

[. . .] return same.

[. . .]

- return all signed documents to us.” had said he himself via a letter on 21/04/2026. Cf.

“[. . .] furnish us with the originals or certified copies of your passport” had said he himself via a different letter also on 21/04/2026.

I furthermore complain that I did not receive those letters and their enclosures via an email despite “**By Email:**” beings on them. This is not necessarily a fault of yours: I do know that emails sent to this email address do not always arrive, and most known examples are emails from lawyers! Cf. I warn via [HTTP://Gloucester.Insomnia247.NL/](http://Gloucester.Insomnia247.NL/) –

“Informations for advocates about problems with emails

If you are an advocate at Portugal then please beware that incompatibilities between email servers at Portugal and at the Netherlands might prevent you from successfully notifying me via email. The last email from OA.Pt that I received during the Year 2024 was sent on 6th December 2024. The 1st time during the Year 2025 that I received an email from OA.Pt is 3rd February 2025. Cf. a bounce report below about a bounced email after 19th January 2025 before 4th February 2025. An email from Sapo.Pt also bounced on 23rd January 2025. The 1st time during the Year 2025 that this email account received an email from Sapo.Pt is 3rd February 2025. The last time before the Year 2025 that this email account received an email from Sapo.Pt is the Year 2016.

This is the mail system at host relay02.oa.pt.

I'm sorry to have to inform you that your message could not be delivered to one or more recipients. It's attached below.

For further assistance, please send mail to postmaster.

If you do so, please include this problem report. You can delete your own text from the attached returned message.

The mail system

<Gloucester@Insomnia247.NL>: host mail.Insomnia247.NL[141.95.28.213]
said: 421
4.4.2 mail.insomnia247.nl Error: timeout exceeded (in reply to end of
DATA
command)

An email administrator said on 3rd February 2025:

"Evidently I've over-estimated mail providers abilities to start supporting a 7 year old TLS protocol, so I'm looking at the option to add a reasonably secure TLSv1.2 fallback."

[. . .]

Mutwillige LügnerInnen - Achtung! VERORDNUNG (EU) Nr. 1215/2012 DES EUROPÄISCHEN PARLAMENTS UND DES RATES vom 12. Dezember 2012 über die gerichtliche Zuständigkeit und die Anerkennung und Vollstreckung von Entscheidungen in Zivil- und Handelssachen (Neufassung) erlaubt Verklagen vor Gericht des Wohnsitzes eines Beklagten. **Ich wohne in Portugal nicht - Sogenannte PhysikerInnen u. a. und Sara André dos Reis Marques und Vera Cristina da Silva Gomes de Oliveira sind schuld an der Folter, die im Jahre 2013 gegen mich passiert war, also hat ein Gericht von Portugal mich vertrieben.**

Die sowie VerleumderInnen haben elektronische Post-Konten vernichtet. Ein Referat verrät ein Ersatzstück, aber es hatte E-Mails, die an den 17.8.2024 bzw. 6.9.2024 bzw. 30.9.2024 von GMail.com bzw. Justiz.Niedersachsen.De bzw. Inbox.Lv sind, versäumt, zu holen. Es habe auch eine E-Mail, die am 24.10.2024 von SMB.London sei, so Frau Rechtsanwältin Tatiana Hepher, versäumt, zu holen. Achtung!"

Did you attempt to send that letter and its enclosures as an email to Gloucester@Insomnia247.NL and if so, via what Message-ID field or what Message-ID fields and did you receive an email-bounce report about me and if so, please show each email-bounce report about me to me and to Insomnia 24/7?

Not having computer versions of those letters and their enclosures (circa 88 pages) is frustratingly slow. I lost hours scanning them. I need those hours for different cases. They are unhelpfully not paginated and many paragraphs thereof are not numbered.³ They are only in English (except “Oireachtas” and “Comité Maritime International” and “Comite [sans a diacritic] Maritime Internationale” and “Union des Avocats Européens” and “Baccalaureatus in Iure Civili” etc.), albeit broken English in many parts. I fail all English examinations after I moved to Portugal, but even I detected more than 27 errors against English in that documentation. I detected most thereof before I arrived at a building of yours. I invite you to look at the CCTV recordings showings myself writings notes about language errors in that documentation of yours. Did any client ever read what you wrote?! Do they read before they sign?

Dr. Holohan emailed an adverb beginning with f and an adjective beginning with f on 23/04/2026. This adverb and this adjective are falsely imputed to me.

Dr. Holohan also dared to email me on 23/04/2026 without presenting any evidence (e.g. a recording as you report that you record conversations): “it would appear, you also intended to have the meaning of certain other documentation which I had sent to you in the post but which you had not even read fully or at all, explained to you.” I *did not* “intend[. . .] to have the meaning of certain other documentation which [. . . you] had sent [. . .] in the post but which [. . . we] had not even read fully or at all, explained”. I demand the exact words about me (material complained of) which were miscommunicated to Dr. Holohan to become disclosed to me so as to sue via an anti-defamation law; and for this defamer to become identified to me; and for an address for services on him to be identified to me.

No truthful recording can support what a defamer imputed to me and miscommunicated to Dr Holohan inciting him to email me on 23/04/2026: “I am given to understand that you were somewhat “[f. . .]” in gaining entry to my office”. I had neither even thought to nor attempted to gain entry to his office. An *employee decided* to tell me to go to his office!

