EEOC Awards of Emotional Distress Damages Over $100,000.00

By Josh Bowers

This is the first of two articles discussing awards for emotional distress injuries suffered because of wrongful discrimination. Today’s article will discuss over eighty awards by the Equal Employment Opportunity Commission in cases filed which the complainant was awarded $100,000 or more for emotional distress. The second article will discuss court decisions awarding more than $100,000 for emotional distress.

In 1991, the Civil Rights Act was amended to provide victims of discrimination with compensation for emotional distress. In West v. Gibson, 527 U.S. 212 (1999), the Supreme Court held the U.S. Equal Employment Opportunity Commission has authority to award compensatory damages in the administrative process. Federal employees and Federal Agencies have struggled in settlement negotiations to determine what reasonable compensation for emotional distress is. When the parties cannot agree, an Administrative Judge of the EEOC will resolve the dispute with an award for emotional distress compensation. We now have a body of EEOC and court decisions awarding emotional distress compensation that allows us to better predict the emotional distress award if a case is not settled and goes to trial.

The EEOC instructs that “there is no precise formula for determining the amount of damages for non-pecuniary losses, except that the award should reflect the nature and severity of the harm and the duration or expected duration of the harm.” Chastain v. U.S. Dep’t of the Navy, EEOC Appeal No. 0120102409 (November 17, 2010) request for reconsideration denied, EEOC Request No. 0520110240 (March 31, 2011). The more inherently degrading or humiliating the defendant's action is, the more reasonable it is to infer that a person would suffer humiliation or distress from that action. Lopez-Rosende v. U.S. Postal Service, EEOC Appeal No. 0120102789 (November 30, 2010). The Commission instructs that “not all harms are amenable to a precise quantification, the burden of limiting the remedy, however, rests with the employer.” Id. citing Chow v. Dep’t of the Army, EEOC Appeal No. 01982308 (Feb. 12, 2001).

1 Attorney Josh F. Bowers has represented federal employees for over 20 years. In 2002, Josh Bowers was selected as Lawyer of the Year by the Metropolitan Washington Employment Lawyers Association. Josh Bowers has testified before Congress on federal employee issues, and represents federal employees nationwide before the numerous administrative forums available to federal employees. His law firm’s website address is www.JoshBowersLaw.com.
Evidence from a health care provider or other expert is not a mandatory prerequisite for recovery of compensatory damages for emotional harm. Durrell Williams v. U. S. Postal Service, EEOC Appeal No. 0120130887 (May 31, 2013) citing Lawrence v. U.S. Postal Serv., EEOC Appeal No. 01952288 (Apr 18, 1996). Objective evidence of compensatory damages can include statements from a complainant concerning emotional pain or suffering, inconvenience, mental anguish, loss of enjoyment of life, injury to professional standing, injury to character or reputation, injury to credit standing, loss of health, and any other non-pecuniary losses that are incurred as a result of the discriminatory conduct. Id. See Compensatory and Punitive Damages Available Under Section 102 of the Civil Rights Act of 1991, EEOC Notice No. N915.002 (July 14, 1992). Statements from others including family members, friends, health care providers, other counselors (including clergy) could address the outward manifestations or physical consequences of emotional distress, including sleeplessness, anxiety, stress, depression, marital strain, humiliation, emotional distress, loss of self-esteem, excessive fatigue, or a nervous breakdown. Durrell Williams v. U. S. Postal Service, EEOC Appeal No. 0120130887 (May 31, 2013). A complainant's own testimony, along with the circumstances of a particular case, can suffice to sustain his burden in this regard. Id.

The Commission’s approach to determining emotional distress compensation is understood by carefully reading the many EEOC decisions applying this formula to the facts of individual cases.

Gay v. Dep’t of the Navy, EEOC Appeal No. 07A20089 (October 9, 2003). The EEOC declined to set aside a $300,000 emotional distress award due to an untimely appeal by the agency. The Commission declared that it would make no determination as to the appropriateness of the AJ's finding of discrimination or of the amount awarded in compensatory damages. The Commission’s decision did not discuss the facts that the Administrative Judge determined supported the $300,000 emotional distress award.

Munno v. Dep’t of Agriculture, EEOC Appeal No. 01A01734 (February 8, 2001) ($250,000 award for emotional distress). Complainant was a manager whose emotional injury was extreme, but who was capable of performing her duties and qualified for promotion to a senior management position. Complainant's psychiatric expert witness testified that Complainant’s ability to work was a huge source of self-esteem and self-worth. Complainant's depression had a severe major impact on her functioning in her home, her personal life, her husband, her daughter and her church. Complainant’s sense of self was tied to being able to work. Work was how Complainant got herself out of a negative situation from her childhood, so to have her work disrupted was devastating to her. Complainant’s psychological injury required treatment for an indefinite period.

Complainant v. U.S. Postal Serv., EEOC Appeal No. 0720120027 (April 2, 2014) ($210,000 Award for emotional distress). Complainant, her husband and her psychologist demonstrated that Complainant became deeply troubled, anxious, depressed, lonely, suspicious, mentally unfocused, and highly emotional. She experienced weight loss, hair loss, difficulty sleeping, suicidal thoughts and chest pain. This harm continued for at least two years. Complainant, who had anticipated being an Olympic runner, became dispassionate about competing. The Commission noted that management's behavior and actions were particularly egregious. It was
well known by management that Complainant's Supervisor was harassing and assaulting her, yet no action was taken for some time, and management reported Complainant's allegations of harassment to other employees.

**McCormick v. Dep't of Justice** (Federal Bureau of Investigation), EEOC Appeal 0720100040 (November 23, 2011) ($200,000 award for emotional distress). The Commission held the Agency's inept actions to accommodate complainant’s disability were not in good faith. The Agency engaged in egregious, substantial discriminatory and retaliatory conduct that increased the physical pain and damage to complainant's neck and shoulder, and caused her to suffer severe depression. The Agency’s negative memorandums circulated about complainant caused her emotional distress in that she feared the Agency was trying to fire her rather than accommodate and help her. The emotional distress led to permanent spasm that further damage to the discs in her back. Complainant suffered from migraines, lack of sleep, and severe and chronic pain. Her professional reputation was damaged by the portrayals as an insubordinate employee who refuses to do assignments. Complainant suffered a loss of enjoyment of life that is ongoing; changes in her demeanor, outlook, and physical and mental conditions that imperiled her marriage, hindered her ability to properly care for her young child; created a serious and potentially permanent rift with a child in college. She has withdrawn socially from friendships.

(We are including in this list of EEOC decisions a noteworthy decision by the U.S. Federal Labor Relations Authority upholding an arbitrator’s award of $200,000 for emotional distress.)

