means *certain* of it.) Second, I am skeptical about the theories of the talk therapists. Third, for financial reasons I could not possibly undergo talk therapy, which involves repeated visits to a therapist. Even if I got such therapy at a mental health center where fees are proportioned to income, the expense of repeated trips to the city, with the overnight stays that would be necessary, would be prohibitive. My hope is that in one or at most two visits to a psychiatrist I could have my insomnia diagnosed and get a prescription for some medication that would enable me to sleep, perhaps by relieving (redacted), if that is the cause of the insomnia. If my response to the medication has to be monitored, Dr. (redacted) could probably take care of that.

If a suitable psychiatrist is available at the Mental Health Center in Helena, and if I can get a reduced fee on grounds of low income, that of course would be very helpful.

Thank you for your help.

Sincerely yours,

Theodore J. Kaczynski

The Ted K Archive

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