Dr Holohan bizarrely emailed me on 23/04/2026: “I am given to understand that you were somewhat “[f. . .]” in gaining entry to my office while at the same time you appeared to be somewhat “distressed” or “agitated” on learning, inter alia,

* that you would not, in the normal course, be permitted entry to my office without having previously arranged for an agreed appointment (as distinct from simply arriving at my office in the expectation of being seen),”

but

- this Anglophone employee did not make me understand so (cf. any recording proving that he did not use an interpreter, and bear in mind that I had fruitlessly telephoned⁴ you a number of times in Irish before you coerced me to use English) whether or not he attempted to;
- Dr. Holohan had sent me documentation reporting that arrivings are acceptable (cf. a letter by Dr Holohan on Page circa 6);
- that is the only time that I visited that road so I believed a pilot run to be prudent⁵, as I travelled circa 279.00 km ⁶ or circa 272.00 kilometres ⁷ to that office via 5 vehicles and I asked persons for directions at that city before I found that building;
- and
- concerning Dr. Holohan inappropriately writing “appeared to be somewhat “distressed” or “agitated” on learning”, please pay attention to this topic elsewhere in this letter.

Photocopying a solicited identification document is a one-off, trivial operation which does not need an appointment. Each law firm which represents me never photocopies an identification document about me twice!

3 I am sorry that this LibreOffice-Writer file lacks correctly numbered pages. This wrong numbering might be related to this file having a big quotation from a Microsoft-Word file. I glanced at files on the Internet about numbering pages in LibreOffice, but I did not find a quick, easy solution and I already spent days on this letter. Sorry!

4 cf. [HTTP://Gloucester.Insomnia247.NL/gardai/Where_are_you_from/2026-04-20l_glorphoist_do_Holohan.wma](http://Gloucester.Insomnia247.NL/gardai/Where_are_you_from/2026-04-20l_glorphoist_do_Holohan.wma) and [HTTP://Gloucester.Insomnia247.NL/gardai/Where_are_you_from/2026-04-20w_Take_care_said_Bill_Holohan.wma](http://Gloucester.Insomnia247.NL/gardai/Where_are_you_from/2026-04-20w_Take_care_said_Bill_Holohan.wma) as a book for my profession recommends, and as I do to other law firms: e.g. “Who are you?” said the solicitor’s firm that I most recently began instructing when I arrived without an appointment for the 1st time at that firm

6 according to [HTTPS://En.Mappy.com/itineraire#/voiture/Bourne%20Avenue%2C%20Ashbourne%2C%20Meath%20A84%20\(Ireland\)/Sunday's%20Well%20Road%2C%20Cork%20T23%20\(Ireland\)/car/2](https://En.Mappy.com/itineraire#/voiture/Bourne%20Avenue%2C%20Ashbourne%2C%20Meath%20A84%20(Ireland)/Sunday's%20Well%20Road%2C%20Cork%20T23%20(Ireland)/car/2)

7 according to [HTTPS://WWW.viaMichelin.com/routes/results?bounds=-8.50479145640564~51.89445958536885~-8.48979254359436~51.90208041463114&car=29074~Clio+V~true~false~GASOLINE~RENAULT¢er=-8.497292~51.89827¤cy=eur&distanceSystem=METRIC&energyPrice=1.971&filters=%7B%22ACCOMMODATION_RATE%22%3A7%2C%22ACCOMMODATION_AVAILABILITY_DATE_RANGE%22%3A%7B%22startDate%22%3A%222026-05-26%22%2C%22endDate%22%3A%222026-05-27%22%7D%7D&from=Bourne+Avenue%2C+Killegland%2C+Ashbourne%2C+Meath%2C+A84&itinerary=%7B%221%22%3A%22Bourne+Avenue%2C+Killegland%2C+Ashbourne%2C+Meath%2C+A84%22%2C%22%3A%7B%22lng%22%3A-6.405067%2C%22lat%22%3A53.504623%7D%2C%22isDeparture%22%3Atrue%7D~%7B%221%22%3A%22Sundays+Well%2C+85+Sunday%27s+Well+Road%2C+Sundays+Well%2C+Cork%2C+Cork%2C+T23+NCW7%22%2C%22%3A%7B%22lng%22%3A-8.497292%2C%22lat%22%3A51.89827%7D%2C%22isArrival%22%3Atrue%7D&poiCategories=7&selectedAddress=%7B%22address%22%3A%22Sundays+Well%2C+85+Sunday%27s+Well+Road%2C+Sundays+Well%2C+Cork%2C+Cork%2C+T23+NCW7%22%2C%22coordinates%22%3A%7B%22lng%22%3A-8.497292%2C%22lat%22%3A51.89827%7D%2C%22boundsSync%22%3Atrue%2C%22region%22%3A%22Cork%22%2C%22zipCode%22%3A%22T23%22%2C%22countryCode%22%3A%22IRL%22%2C%22city%22%3A%22Cork%22%7D&selectedRoute=0&to=Sundays+Well%2C+85+Sunday%27s+Well+Road%2C+Sundays+Well%2C+Cork%2C+Cork%2C+T23+NCW7&traffic=CLOSINGS&travelMode=CAR&tripConstraint=NONE&zoiSettings=false~20](https://WWW.viaMichelin.com/routes/results?bounds=-8.50479145640564~51.89445958536885~-8.48979254359436~51.90208041463114&car=29074~Clio+V~true~false~GASOLINE~RENAULT¢er=-8.497292~51.89827¤cy=eur&distanceSystem=METRIC&energyPrice=1.971&filters=%7B%22ACCOMMODATION_RATE%22%3A7%2C%22ACCOMMODATION_AVAILABILITY_DATE_RANGE%22%3A%7B%22startDate%22%3A%222026-05-26%22%2C%22endDate%22%3A%222026-05-27%22%7D%7D&from=Bourne+Avenue%2C+Killegland%2C+Ashbourne%2C+Meath%2C+A84&itinerary=%7B%221%22%3A%22Bourne+Avenue%2C+Killegland%2C+Ashbourne%2C+Meath%2C+A84%22%2C%22%3A%7B%22lng%22%3A-6.405067%2C%22lat%22%3A53.504623%7D%2C%22isDeparture%22%3Atrue%7D~%7B%221%22%3A%22Sundays+Well%2C+85+Sunday%27s+Well+Road%2C+Sundays+Well%2C+Cork%2C+Cork%2C+T23+NCW7%22%2C%22%3A%7B%22lng%22%3A-8.497292%2C%22lat%22%3A51.89827%7D%2C%22isArrival%22%3Atrue%7D&poiCategories=7&selectedAddress=%7B%22address%22%3A%22Sundays+Well%2C+85+Sunday%27s+Well+Road%2C+Sundays+Well%2C+Cork%2C+Cork%2C+T23+NCW7%22%2C%22coordinates%22%3A%7B%22lng%22%3A-8.497292%2C%22lat%22%3A51.89827%7D%2C%22boundsSync%22%3Atrue%2C%22region%22%3A%22Cork%22%2C%22zipCode%22%3A%22T23%22%2C%22countryCode%22%3A%22IRL%22%2C%22city%22%3A%22Cork%22%7D&selectedRoute=0&to=Sundays+Well%2C+85+Sunday%27s+Well+Road%2C+Sundays+Well%2C+Cork%2C+Cork%2C+T23+NCW7&traffic=CLOSINGS&travelMode=CAR&tripConstraint=NONE&zoiSettings=false~20)