**Dep’t of the Treasury, Internal Revenue Service, Wage and Investment Division, Austin, Texas and NTEU, Chapter 72, 65 FLRA No. 198 (June 27, 2011).** The Agency’s discriminatory actions resulted in the deterioration of the grievant’s health and led to his developing chronic obstructive pulmonary disease (COPD). Grievant’s doctor reported that “anxiety leads to flare-ups; flare-ups make controlling the asthma extremely difficult or impossible; poor control of severe asthma leads to COPD; COPD results in irreversible lung damage.” The deterioration of the grievant’s health “forced [him] into . . . medical retirement” at approximately age forty-five, with irreversible lung damage.

**Fonda-Wall v. Dep’t of Justice.** EEOC Appeal No. 0720060035 (July 29, 2009) (The Commission increased an Administrative Judge’s award for emotional distress from $150,000 to $200,000). Complainant was in constant fear of the supervisor’s retaliatory acts. The rumors about her mental health were detrimental to her reputation. The Agency’s actions caused her to be transfixed and suffer in her family and financial life. Complainant's emotional harm manifested itself into physical harm over a period of 8 years. In addition to the $200,000 emotional distress award, EEOC awarded pecuniary damages for wear and tear on Complainant's vehicle in the amount of $8,859.16; trailer rental and storage costs in the amount of $3,484.19; moving expenses in the amount of $1,136.00; lodging costs in the amount of $244.08; lost profit on the sale of Complainant's home in the amount of $65,600.00; tutoring costs for Complainant's children due to readjustment after being involuntarily moved twice in the amount of $32,000.00; attorney's fees incurred for child custody issues arising from Complainant taking children out of state in the amount of $3,000.00; cell phone costs in the amount of $4,628.59; fees paid to a special advocate for Complainant's children in the amount of $5,000.00; plane fare for children to visit their father in her former work location in the amount of $1,289.00; office supply costs in connection with this complaint in the amount of $3,000.00; and past and future
psychological care for Complainant's children's separation anxiety from their father and stepfather in the amount of $12,996.60.

**Blount v. Dep't of Homeland Security**, EEOC Appeal No. 0720070010 (October 21, 2009), request for reconsideration denied EEOC Request No. 0520100148 (April 16, 2010)($200,000 award for emotional distress) Complainant testified that due to the loss of his job, his ex-wife sued for custody of his children, and he was unable to satisfy his child and spousal support obligations. Complainant stated that the agency’s actions brought him to the brink of “financial ruin.”

**Glockner v. Dep’t of Veteran’s Affairs**, EEOC Appeal No. 07A30105 (Sept. 23, 2004)($200,000 award for emotional distress). The Complainant was harassed at work for nearly five years and diagnosed as suffering depression, anxiety, exhaustion, migraine headaches, irritable bowel syndrome and other gastrointestinal disorder. Complainant did not take medication for depression, but demonstrated depression through testimony.

**Sebek v. Attorney General**, EEOC Appeal No. 07A00005 (March 8, 2001)($200,000 award for emotional distress). The Administrative Appeal’s award of $200,000 was upheld by the Commission because the agency failed to provide the Commission the evidentiary record that was before the EEOC Administrative Judge.

**Looney v. Dep’t of Homeland Security**, EEOC Appeal No. 07A40124, 01A53252 (May 19, 2005). ($195,000 award for emotional distress). The length of hostile work environment was not stated in EEOC decision, but appears to have been less than two years. Complainant’s permanent emotional injury was based only on Complainant and her husband’s testimony. Complainant suffered bouts of crying; humiliation; depression; destruction of her spirit and confidence; feelings as if she had no purpose in life; fluctuating weight problems; rashes; anxiety; nightmares relating to her supervisor; difficulty coping with life; being tense and unable to sleep when she lays next to her husband in bed; and was disinterested in sexual intercourse. As a result of medication taken for the emotional distress, complainant felt clumsy, shaky, considered herself to be unsafe operating a motor vehicle, and a nervous wreck. Complainant's husband testified that complainant was extremely stressed, experienced mood swings, became sick more often, kicked the bed while sleeping, and was exhausted to the point where she remained in bed for twenty hours during the day. He testified that complainant is unable to deal with any negativity and is extremely self conscious about her communication skills, interaction with others, and loss of professional reputation and standing in the community. Complainant's friends testified to complainant's change in appearance, including significant aging in short amount of time, facial appearance being swollen and sunken, and complainant becoming withdrawn. Complainant's psychologist testified that complainant suffered from a significant amount of depression.

**Mack v. Dep’t of Veterans Affairs** EEOC Appeal No. 01983217 (June 23, 2000) request for reconsideration denied, EEOC Request No. 05A01058 (October 26, 2000)($185,000 award for emotional distress). Complainant “unable to work for years to come.” Complainant left homeless after being fired based on his development of AIDS. The emotional distress evidence in the Commission’s decision is not especially severe, but the consequences of being left homeless were quite severe.
Debra Meachum, Teresa Abbott, v. Social Security Administration, EEOC Appeal No. 0720120003 (September 9, 2013)(Upholding Administrative Judge's Award of $175,000 for emotional distress to Complainant Teresa Abbott and reducing Complainant Debra Meachum's emotional distress award from $200,000 to $175,000). Complainants both suffered emotional and physical changes resulting from harassment. Complainant Meachum continued to experienced anxiety attacks at the time of the hearing. Complainant Meachum's testimony was corroborated by her husband who testified that the harassment changed their marriage and she experienced anxiety attacks, difficulties sleeping, problems with her weight and depression. The Commission reduced Complainant Meachum's emotional distress award from $200,000 to $175,000 to account for evidence that she experienced stress due to her mother's illness. Complainant Abbott who suffered for a shorter period of time, but was more sensitive and suffered similar mistreatment until she retired. Complainant Abbott described feeling intimidated, afraid and constantly fearful of being fired. She sought assistance from an EAP counselor as a result of her treatment, and the AJ found that she "re-experienced" some of the pain and humiliation when she testified at the hearing.

Neville v. Department of the Air Force, National Guard Bureau, EEOC Appeal No. 0720110023 (August 1, 2013)(Increasing Administrative Judge emotional distress award from $92,500 to $150,000). Complainant suffered physical harm in the form of a back injury as a result of being assigned to full duty, and suffered extreme long-term pain. Complainant had been living with severe pain with little to no improvement since her injury. Complainant's doctor stated that she had reached maximum medical improvement and the AJ determined that Complainant would continue to experience significant pain and physical limitations for an indeterminate amount of time in the future. Complainant suffered anxiety attacks, lost her confidence and independence, and felt she was a burden to others. Her relationships with family and friends deteriorated, and she felt hopeless. Complainant was ultimately diagnosed with depression, saw a psychiatrist, and began taking medication which made her sleepy and interfered with her ability to drive. Complainant experienced significant distress and great loss of enjoyment of life.

Durrell Williams v. U.S. Postal Service, EEOC Appeal No. 0120130887 (May 31, 2013)(Agency FAD for emotional distress increased from $30,000 to $175,000). Complainant suffered from depression prior to his termination. Complainant's psychiatrist and psychologist opined that the discrimination he suffered significantly worsened his depressive disorder. Complainant, among other things, experienced poor sleep, stress, suicidal thoughts, and had trouble maintaining gainful employment. Complainant was prescribed psychiatric medication. Complainant's psychiatrist opined that the termination contributed to the Complainant losing his home and becoming homeless with his two children, a thirteen-year-old son and an eight-year old daughter.

(We are including in this list of EEOC decisions a noteworthy decision by an Administrative Judge of the Merit Systems Protection Board. The Agency did not appeal the $175,000 award for emotional distress.) Marcus Smith v. Dep't of Transportation, MSPB Docket No. AT-0752-05-0901-P-1, 2012 MSPB Lexis 4948 (August 24, 2012). The MSPB Administrative Judge applied the principle that "a tortfeasor takes its victim as it finds them" citing Wallis v. United States Postal Service, EEOC Appeal No. 01950510, (November 13, 1995) and held that
the employee’s prior diagnosis of depression did not defeat his claim of entitlement to compensatory damages. The employee’s emotional state significantly deteriorated after the agency began discriminatory proceedings against him. The Agency’s discriminatory actions resulted in the employee suffering severe emotional problems, including, but not limited to, depression, panic attacks, loss of enjoyment of life, loss of libido, erectile dysfunction, withdrawal from family, friends, church and social situations, and crying spells. The employee’s condition was severe, long-term, and with no indication that the employee will completely recover in the near future.

**Lemons v. Dep’t of Justice, Bureau of Prisons,** EEOC Appeal No. 0120102516 (November 16, 2011)(Agency FAD for emotional distress increased from $25,000 to $175,000). Complainant physically sexually assaulted by prison inmate and suffered a Cervicothoracic Sprain which caused her extreme pain in her neck and back. Complainant in “excruciating agony” unable to perform basic activities, such as walking, driving or laying down. Complainant stated that while her pain is not nearly as bad as it was the first several months after the attack, she still feels pain. Complainant’s psychiatrist diagnosed Complainant with post traumatic stress disorder and major depression. Complainant could not focus, was extremely afraid that something would happen to her, had difficulty concentrating, low energy, difficulty enjoying things, and tearfulness. She had insomnia and recurrent intrusive thoughts of the sexual assault. Complainant was prescribed medication for her depression. Complainant suffered severe difficulties with concentration, sleep, anxiety and depression. The Psychologist testified that her condition was not likely to improve, even with treatment, for at least a year. Complainant had not left the house in a month, and no longer leaves the house to go to church, the gym, or even to meet her new 6 month old grandson. Complainant’s ex-boyfriend stated that Complainant’s moods go from depressed to hyper, she breaks down crying at a moment’s notice, and she gets mad at everyone for no reason. Complainant stated that she cries “over the stupidest things,” has low energy, sleeps half the day, gets uncomfortable around other people, does not trust anyone, cannot stay focused, has feelings of hopelessness and paranoia, and she still has dreams of the sexual assault. The doctor noted Complainant has post traumatic stress disorder and agoraphobia (an anxiety panic disorder in which there are repeated attacks of intense fear and anxiety). Complainant’s children described Complainant as still experiencing flashbacks and nightmares of what happened to her. She stated that she also has panic attacks and experiences feelings of being trapped, breathlessness, and rapid heartbeat. Additionally, her husband was unable to deal with all of the problems that resulted from the sexual assault, and the strain on her marriage resulted in a divorce. Complainant also noted that while the physical pain is not as severe as it was a few years ago, she still experiences back pain from the sexual assault. Complainant’s youngest son stated that his mother changed from a loving, caring, respectful and trusting person into what is now a shell of her former self. The son explained that after the assault his mother became weary of people, lost respect for authority, and had feelings of betrayal, fear, and sadness. He testified that after the sexual harassment and assault his mother was “not the same mother that I grew up to know and love.” He stated that he has never seen his mother in such bad shape, that she wakes up every day with no reason to live and is spiritually dead.
Cahn v. United States Postal Services, EEOC Appeal No. 0720060029 (September 5, 2008) ($175,000 award for emotional distress). The Agency’s discrimination exacerbated the Complainant’s PTSD and he suffered significant emotional distress over a three year period. Complainant had insomnia, migraines, decrease in his ability to concentrate, think, focus or recall information, extreme stress and inability to complete projects or organize. He became secluded due to heightened anxiety and was separated from his wife. The damages were supported by the Complainant’s testimony, written documentation from his wife, co-worker’s testimony and medical documentation.

Padilla v. U.S. Postal Service, EEOC Appeal No. 0120090062 (September 21, 2010) (Administrative Judge’s emotional distress award of $15,000 increased to $165,000). The Agency subjected Complainant to a discriminatory hostile work environment and the Complainant’s termination was at least partially motivated by discriminatory animus. Complainant experienced emotional and physical suffering. He lost custody of his daughter because of testimony at the custody hearing by Agency officials regarding his termination. Complainant lost friendships, slept in his car, frequently did not have food, could not afford medical care, and did not have medical insurance.

Nenville v. Dep’t of the Air Force (National Guard Bureau), EEOC Appeal No. 072011023 (August 1, 2013) (Administrative Judge’s emotional distress award of $92,000 increased to $150,000). Complainant suffered severe physical pain over three years and continuing as a result of the Agency not assigning her to light duty. Complainant became “a shell of the woman she used to be.” Complainant lost self confidence, lost her independence and saw herself as a burden to those around her. Complainant was diagnosed with depression and referred to a psychiatrist. Complainant began taking prescribed anti-depressant and anti-pain medications that made her sleepy and interfered with her ability to drive, which resulted in her rarely leaving the house. Complainant became withdrawn, her personality changed, her temperament changed and she began to have anxiety attacks and required assistance of a service dog. Complainant became homebound, secluded, her interpersonal relationships deteriorated. Complainant could no longer take care of the house, the property, or prepare a meal for herself. Her friend attempted to help with Complainant by taking extra jobs, but her friend eventually moved out of their hours due to the burden of caring for the Complainant.