Dr Holohan bizarrely emailed me on 23/04/2026: "I am given to understand that you were somewhat "[f. . .]" in gaining entry to my office while at the same time you appeared to be somewhat "distressed" or "agitated" on learning, inter alia,

[. . .]

* I was not present today, and I would not be present tomorrow, as I am in the UK today and tomorrow on business,"

but

- a lawyer being absent is completely normal and expected: cf. a law prevails over appointments: that condition is called some words or some word like "on scala": I do not know which of the English translation or the Portuguese original "onscala" is: this concept could be in my robbed Portuguese-English law dictionaries which are books in my stolen properties which I failed to instruct you to recover despite you advertising that you work via a "property law";
- even when lawyers are not on scala they do not always bother to honour appointments and they neither apologise nor even mention that they failed;
- I became informed "I am in the UK today and tomorrow on business," only via this email by Dr Holohan *contradicting* what this defamer said to myself as this defamer said to myself that Dr Holohan was "on annual leave" on those 2 days;
- a lawyer visits courts;
- a lawyer visits clients;
- and
- "Please note that I will be engaged with matters out of the office Thursday and Friday 23 and 24 April 2026" says an email by Dr. Holohan⁸: I read this email at 1:10a.m. on 23/04/2026 i.e. more than fourteen *hours* before I found this building! I do not like perverse verdicts. Do you bill times precisely?

Dr Holohan bizarrely emailed me on 23/04/2026: "I am given to understand that you were somewhat "[f. . .]" in gaining entry to my office while at the same time you appeared to be somewhat "distressed" or "agitated" on learning, inter alia,

[. . .]

* that there was no other solicitor in attendance at my office today in Cork,"

but photocopyings are tasks for a secretary. Cf. a secretary photocopied a document for a lawyer for me. I do confess that during a later meeting with a lawyer, we have needed another photocopy but a secretary has been absent. So that lawyer said that he had never used that photocopier and that he used not know how to use a photocopier! He has successfully attempted to perform that photocopy despite not knowing how to use a photocopier. So it is possible to be a lawyer without being an idiot after all!

I am tempted to quote the 4th episode of *The Critic*:

"You don't know how to use that!" said Jay Sherman.

"It's just a gun. Not a bloody Xerox machine." said Jeremy Hawke.

Dr Holohan emailed me on 23/04/2026: "I am given to understand that you were somewhat "[f. . .]" in gaining entry to my office while at the same time you appeared to be somewhat "distressed" or "agitated" on learning, inter alia,

[. . .]

* et cetera".

Elaborate!

Dr Holohan mistakenly emailed me on 23/04/2026: "Despite this, I understand that having gained entry, you remained in my office, for upwards of 20 minutes, while you reviewed documentation and signed some documents".

I signed *precisely only 1 document* during this small meeting. "**upwards of** more than" says a dictionary. I deem it to be unlikely that this visit lasted "more than" "20 minutes", when almost nothing happened in this visit other than 2 photocopies and writing on only 1 1-page form which you requested me to sign. I am indeed not a clock so provide a timed recording.

Dr Holohan illegally emailed me on 23/04/2026: "I am given to understand that you were somewhat "[f. . .]" in gaining entry to my office while at the same time you appeared to be somewhat "distressed" or "agitated" on learning, inter alia,

[. . .]

I am also informed that your behaviour was somewhat "agitated" and "disturbing".

As a result, your interaction with my staff, as well as being disruptive of the work of my staff, was the cause of some distress and gives rise to considerable concern.