Garcia v. Dep’t of Justice (Drug Enforcement Administration), EEOC Appeal No. 0120122033 (June 7, 2013) (Administrative Judge’s emotional distress award to a class action representative of $125,000 increased to $150,000). After repeated non-selections, Complainant’s emotional distress manifested in anger, frustration, sadness, anxiousness, humiliation, and embarrassment. Complainant cut herself off from her coworkers, friends, and family, suffered depression. Complainant cried frequently and suffered from physical manifestations: severe gastro-intestinal problems, lack of sleep, fatigue, migraines and hair loss, which caused her a great deal of embarrassment and self-consciousness in her appearance. Complainant personality changed drastically. Her body language, facial expressions, and tone of voice all manifested her anger, frustration, bitterness, and confusion. Complainant became very sad, disheartened, and depressed. Witnesses testified Complainant was obsessed with her problems at work and “no longer fun to be around.” The discrimination damaged Complainant’s marriage. Interactions with her husband were one sided and always about her work problems leading to the couple to
"the brink of formal separation many times." Complainant endured pain, suffering, anxiety and depression for more than nineteen years and only improved when she retired in May 2008. Even after retirement she has the same awful feelings when she is reminded of the discrimination and continued to have physical manifestations when reminded of the discrimination in the form of severe stomach episodes even after her retirement in 2008.

**Coopwood v. Dep’t of Transportation. (Federal Aviation Administration),** EEOC Appeal No. 0120083127 (May 2, 2012)(Agency’s FAD award emotional distress award of $35,000 increased to **$150,000**). Complainant subjected to a hostile work environment for two and a half years suffered severe depression, vomiting in the office, uncontrollable crying spells; difficulty concentrating; frequent panic attacks; fear of her safety; nightmares; insomnia; loss of enjoyment of life; withdrawal from relationships; social isolation; significant injury to her professional standing and reputation; humiliation and loss of health (dramatic weight fluctuation, worsening stomach problems).

**Brown-Fleming v. Dep’t of Justice,** EEOC Appeal No. 0120082667 (October 28, 2010)(FAD emotional distress award of $40,000 increased to **$150,000**). Complainant suffered from depression, anxiety, stress, insomnia, difficulty concentrating, disassociation, crying spells, social isolation, damage to her professional reputation, withdrawal from relationships, and short-term memory loss. In addition, Complainant experienced nightmares, panic, worsening abdominal pain, worsening hypertension, weight loss, and worsening psoriasis brought on by stress. The Commission stated that despite Complainant’s pre-existing conditions and additional stressors, the Agency’s discriminatory termination was the proximate cause of her emotional and physical problems. The Commission also found that Complainant was entitled to payment of $39,121.59 in pecuniary damages representing foregone interest and penalties incurred as a result of the withdrawal of funds from her Thrift Savings account.

**Estate of Roop v. Dep’t of Homeland Security,** EEOC Appeal No. 07200890056 (October 21, 2010)(**$150,000** award for emotional distress). Complainant lost twenty pounds, could not keep food down, and had episodes of vomiting. His emotional and mental anguish were exacerbated by the severe financial hardship resulting from the complainant’s employment termination. Complainant and his family had no income for a time, forcing them to seek food from social organizations, not heat their home in the winter, and go without prescription medications. Feeling that his family would be better off without him, complainant intentionally overdosed on high blood pressure medication in an effort to cause a heart attack and end his life. There was no evidence that these events would have occurred absent the discrimination. The Commission rejected the Agency’s argument that $150,000 was excessive for two years of emotional suffering.

**Lopez-Rosende v. U.S. Postal Service,** EEOC Appeal No. 0120102789 (November 30, 2010)(Administrative Judge’s emotional distress award of $35,000 increased to **$150,000**). Complainant suffered seven years of sexual harassment and did not submit medical evidence in support of her emotional distress claim. Testimony demonstrated the harassment made it difficult for complainant to sleep, made her depressed, resulted in nightmares, and caused her to scream and yell at her children. Complainant experienced chest pains, sought counseling with an
Agency psychologist, went to a physician who prescribed medication for anxiety. Complainant “was constantly worried” the sexual harasser would come to her work area.

**Solomon v. Dep’t of the Navy**, EEOC Appeal No. 0720070071 (March 3, 2008) ($150,000 award for emotional distress). The Complainant’s disposition changed, she lost her self-confidence, withdrew from friends and felt her reputation had been soiled. She returned from work crying, upset and appearing depressed. She had migraines and sleeplessness. Complainant’s Psychiatrist testified she had depression and anxiety from harassment occurring over a one year period.

**Goodridge v. Social Security Administration**, EEOC Appeal No. 07200500261 (November 15, 2006) reconsideration denied 0520070216 (February 27, 2007) ($150,000 award for emotional distress). Complainant suffered anxiety, depression, humiliation, sleep deprivation and began a medication regimen which included Valium, Prozac, Paxil, Wellbutrin, and Hydroxyzine. At the time of the hearing, complainant continued to suffer from crying spells, saw no relief in sight, and had withdrawn socially from friends and family. Complainant’s husband, sister, and friend corroborated complainant’s testimony and reported complainant suffered from anxiety, depression, and was no longer the outgoing person she had been. Complainant submitted medical records from her physicians, and noted that she had been diagnosed with an anxiety disorder. The AJ found complainant suffered from depression, loss of enjoyment of life, interference with family relationships, permanent diminishment in quality of her life, and physical symptoms.

**Tyner v. Dept. of Veterans Affairs**, EEOC Appeal No. 0720060032 (October 23, 2007) ($150,000 award for emotional distress). Sexual harassment over seven months with crude sexual language by a co-worker and supervisor. Complainant suffered difficulty sleeping, nightmares and panic attacks; aggravation of pre-existing psychological injury due to observing sexual abuse of a sibling by a family member; diagnosis of a major depressive disorder, post-traumatic stress disorder and agoraphobia (fear of leaving home), panic attacks, problems with her appetite, feeling sad and tearful, problems with memory comprehension and thinking clearly, and problems with self-esteem and self-confidence. Complainant became withdrawn and was spending most of the day in bed during her visits to her parent’s home. Complainant awarded restoration of 273 hours of sick leave, 31.75 hours of annual leave and three hours of compensatory time.

**Furch v. Dep’t of Agriculture**, EEOC Appeal No. 07A40094 (2005) ($150,000 award for emotional distress). The employee saw a psychologist for 6-8 months, and continued to see a Licensed Social Worker through the agency’s Employee Assistance Program. At the hearing, the employee testified she suffered from weekly crying spells, saw no relief in sight and was withdrawn socially from friends and family. The employee’s daughter and co-workers corroborated complainant’s testimony and reported complainant suffered from stomach problems, anxiety, and is no longer the outgoing person she once was. The employee submitted medical records from her physician, psychologist, and psychiatrist, stating a diagnosis of Generalized Anxiety Disorder.
Kloock v. Postmaster General, 01A31159 (2004)(Agency FAD emotional distress award of $5,000 increased to $150,000). An agency's discriminatory removal of complainant resulted in him having to withdraw support of his son's ambitions to become a professional hockey player and the complainant ultimately told his son to leave home. Complainant submitted evidence of non-pecuniary damages through his affidavit, as well as affidavits from a friend and his son. Complainant provided several psychological reports. Prior to May 1994, complainant was a stable, well-adjusted and relatively happy individual. Complainant described his relationship with his son before May 1994 as exceptional and had good friendships and a rewarding life. Just prior to May 1994, complainant was in the process of buying a new home and had been pre-approved for a mortgage. Prior to May 1994, complainant had been very active with his union and the local youth hockey community....)

VanDesande v. Postmaster General, EEOC Appeal No. 07A40037 (2004) (EEOC Awarded $65,979.00 for negative tax consequences.) Complainant harassed and terminated. The Commission reduced an Administrative Judge's award of $200,000 for emotional distress to $150,000 because the judge had not accounted for the fact that despite his mental condition, the complainant was able to train successfully as a firefighter/EMS and complete his probationary period. The complainant presented evidence that he would continue to need psychiatric treatment and medication for depression, anxiety disorder and Post Traumatic Stress Disorder for at least five years after the close of the hearing. However, the Commission reduced the award because there was no evidence the psychological conditions interfered with his training or subsequent job performance.

Estate of Nason v. Postmaster General, EEOC Appeal No. 01A01563 (2001)($150,000 award for emotional distress). Complainant, after two suicide attempts, successfully committed suicide and left behind a note that blamed the Post Office for "all the stress that they have caused me leading to this action." The Commission explained its decision in Estate of Nason, stating: "a tortfeasor takes its victims as it finds them."

Franklin v. United States Postal Service, EEOC Appeal No. 07A00025; 01A03882 (January 19, 2001)($150,000 award for emotional distress). Complainant’s “whole world had been built around this job.” Once complainant forced into disability retirement, he became withdrawn, gloomy, purposeless and depressed. He was unable to find comparable work and became estranged from his wife and children and moved into a different part of the house.

Booker v. Dep’t of Defense, EEOC Appeal No. 07A00023 (August 10, 2000)(Administrative Judge’s emotional distress award $195,000 reduced to $150,000). Complainant suffered severe depression, attempted three suicides and was voluntarily hospitalized. The duration of emotional distress was not put into evidence.

Complainant v. Dep’t of the Navy, EEOC Appeal No. 0720120013 (March 12, 2014)($145,000 award for emotional distress). Complainant demonstrated the Agency denied him reasonable accommodation, his mental state and depression worsened, he felt isolated, and experienced increased stress and mental anguish. Complainant's psychiatrist testified that these conditions affected Complainant's chemical balance, and, as a result, Complainant went out on stress leave and then retired. At the time of the hearing, Complainant was still unable to perform certain activities that he performed before the harassment commenced at his workplace.
Fellows-Gilder v. Dep’t of Homeland Security, EEOC Appeal No. 0720070046 (January 31, 2008). ($130,000 award for emotional distress). Complainant suffered from a pre-existing condition, of anxiety and depression was significantly exacerbated by the discrimination. Complainant began to cut herself, which she had not done before, and was admitted to a psychiatric hospital under a suicide watch. After the discrimination, complainant sought public assistance for the first time in her life, and lost her health insurance, which had been her link to a support network that provided her with funding for prescription medication and therapy.

Terban v. Dep’t of Energy, EEOC Appeal No. 0720040117 (April 3, 2008)($130,000 award for emotional distress). Complainant endured two years of harassment which resulted in complainant’s hospitalization, his becoming suicidal, and his receiving electro-shock treatment. As a result of the harassment, complainant became depressed and withdrawn and his relations with his children became severely strained.

Burton v. Dep’t of Interior, EEOC Appeal No. 0720050066 (March 6, 2007)($130,000 award for emotional distress). Complainant was out of work for three years. Complainant suffered from depression, loss of enjoyment of life, interference with family relationships, permanent diminishment in quality of life, and physical symptoms. She suffered anxiety, depression, humiliation, sleep deprivation and began a medication regimen, which included Prozac and Paxil. Complainant “saw no relief in sight, thought about suicide, and had withdrawn socially from friends and family.” Complainant's husband testified the complainant suffered from anxiety, depression, and was no longer the outgoing person she had been. Complainant submitted medical records from her physicians, and noted that she had been diagnosed with post traumatic stress disorder, major depression disorder, non-epileptic seizures, panic attacks and memory loss. Complainant suffered migraines, stomach problems, nervousness, trembling, emotional issues and contemplated suicide.

Read v. Dep’t of Homeland Security, EEOC Appeal No. 01A50353 (March 29, 2005)(Upholding Agency FAD award of $130,000 for emotional distress to a complainant who was not represented by an attorney). Coerced sexual contact by supervisor in the office on two occasions resulted in Complainant’s pregnancy. Complainant's husband went to the doctor to determine whether his vasectomy from the year before somehow failed. He learned that he was indeed sterile. Complainant told her husband that she got pregnant from her supervisor after coerced sexual encounters. Complainant's supervisor urged complainant to have an abortion. Complainant and her husband made the decision to abort the pregnancy. After the abortion, complainant continued to receive unwelcome sexual comments from her supervisor despite her explicit desire that he stop. The sexual harassment continued until May 2000, when she initiated EEO Counselor contact. However, complainant was still made to work in the same office with the supervisor until she accepted a transfer. Complainant suffered from hives, severe stomach problems, heartburn, burning in her stomach and rectal bleeding. She suffered from acid reflux disease, sleep disturbance, weight gain, fatigue, vertigo and feelings of guilt over the abortion. She did not want her husband to touch her and lost desire for intimacy. She also was evaluated as “suicidal with a concrete plan.”
Cook v. Postmaster General, EEOC Appeal No. 01950027 (1998) ($130,000 award for emotional distress). Complainant disabled from future employment. The Commission awarded $80,000 in damages for daily harassment that lasted about 14 months and sporadic incidents of harassment that occurred over the next 14 months. The Commission also awarded $50,000 in emotional distress damages caused by the complainant’s future inability to work. The Commission considered that the complainant prolonged her recovery by failing to take prescribed medication. The award was tempered by the fact that more than half of the total period of harassment—33 months—occurred before the effective date of the 1991 Civil Rights Act.

Dunn v. Dep’t of the Air Force, EEOC Appeal No. 0720110021 (February 10, 2012) ($125,000 award for emotional distress). Complainant diagnosed with depression and anxiety which could continue for years. Complainant suffered humiliation and physical pain to her wrist because of the Agency’s failure to accommodate her disability. Complainant had nightmares and sleeplessness and takes multiple medications. Complainant’s doctor stated that her elbow has increased symptoms due to overuse.