I wish to put you on notice that having regard to my obligation to ensure a safe and stress free working environment for my staff, I am not prepared to engage with you as a client.

Please do not attempt to contact me again, either by phone, by email, or in person at my offices in either Dublin or Cork.

Kindly note.

Bill Holohan”.

Sorry.

Contrast with “

“I thought to myself: “I’ve been alone with him many times. He’s not dangerous.”” said a lawyer about myself. Her professional name is Doctress Ana S *Rodrigues*. Cf. <HTTPS://portal.OA.Pt/advogados/pesquisa-de-advogados/?!=EN>

Not reporting a crime to a police member is a crime, so I shall prosecute Doctor Willy Wolohan and this defamer. Cf. Mír 19 as an ACHT UM CHEARTAS COIRIÚIL, 2011. Cf. HTTP://Gloucester.Insomnia247.NL/drochdhliodoiri/mu/Eirinn/2025-12-04c_ciontach_maidir_le_hionchuisseamh_aon_duine_eile_agus_go_mainnionn_se_an_fhaisneis_a_nochtadh_do_Ghard_a_a2211new.pdf

I know that my death will be caused by no old age. I know that my death will be no accident. I know that my death will be by no natural disease. I prosecute police officers and judges. I know that my death will be a murder on behalves of judges and police officers, like murders about which I am a witness and about which I had communicated about with Doctor Billy Houlihan. Cf. “I confirm that I am a witness about murders like these” say I myself via LinkedIn since 30/03/2026. Please explain how this defamer could have conceivably evaluated that I were “to be somewhat “distressed” or “agitated” on learning, inter alia,” as distinct from being a victim of crimes against humanity knowing that I will become murdered.

I emailed Doctor Liam Hoolahan on
Date: Wed, 22 Apr 2026 11:44:21 +0200 (CEST)
- “[. . .]

I brought criminal-private-prosecutions forms
HTTPS://Gloucester.Insomnia247.NL/gardai/Where_are_you_from/2026-03-13f_gearan_Information_No_15-3.odt
and
HTTPS://Gloucester.Insomnia247.NL/gardai/Where_are_you_from/2026-03-13i_Summons_No_15-1.odt

to a district court as a consequence of being tortured. The European Committee for the Prevention of Torture visited me in torture chambers. It repeatedly criticises violations of international law against me.

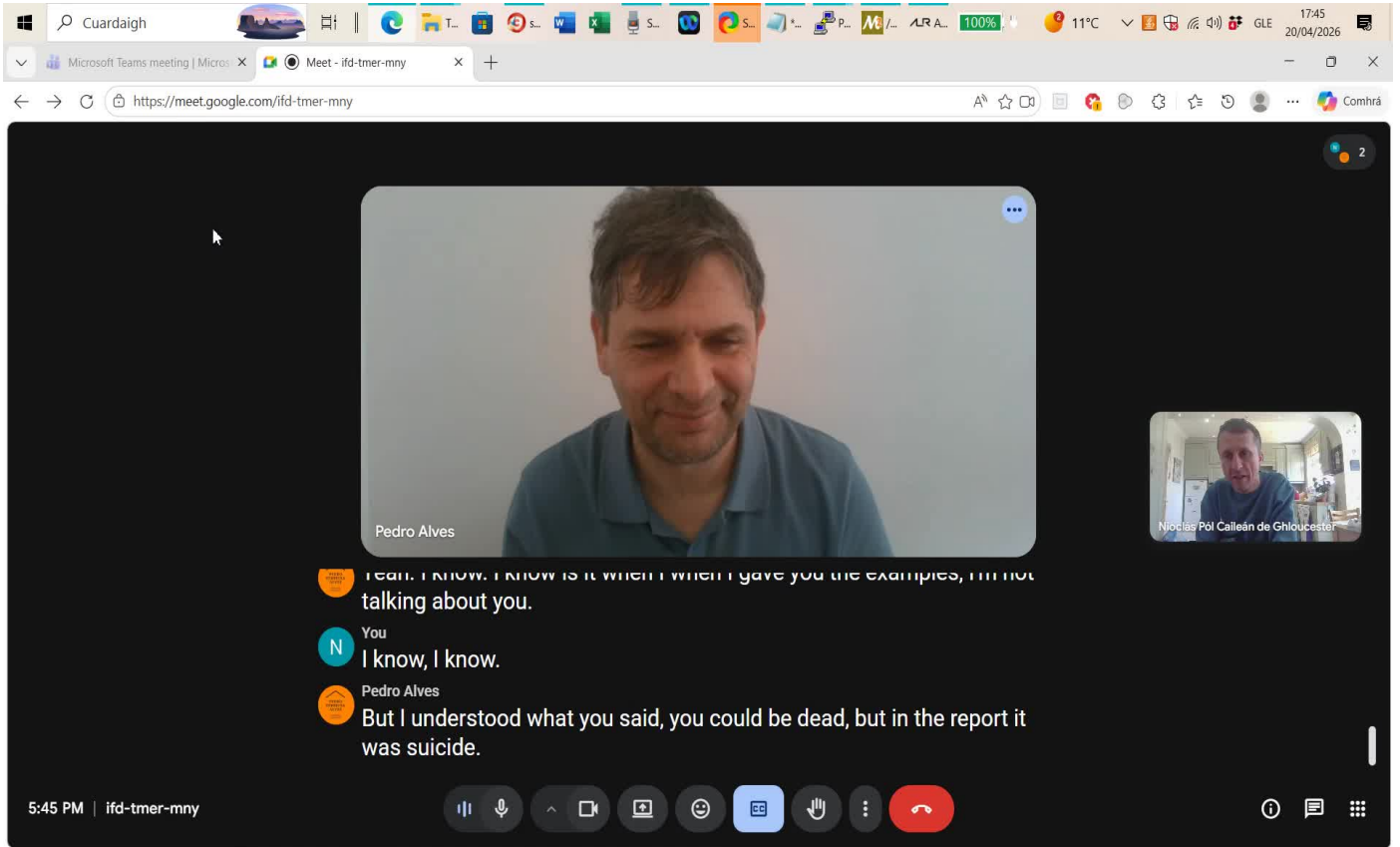
This conversation with a district judge lasted barely 56 SECONDS (not minutes)!