Jackson v. Dep’t of the Air Force, EEOC Appeal No. 0720110036 (March 13, 2012). ($125,000 award for emotional distress). The Agency subjected Complainant to hostile work environment sexual harassment for over 19 months. Complainant suffered severe emotional distress including, embarrassment, humiliation and feeling powerless. A Social Worker treated complainant for acute stress, anxiety, depression, and post-traumatic stress disorder, and stated that Complainant experienced excessive crying, excessive sleeping, difficulty concentrating, feelings of fearfulness and helplessness, intrusive thoughts, guilt, hypervigilance, and paranoia. Complainant’s husband stated that she lost interest in most things, became withdrawn, and did not socialize.

Champion v. United States Postal Service, EEOC Appeal No. 0720090037 (March 10, 2010). ($125,000 award for emotional distress). Complainant was subjected to harassment for over two years. Complainant needed medication to sleep, had nightmares, was uninterested in things she used to do, and experienced severe stress. Complainant was prescribed several medications, was under the care of a psychiatrist and a psychologist, and was placed off work. She was diagnosed with major depressive disorder, anxiety disorder, and panic disorder.

Davis v. Dep’t of Homeland Security, EEOC Appeal No. 0720060003 (June 18, 2007), request for reconsideration denied, EEOC Request No. 0520070778 (September 25, 2007) ($125,000 award for emotional distress). Complainant was subjected to sexual harassment by her supervisor’s attempt to solicit sexual favors in exchange for employment advancement and his inappropriate comments. Complainant suffered severe emotional harm, stress, fear, depression and loss of self-esteem, as well as physical harm in the form of insomnia, headaches, weight fluctuations, and a stress-induced jaw disorder.

Cleland v. Dep’t of Veteran Affairs, EEOC Appeal No. 01970546 (August 9, 2000) (Agency FAD emotional distress award of $45,000 increased to $125,000). Complainant suffered physical and emotional harm for 5 years and expected continuation into the indefinite future.
Hendley v. Attorney General, EEOC Appeal No. 01A20977 (2003) ($125,000 award for emotional distress). Complainant’s psychological harm was severe and psychological treatment required for at least two years. The Commission noted:

... Complainant in her affidavit statements credibly recounted that she had an initial severe reaction to the agency's decision to discipline her for the incidents of sexual harassment that she reported to the agency in October 1994. Prior to that time she had been seeing a psychiatrist for the emotional harm from the sexual assault just months before, but was improving and was ready to return to work. She stated she shook with anger and pain became extremely distraught and filled with anxiety. Complainant stated she cried uncontrollably for long periods of time and she was filled with despair and depression. This continued for the next six years. Complainant stated that she became fearful and paranoid that prison officials would come to her house and attack her, she became anti-social, developed an eating disorder, experienced sleeplessness and nightmares. Her professional life suffered because she stated she was unable to return to work in her chosen field of law enforcement. She felt "deeply humiliated and embarrassed" because the agency concluded that she was responsible for the behavior about which she complained. Complainant also described deterioration in family relationships which her husband corroborated in his affidavit.

George v. Dep’t of Health & Human Serv., EEOC Appeal No. 07A30079 (July 21, 2004) ($125,000 award for emotional distress). Complainant’s rheumatologist testified that as a result of the agency’s discriminatory conduct “complainant’s rheumatoid arthritis and lupus worsened substantially,” which also resulted in depression and anxiety, and the need for aggressive treatment (i.e., chemotherapy) to address these concerns. Complainant would “not be able to have children with her husband;” “there was a marked differed in complainant’s life;” “complainant became emotionally destroyed;” “she did not want to go anywhere;” “her self-confidence was undermined;” and “her relationship with her stepson was affected.” The duration of the harassment appears to have lasted approximately one year.

Anvari v. Dep’t of Veterans Affairs, EEOC Appeal No. 01996155 (March 21, 2002) reconsideration denied, Request No. 05A20546 (July 15, 2002) ($125,000 award for emotional distress). The Commission considered the nature, severity, and lengthy duration of the discrimination (over five years), as well as the nature and severity of complainant's emotional pain and suffering. Two treating psychiatrists described complainant’s major depression and need for medical treatment for a period of years. The Agency’s Director's behavior towards complainant was particularly egregious. Complainant's professional reputation was damaged due to the lasting effects of the facility's formal investigation.

Santiago v. Dep’t of the Army, EEOC Appeal No. 01955684 (October 14, 1998) ($125,000 award for emotional distress). Complainant harassed and then terminated. Complainant suffered depression and other emotional and mental disorders, and severe chest and stomach pains, digestive problems and incidents of shortness of breath for approximately 1½ years due to three years of verbal abuse by her supervisor.
Complainant v. U.S. Postal Serv., EEOC Appeal No. 0720100036 (May 13, 2014)(The Commission reduced an AJ's $210,000 award to $120,000 for emotional distress damages). Complainant suffered anxiety attacks, difficulty sleeping, fatigue, loss of appetite and weight loss, and withdrew from personal interactions. Two former employees stated that Complainant's demeanor changed after the reassignment. The AJ awarded Complainant differing amounts for various periods of time, but the AJ did not explain in any detail how he arrived at the amounts awarded. The AJ did not explain the reasoning for dividing the compensable period into separate timeframes, nor did he cite to specific evidence that he felt warranted the awards. Complainant filed additional EEO complaints during two of the periods for which the AJ awarded damages, but no discrimination was found in those matters. In addition, Complainant attributed the emotional distress he experienced during a period of time to the stress of his EEO hearing for which he could not recover damages. The Commission also determined that the AJ's finding that Complainant would likely have been transferred to other management positions was speculative and not supported by the record. The Commission noted that Complainant asserted that he was entitled to an award of $120,000, and supported his claim for that specific amount through the evidence and testimony introduced at the hearing.

Aponte v. Dep’t of Homeland Security, EEOC Appeal No. 0120063532 (June 11, 2008), request for reconsideration denied, EEOC Request No. 0520080673 (September 10, 2008)(Agency FAD of $12,000 for emotional distress increased to $120,000). Complainant suffered years of depression, anxiety, anger, shame, humiliation, marital strain, spiritual turmoil, sleep disturbances, and headaches. The Commission considered complainant’s failure to respond to the agency’s requests for medical documentation to support his claim in making the award, noting that complainant provided no evidence to support his claim of a possible breach of confidentiality if he did so. The Commission indicated that complainant’s failure to provide supporting documentation weakened the credibility of a psychologist’s diagnosis of Post Traumatic Stress and Adjustment Disorder. Nevertheless, testimony of complainant, his wife and co-workers showed that he experienced substantial emotional distress as a result of the discrimination.

Moore v. U.S. Postal Service, EEOC Appeal No. 0720050084 (March 6, 2007)($120,000 award for emotional distress). Complainant was unemployed for over four years and suffered ongoing significant physical pain, loss of health, emotional pain, mental anguish, loss of career opportunities, and loss of enjoyment of life as a result of retaliatory and discriminatory conduct by the agency. His pain was chronic, and he was not been helped by multiple surgeries or steroid injections. He became so depressed and nervous that he sought treatment by a psychiatrist. Complainant’s orthopedist testified the complainant's shoulder injury did not improve despite surgery and injections of steroids and painkillers designed to reduce inflammation and stiffness. The complainant’s shoulder injury resulted in significant burning pain and discomfort as well as tightness. The physical pain interrupted his sleep. He essentially could not use the arm for anything, but very small activities. Complainant's psychiatrist testified the complainant is in a vicious cycle of anxiety and depression caused by his ongoing orthopedic pain.
**Durinzi v. U.S. Postal Service**, EEOC Appeal No. 01A41946 (July 28, 2005) reconsideration denied 05A51158 (October 10, 2005) (Agency FAD emotional distress award of $10,000 increased to $120,000.) The complainant and family members submitted affidavits: Since August 1997, for over six years, as a result of the U.S. Postal Service denying me reasonable accommodations and no job, to say that my life has been turned upside down would be a gross understatement. The anxiety and pain that I have experienced as a result of the agency's actions has had a severe negative impact on my physical, emotional, mental, spiritual, and financial well-being. I have gone from being a person who was secure, organized, well adjusted, focused, happy with a bright future to a person who is irritable, agitated, worried, tired, anxiety-ridden, unable to stay focused, difficulty concentrating, angry, distressed and depressed feeling a sense of dread about life in general. The person that I once was is gone...The discriminatory action of the agency against me have caused me to even challenge my faith and religion, which has become a great source of pain, sorrow, and guilt for me. My faith has always carried me through life up until this time. However, the duration of time that this has gone on - six years - has caused me to become too overburdened and too overwhelmed for too long a period of time... I used to be a highly motivated individual. I now feel motionless most of the time... I have also experienced significant amount of weight loss... Six years ago, when the agency denied me reasonable accommodation and denied me work because of my disabilities, they threatened everything that meant anything to me (my health, my marriage, my livelihood, my dignity, my intelligence, my faith, my very being!!) Not only to me personally, but it took a significant toll and put a tremendous amount of strain on my relationship with my husband and on our marriage. Our intimate marital relations, as a result, have become virtually non-existent.

**Chastain v. Dep’t of the Navy**, EEOC Appeal No. 0120102409 (November, 17, 2010) request for reconsideration denied, EEOC Request No. 0520110240 (March 31, 2011)(Administrative Judge’s emotional distress award of $15,000 increased to $115,000). Complainant forced to resign in lieu of termination. Complainant suffered significant weight gain, an inability to sleep; nightmare; aggravation of physical injuries; stomach distress; change in personality; loss of enjoyment in life; withdrawal from family and friends; increased use of alcohol; lack of socialize; isolation; bouts of anger. Complainant saw a therapist twice a week until he could no longer afford the treatments. A clinical psychologist diagnosed Complainant as suffering from Major Depression as a result of the Agency’s actions and testified Complainant’s prognosis for recovery was only “fair.” Complainant’s marriage deteriorated leading to divorce, and Complainant was only permitted to see his youngest daughter every other weekend and holiday. The Agency’s discriminatory act occurred in March 2008 and Complainant’s emotional injury was continuing at the time of the EEOC’s decision on November 17, 2010.

**Sanford v. Postmaster General**, EEOC Appeal No. 01A31818 (2004)($115,000 award for emotional distress). Complainant was stalked and sexually harassed by a co-worker for several years, and the Agency failed to protect the Complainant. The Complainant was not absent from work as a result of the discriminatory actions, but reported nausea, a lump in the throat, sweating not brought on by heat, itching all over her body, intensifying of her asthma, clammy hands, dizziness, tingling in fingers and toes, difficulty catching her breath, diarrhea, pain in the
stomach, a pit in the stomach, jelly legs, hot and cold flashes, crying, disturbances in sleeping, nightmares/daydreams, shivers, and intrusive thoughts and images related to the violence she experienced. The Complainant’s psychiatrist reported the complainant suffered from post-traumatic stress and would need 10 years of treatment to recover from the effects of the harassment.

**Rivers v. Dep’t of the Treasury**, EEOC Appeal No. 01992843 (2002)(Agency FAD emotional distress award of $15,000 increased to $115,000). Complainant had a preexisting condition, but the harm extended over a significant period of time. Complainant's disability not accommodated, substantial time off work, employee granted disability retirement by OPM.

**Winkler v. Dep’t of Agriculture**, EEOC Appeal No. 01975336 (June 7, 2000)($110,000 award for emotional distress). Complainant experienced feelings of “fright, shock, humiliation, embarrassment, loss of enjoyment of life, grief, anxiety, loss of self-esteem, isolation, loss of marital harmony, and depression as a result of the agency's discrimination.” A psychiatrist concluded Complainant's condition will continue for at least two years.

**Brinkley v. U.S. Postal Service**, EEOC Appeal No. 01953977 (1998)($110,000 award for emotional distress) Complainant hospitalized and suffered feelings of hopelessness, loss of energy, agoraphobia, loss of interest in living, depressed mood, impaired memory and concentration, insomnia, agitation, and loss of interest in routine activities and personal self care.

**St. Louis v. Dep’t of Agriculture**, EEOC Appeal No. 01985846 (2000)($105,000 award for emotional distress). Complainant’s psychiatrist’s report stated recovery may take years for a partial recovery. Complainant unable to work and granted worker compensation benefits by the U.S. Department of Labor.

**Complainant v. Dep't of Homeland Security**, EEOC Appeal No. 0720130010 (October 31, 2013)($100,000 award for emotional distress). Complainant, two co-workers, and Complainant's doctor testified regarding the effects of the harassment. Complainant stated that the harassment adversely affected her health, her sleep, and her attitude, and caused her anxiety, stress, chest pain, shortness of breath, and heart palpitations. Complainant's doctor testified that he discussed stressors at work with Complainant and prescribed medication for anxiety and high blood pressure. Complainant's co-workers confirmed the description of her symptoms. While Complainant had previously been diagnosed with depression and heart disease, the record showed that the discrimination significantly worsened Complainant's symptoms.

**Complainant v. Social Security Administration**, EEOC Appeal No. 0120132400 (February 19, 2014)($100,000 award for emotional distress). Complainant was denied reasonable accommodation for more than four years, and stated that the denial exacerbated her depression causing her to start taking antidepressants. The discrimination also resulted in anxiety, increased hair loss, sleep disturbances, and headaches. Complainant indicated that the symptoms required more frequent visits to her physician and therapist, and provided a letter from her physician to corroborate her assertions. The physician noted that Complainant had to be placed on additional medication due to the worsening of her medical conditions. Complainant did experience additional stress from other events which impacted her medical condition. The Commission
stated, however, that the additional stress occurred only in the last six months of the period at issue, and both Complainant and her physician cited the Agency's failure to provide accommodation as the reason for the deterioration of Complainant's medical condition. Thus, the Commission concluded that the Agency's failure to accommodate Complainant caused greater harm to Complainant's well-being.