The 4th page de
2026-03-13i_Summons_No_15-1.odt
clearly refers to inter alia murders and torture and persecution.

[. . .]”

A torturer which tortured me perpetrated all the murders about which I am a witness and it will be an accomplice to my murder. This torturer is an ex-employer to a psychologist of whom I am a client. This psychologist confirms that patients’ murders are dishonestly covered up as suicides.⁹

⁹ cf. HTTP://Gloucester.Insomnia247.NL/gardai/Where_are_you_from/psychologist_about_murders_disguised_as_suicides.JPG and HTTP://Gloucester.Insomnia247.NL/gardai/Where_are_you_from/2026-04-20w_Take_care_said_Bill_Holohan.wma and HTTP://Gloucester.Insomnia247.NL/gardai/Where_are_you_from/2026-04-20x_telephone_talk_with_psychology_firm.m4a and HTTP://Gloucester.Insomnia247.NL/gardai/Where_are_you_from/2026-04-20y_talks_with_psychologist.m4a and HTTP://Gloucester.Insomnia247.NL/gardai/Where_are_you_from/2026-04-20z_talk_with_psychologist_ShareX_7mfqzHfwmt.mp4



psychologist about murders disguised as suicides.JPG

All the lawyers who represent me do not employ a psychologist. Indeed 3 of the psychologists¹⁰ of whom I am a client are outsourced by a lawyer. [HTTPS://WWW.LinkediIn.com/in/john-lane-926aa7a6/details/skills](https://www.linkedin.com/in/john-lane-926aa7a6/details/skills) by thee thyself lists: "Team Management

Change Management

Corporate Law
2 intyg

Property Law

Intygat av Dr. Bill Holohan SC, som har hög kompetens inom detta
4 intyg

International Business Law

Contract Law
1 intyg

Franchising

Franchise Agreements

Litigation
5 intyg

Strategic Planning
4 intyg

Joint Ventures
4 intyg

New Business Development
5 intyg

¹⁰ including this psychologist of 20/04/2026

Legal Advice

Intygat av Dr. Bill Holohan SC, som har hög kompetens inom detta
2 intyg

Commercial Litigation
1 intyg

Corporate Governance
1 intyg

Dispute Resolution

Intygat av Dr. Bill Holohan SC, som har hög kompetens inom detta
1 intyg

Negotiation

1 intyg” with no other skill. Of course, thou thyself art not this defaming underling. Unlike Dr Holohan and an employee under you, I do not rashly make hasty, fundamentally flawed conclusions stubbornly refusing to invite to rebut if mistaken violating ECHR Articles 6 (**Right to a fair trial**); 7 (**No punishment without law**); and 14 (**Prohibition of discrimination**) and ECHR-Protocol-No.-7 Article 2 (**Right of appeal in criminal matters**). I detect no advertisement of a competency to assess that an Asperger autistic is “"distressed" or "agitated"” on [HTTPS://WWW.LinkediIn.com/in/John-Lane-926aa7a6](https://www.linkedin.com/in/John-Lane-926aa7a6) and [HTTPS://WWW.LinkediIn.com/in/John-Lane-926aa7a6/details/education](https://www.linkedin.com/in/John-Lane-926aa7a6/details/education) – they do not even say “QUALIFICATIONS [. . .] Sociology” which [HTTPS://WWW.HolohanLaw.Ie/staff/John-Holohan](https://www.holohanlaw.ie/staff/John-Holohan) does. Is sociology as distinct from psychology able to assess that an Asperger autistic is “"distressed" or "agitated"”? More importantly, is this defamer or Dr William Holohan qualified to make such an assessment (i.e. “perceive”: cf. a circa 48-pages enclosure by you at Page circa 12), and if so, what are their or his relevant qualifications and how did he or they assess so rapidly in contrast to the years of treatments by psychologists that I experience, and that judges accept without even an opponent challenging any of the psychological reports about me?

Psychologist Mister Dr. Peter *Nuno Ferreira Alves* scheduled on 20/04/2026 more psychotherapy for me on 16/05/2026. Does this defamer or Doctor Wolohan or Holohan Lane LLP want to arrange a psychological assessment on a date less unlike that visit’s date on 23/04/2026?

“

Date of Assessment: 11/04/2026
Assessed by: Bárbara Alves Nobre, Clinical Psychologist
At the request of: Doctor Pedro Ferreira Alves

Psychological Assessment Report

Paul was observed in a psychology clinical setting and assessed with:

Rorschach Comprehensive System (Personality and Emotional Functioning Assessment – Exner, 2000);

From the assessment, it was concluded that,

RORSCHACH COMPREHENSIVE SYSTEM
PERSONALITY AND EMOTIONAL FUNCTIONING ASSESSMENT
(JOHN E. EXNER, 2000)

Control and Stress Tolerance				
<i>The capacity that an individual possesses to utilize their available resources when formulating and implementing decisions, and to do so intentionally and meaningfully for themselves. In turn, stress tolerance is a product of this control capacity, which can be defined as the ability to mobilize resources to execute deliberate behaviors in accordance with situational demands.</i>				
Psychology	Rorschach	11/04/2026	Normative	Attend to
Resources for coping with stress	EA	6,5	$\geq 4,5$	
Emotional Stress	es	17	$\leq 3,5$	*
Structural Stress	Adj es	11	Adj es = es	*
Stress due to internal elaboration	FM	2	≈ 4	*
Stress due to difficulty in verbalizing emotions	C'	3	0	*
Stress due to need for contact	T	1	1	
Stress due to disorganization	V	3	0	*
Stress from self-criticism	m	3	≤ 1	*
Stress from external criticism	Y	5	≤ 1	*

Paul has a good level of resources to cope with stressful situations (EA=6,5). However, he presents a high level of stress, and his structural resources are not sufficient to manage the distress he is currently experiencing (es=17). He shows a greater predisposition to act impulsively, as he feels overwhelmed by internal triggers of tension, in relation to which he is unable to organize or direct his behavior in order to regain equilibrium (EA=6,5; es=17). That is, Paul shows low capacity for control, as well as low capacity to manage stress. As a result, decision-making is not well considered, and behaviors are not adequately implemented, with a tendency toward impulsivity. Although more vulnerable to disorganization under stress, this does not occur in situations that are clearly defined and structured. In other words, Paul tends to function adequately in familiar environments, where expectations and demands are routine and predictable (AdjD=-1).

Stressful elaboration arises from the excessive internalization of feelings that he would prefer to express externally. This psychological process may lead to various experiences of discomfort, including anxiety, sadness, tension, apprehension, and possible somatic disturbances (C'=3). In addition, Paul avoids much of the naturally uncomfortable stimulation due to a reduction in awareness of his basic needs, which limits the effectiveness of his responses. Paul shows limited capacity to think and plan his daily life (FM=2). Furthermore, he is excessively disorganized in his perception of the environment, which leads him to lose his way in the analysis of the world and, consequently, to have difficulty dealing with his surroundings (V=3). The stress he experiences also arises from elements of external criticism, as Paul frequently feels evaluated and judged by others (Y=5), as well as from internal critical elements (m=3).

Paul is

Affective Aspects				
<i>The purpose of this section is to determine the role that affect plays in the psychological organization and functioning of the individual.</i>				
Psychology	Rorschach	11/04/2026	Normative	Attend to
Self-control of behavior	FC:CF+C	1:2	FC > CF+C	*
Difficulty in verbalizing emotions and feelings	SumC'	3	0	*
[. . .]				

experiencing a high degree of distress (eb=5:12). He is facing a tension-generating situation to which he responds by feeling flooded by affect, with much of his discomfort being reactive (Y=5). This indicates a more chronic problem, with an increased risk of episodes of disorganization, as the internal irritation he experiences is very intense and may be potentially disruptive to his psychic structure (C'=3). He is frequently emotionally confused and experiences ambivalent feelings regarding the same situation. He experiences emotions more intensely and, at times, has greater difficulty disengaging from emotional situations (Comb Cor-SH=1).

Paul shows limitations in initiating goal-directed behaviors aimed at restoring equilibrium (Y=5; a:p=3:6). He is not able to effectively mediate his impulsivity (speech and motor acts), that is, he is unable to reflect on his actions before putting them into practice (FC:CF+C = 1:2).

Although he shows a desire to process emotional stimulation (Afr=0.73), Paul excessively internalizes affective discharges and exchanges that should be externalized, increasing internal tension and favoring somatization due to internal conflicts (SumC':SumpC=3:2.5). He attempts to compensate for his emotional lability through constriction, that is, by blocking emotional expression as a way to neutralize the risk of losing control (C'=3; FC:CF+C=1:2). This constriction is related to his tendency to establish dependent relationships, leading to reduced emotional expression in order to avoid abandonment by others (C'=3; a:p=3:6).

[. . .]

[. . .] He also exhibits strong components of self-devaluation associated with introspective processes, which increase his psychological distress (V=3). [. . .]

[. . .]

Paul demonstrates difficulties in identification processes and/or traits of social withdrawal, being unable to deal adequately with empathy or not identifying with typical social values (H=0). He shows limited social maturity, making him prone to experiencing difficulties when interacting with his environment, with these difficulties extending to the interpersonal sphere. Interpersonal relationships tend to be more superficial, and he may often be characterized as distant, inept, and unable to manage interactions with others, showing reduced sensitivity to others' needs and interests (CDI=4).

He neither perceives nor expects positive or negative behaviors in interactions. He tends to feel less secure and less comfortable in interpersonal situations, remaining distant and reserved, and often staying on the periphery during group interactions (COP=0; AG=0).

[. . .]

Additionally, he is not able to be assertive and has difficulty expressing discomfort or dissatisfaction to others. [. . .]

[. . .]

[. . .] tends to be highly

meticulous in his analysis of information, investing considerable effort and energy in his investigative activities and exploration of the environment. [. . .]

[...]

Cognitive Mediation				
<i>Embedded in the Cognitive Triad, it refers to activities of translation or identification of information that has been received, that is, how the individual identifies it or translates it into other codes, related to the acceptance of social norms and conventionality.</i>				
Psychology	Rorschach	11/04/2026	Normative	Attend to
Social adaptation	P	2	4	*
Psychological well-being and adaptation (emotional/affective context)	X+%	21%	≥ 70%	*
Psychological well-being and adaptation (formal context, e.g., school or work)	F+%	0%	≥ 70%	*
Presence of cognitive distortion in adaptation	X-%	5%	≤ 10%	
Presence of cognitive distortion in opposition	S-%	0%	≤ 10%	
Presence of defense	Xu%	74%	≤ 10%	*

The relationship with his primary caregivers is not satisfactory; Paul does not show a good internalization of parental rules and, consequently, of social rules. He perceives things in an unconventional, more individualistic way, even in simple or clearly defined situations, which occurs due to difficulty in expressing overly obvious responses (P=2). The high frequency of behaviors that neglect social demands or expectations arises from a tendency to view things from his own point of view, which may imply excessive self-centeredness, with his perceptions shaped by his needs. This may be the product of a unique structural conflict involving the surrounding environment and/or a value system that differs considerably from that typically required by the environment (X+% = 21%; Xu% = 74%).

[...] in formal contexts, he does not demonstrate the necessary skills to adapt and to know how to act appropriately in such situations. [...]

[...]

His level of peripheral ideation is elevated due to the presence of situational stress, that is, he is affected by external circumstances that cause discomfort and distress (eb=5:12; m=3). [...]

[...]

[...] social

immaturity, making him vulnerable to experiencing difficulties in meeting the demands of everyday life, namely in terms of strategies for coping with daily situations (CDI=4). Currently, Paul is very limited in his ability to activate survival alert mechanisms and tends to place himself in life-threatening situations (SCON=8).

Coimbra, 18 April 2026

Clinical and Health Psychologist

 PEDRO NUNO ALVES
 UNIPessoal, Lda
 Cont. N.º 161 812 110
 A Gerência

Doctor Pedro Ferreira Alves

Doctor in Psychology
Specialist in Clinical Psychology
Specialist in Neuropsychology
- OPP Professional License No. 9950-

Note: This report is valid for six months.”

says a psychological report about me for a case at the Workplace-Relations Commission in which I am represented by a solicitor who is superior to Doctor Bill Holohan. Please find enclosed Forms ES.1 and ES.2 against Doctor Will Whelton and this defamer and Holohan Lane LLP, so do not be surprised that I would bring a case against Doctor Willie Colohan and this defamer and Holohan Lane LLP after circa 30 days!

N.B. that Doctor *Ferreira Alves* testifies in a court case from 2014 that I do not easily communicate emotions. A document by him to this effect is a robbed property which I attempt to instruct you to attempt to recover.¹¹ Psychiatrists and psychologists report since 2013 that I do not easily communicate emotions because I am a victim of discrimination.

“It is important to note that in respect of legal costs associated with non court type engagements or hearings, such as [. . .] applications to and hearings before the [. . .] Tribunals, Workplace Relations Commission” says a letter by Dr Holohan on Page circa 2.

Why? *Tribunal* is Portuguese (and approximately French) for Court. Is the Workplace-Relations Commission a court? A barrister for me for a case at the Workplace-Relations Commission wrote: “Brief fee on WRC proceedings €4,000 minimum (to include the first day in court for plenary hearing)”.

Please immediately inform Doctor Holohan and this defamer about the other publishees of this letter by me to thee. Shalt thou have reported the crimes which I inform you about to a police member by a time shortly after receiving this letter, as per a cited statute?

Each person makes mistakes. Cf. “Dear Dr. T: "A MAN ISN'T DEFINED BY HIS FAILURES, BUT BY HOW HE MAKES THEM RIGHT." says Magdalene Visaggio, "Transformers vs. Visionaries", IDW Publishing, ISBN-13: 978-1684052837, 2018.” say I via LinkedIn since December 2025 as backed up by [HTTP://Gloucester.Insomnia247.NL/Scholastica_or_LinkedIn_connivance/LinkedIn_comments_by_myself/LinkedIn_comments_01-01-2026_downto_circa_04-12-2025B_LinkedIn_refused_to_show_further_back.HTM](http://Gloucester.Insomnia247.NL/Scholastica_or_LinkedIn_connivance/LinkedIn_comments_by_myself/LinkedIn_comments_01-01-2026_downto_circa_04-12-2025B_LinkedIn_refused_to_show_further_back.HTM)¹²

If Doctor Colohan or Holohan Lane LLP would not improve for me before 07/05/2026 then I would criticise Doctor Colohan or Holohan Lane LLP via creating [HTTP://Gloucester.Insomnia247.NL/drochdhliodoiri/mu/Eirinn/Holohan_Lane_LLP/](http://Gloucester.Insomnia247.NL/drochdhliodoiri/mu/Eirinn/Holohan_Lane_LLP/) and via communications to Trustpilot and to e.g.

“the Advisory

Committee established under the Legal Services Regulation Act 2015” (cf. a circa 48-pages enclosure by you at Page circa 5)

or
“The Guidance & Ethics Committee” “of the Law

Society” (cf. a circa 48-pages enclosure by you at Page circa 5)

or
“the Minister for Justice” (cf. a circa 48-pages enclosure by you at Page circa 6)

or
“the Charities Appeals Tribunal, (a statutory body established under the Charities Act 2009)” (cf. a circa 48-pages enclosure by you at Page circa 6)

or
“the Judicial Studies Board in the UK” (cf. a circa 48-pages enclosure by you at Page circa 7)

or
“the University of Northumbria” (cf. a circa 48-pages enclosure by you at Pages circa 7 and 20)

¹¹ Cf. a letter by Dr Holohan at “b.” on Page circa 2.

¹² That backup also shows that I said inter alia “Dear Professrix Morrin O'Reilly, Thanks for remarking than migrant victims include males. Homeless persons died here circa one year ago. Similar imminent deaths are probable. Muireann Ní Raghallaigh” and “we need to start talking now with lawyers about the importance of professional ethics - as if the safety of al of us depends on it.” said Sonya Sceats. Many lawyers are unethical. Unethical lawyers murdered neighbours via torture.”

or

“Centre for Effective Dispute Resolution, London” (cf. a circa 48-pages enclosure by you at Page circa 7)

or

something comparable to “the

Oireachtas (Irish Parliament) Committee on Justice & Equality in 2012” (e.g. a “Committee on Justice, Home Affairs and Migration”)

(cf. [HTTPS://WWW.OIREACTHAS.IE/en/committees/34/justice-home-affairs-and-migration](https://www.oireachtas.ie/en/committees/34/justice-home-affairs-and-migration) and a circa 48-pages enclosure by you at Page circa 9)

or

“the Professional Negligence Lawyers Association” (cf. a circa 48-pages enclosure by you at Pages circa 11 and 44)

or

the EU and the “National Office for Judiciary” of Hungary (cf. a circa 48-pages enclosure by you at Page circa 19)

or

“Griffith College” or “City College Dublin” or “National College of Ireland” or “University College Cork” or “the Academy of International Law at The Hague” or “the Centre of International Legal Studies”

(cf. a circa 48-pages enclosure by you at Pages circa 20 and 21 and 22 and 25 and 44)

or

“Irish Centre for European Law” (cf. a circa 48-pages enclosure by you at Page circa 23)

or

“European Lawyers Union” (cf. a circa 48-pages enclosure by you at Page circa 23)

or

“The European Circuit” (cf. a circa 48-pages enclosure by you at Page circa 33)

or

“Maynooth University” (cf. a circa 48-pages enclosure by you at Page circa 44)

or

a charity named after Saint Vincent de Paul (cf. many references to Christianity in a circa 48-pages enclosure by you)

or

“Kanchi,* (a disability awareness group where he served as Company Secretary for a number of years),” if Kanchi still exists

or

“Irish Autism Action,*” if Irish Autism Action still operates¹³

or

Pieta (at Sunday’s Well).

Cf. "Pettyfoggers" says a circa 48-pages enclosure by you at Pages circa 35 and 37 and 39. Thanks for teaching me an English word about lame lawyers! A 1-page enclosure by you has: “**accountability, ethical**

action / integrity, excellence, respect, loyalty, [. . .]

[. . .]

[. . .]

Professional, reassuring, efficient, outstanding (exceeding expectations),

pragmatic, realistic, caring [. . .]

[. . .] *responsible*”. Is that 1-page enclosure falsely advertising?

“Holohan Lane LLP

Terms of Business 2024

Our aim is to provide all of our clients with consistently top quality legal advice as promptly and cost effectively as possible.” say you yourselves.

“Please consider the environment before printing this e-mail.” has said Doctor Holohan after Holohan Lane LLP had posted circa 88 pages on exactly the same number of sheets. The same number of pages as sheets are not good for the environment and they cost more. Furthermore you use a colours printer. An only black printer costs less. I briefly report about expensive printing and cheap printing via

[HTTP://Gloucester.Insomnia247.NL/drochdhliodoiri/mun/t-Suain/Nicolaus_Rubensson/2025-03-](http://Gloucester.Insomnia247.NL/drochdhliodoiri/mun/t-Suain/Nicolaus_Rubensson/2025-03-25a_enclosed_printer_invoice_shows_1cent_fewer_than_real_cost.png)

[25a enclosed printer invoice shows 1cent fewer than real cost.png](http://Gloucester.Insomnia247.NL/Epson/) and [HTTP://Gloucester.Insomnia247.NL/Epson/](http://Gloucester.Insomnia247.NL/Epson/) – e.g.

[HTTP://Gloucester.Insomnia247.NL/Epson/Canon_is_cheap_well._Epson_is_expensive_badly/](http://Gloucester.Insomnia247.NL/Epson/Canon_is_cheap_well._Epson_is_expensive_badly/) – and I will elaborate via this website.¹⁴

I hope that we shall resolve problems instead of dwelling on a mistake or a misunderstanding.

Thy sincerely,

Paul Colin Glofter

13 “Please note we are not, nor have we ever been associated with or part of “autism Ireland or “Irish autism action” Both of those charities are no longer operating due to Governance issues.” arsa [HTTPS://WWW.ASDIRELAND.IE/contact](https://www.asdireland.ie/contact)

14 Cf. “I bought a Canon Pixma MegaTank GM4050 printer on March 23rd, 2025. [. . .] It came with 3 bottles of ink. Its 1st bottle printed its 5,897th page on February 1st, 2026. It is a good value for money. [. . .] Therefore inks by Epson for my 3475 pages printed by Canon would have cost circa €100.00, but my Canon printer and its inks can print circa as much as €500.00 of inks by Epson, so Canon is circa €300.00 less expensive!” say I in news:comp.sys.mac.advocacy and news:comp.os.linux.advocacy since Date: Mon, 02 Feb 2026 19:06:39 -0000