**Auston, IV, v. Dep't of Veterans Affairs**, EEOC Appeal No. 0120112574 (July 19, 2012) ($40,000 increased to $100,000). The Commission took into consideration that Complainant suffered from both an on the job injury and a car accident in the months prior to the discriminatory events. Damages evidence was presented by testimony of Complainant and his wife. Complainant suffered severe emotional distress and was treated for anxiety and depression with psychotropic medication. Complainant lost his appetite, vomited constantly, had ulcers and lost twenty pounds. He suffered from worsened insomnia, irritability, and repeated asthma attacks. His family relations are quite strained, as his children worry about being homeless. Complainant's wife testified that she and her husband have been through life's "up's and down's," but nothing like the time period referenced in the complaint. She testified that the family went into enormous debt to keep their mortgage current and pay for their children's education. She states they no longer go on vacations, keep up their house, and their retirement is no longer secure. She states Complainant is sad and stressed, and has withdrawn from family functions. His sleep patterns and health have deteriorated, and marital friction has increased. According to Complainant's wife, Complainant no longer attends family functions, his children's sporting events, and no longer spends time with friends.

**Guess v. Environmental Protection Agency**, EEOC Appeal No. 0720110029 (June 12, 2012) ($100,000 award for emotional distress). Complainant suffered humiliation, embarrassment, loss of enjoyment of life, and emotional harm as well as for physical manifestations of that harm as described by her (anxiety, depression, chest pain, shortness of breath, insomnia, crying, swelling in the eyes and weight gain and she was prescribed the antidepressant Zoloft), her family, friends, co-workers and her doctor.

**Fivceoat v. Dep't of the Air Force**, EEOC Appeal No. 0720110035 (May 15, 2012) ($100,000 award for emotional distress). Complainant and one of Complainant's best friends' testimony concerning Complainant's emotional distress. Complainant suffered depression, digestive problems, sleep disturbance and nightmares, crying spells, and episodic high blood pressure. Complainant was a very sociable and outgoing person who enjoyed activities such as traveling, sightseeing, and quilting – but became angry, anxious, depressed, fearful, and stopped participating in the activities she had once enjoyed. Complainant's self-esteem "went downhill." Complainant rarely left the house, would sit around in her pajamas all the time, had "greasy" hair, and stopped cleaning her house to the point where it became "filthy." Complainant felt hopeless, slept all the time, withdrew from people, and started getting angry. Complainant did not make new friends and became "a recluse." Complainant's house "looked like she had started unpacking, and she had never finished." Complainant's health deteriorated and the fire department had to be called to check her blood pressure at work because it was so high.
Small v. U.S. Postal Service, EEOC, Appeal No. 0720100031 (April 5, 2012) ($100,000 award for emotional distress). Complainant, who was denied accommodation, suffered back pain that rendered him no longer capable of picking up his toddler daughter and now she mimics his complaints of back and neck pain; he had to stop playing his favorite sports of 18 years -- golf and softball; he cannot walk around as he did; he has difficulty writing or typing for any length of time, and he had to pass on many household duties to his wife. Complainant testified he suffered depression and was stressed about his inability to work and pay bills. Complainant testified that he suffered permanent back damage and has had panic attacks due to the stress imposed upon him and stomach problems. Complainant is receiving psychological counseling.

Spence v. Nuclear Regulatory Commission, EEOC Appeal No. 0120093196 (September 13, 2012) request for reconsideration denied, EEOC Request No. 0520130050 (March 15, 2013). ($100,000 award for emotional distress). The Commission attributed many of Complainant's injuries to incidents outside the scope of the Agency's actions at issue. Complainant suffered three lumbar herniated discs and two cervical herniated discs with impingement, cervical spinal stenosis, thoracic outlet syndrome and permanent impairment to his upper and lower extremities requiring a variety of medications for his chronic pain. Complainant states that he will experience severe pain and mental anguish for the rest of his life. Complainant states that he is unable to exercise, cannot lift more than ten pounds, has experienced a loss of enjoyment of life, inconvenience and an inability to perform household chores.

Mohar v. U.S. Postal Service, EEOC Appeal No. 0720100019 (August 29, 2011) ($100,000 award for emotional distress). Complainant suffered major depression and post traumatic stress disorder which was triggered by the work environment which the Agency took no action to address.

Conrad v. Dep't of Justice, EEOC Appeal No. 0120090690 (April 9, 2010), request for reconsideration denied EEOC Request No. 0520100327 (February 4, 2011) (Agency FAD emotional distress award of $40,000 increased to $100,000). Complainant suffered from major depression, diminished enjoyment of life, withdrawal from family and friends, loss of concentration, memory loss, and weight fluctuation. Complainant was hospitalized as a result of the damages suffered from the discrimination.

Maeso v. Dep't of Homeland, EEOC Appeal No. 0720080003 (February 26, 2009) ($100,000 award for emotional distress). Complainant submitted statements from friends and family members discussing her depression, exhaustion, sleeplessness, lack of self-esteem, stomach ailments, nervousness, and tearfulness because of the harassment. Her physician reported she “suffered from tension headaches, situational depression/anxiety, and mild panic attacks because of the hostile work environment.”

Gray v. Dep't of Interior, EEOC Appeal No. 0120072136 (July 24, 2009). (Agency FAD emotional distress award of $10,000 increased to $100,000 and a $6,100 tax enhancement on back pay). Complainant had a massive weight gain to make herself less attractive to the sexual harasser. Complaint suffered hypertension, headaches, sleep disorder, depression, anxiety, nightmares, low self-esteem, increased alcohol usages and withdrew from relationships with her daughter, grandchildren and friends.
Sainz v. Dep’t of the Treasury, EEOC Appeal No. 0720030103 (September 19, 2008)($100,000 award for emotional distress). For at least three years, Complainant’s suffered ongoing depression, low self-esteem, reduction in his quality of life; financial difficulties, feelings of rejection, humiliation and isolation, and weight gain. Complainant was forced to sell a life-time collection of rare coins and currency that complainant considered irreplaceable.

Sorg v. Dep’t of Commerce, EEOC Appeal No. 0720060065 (July 23, 2008), request for reconsideration denied, EEOC Request No. 0520080765 (December 17, 2008)($100,000 award for emotional distress). Complainant suffered both severe emotional and physical distress over a period of five years, and was diagnosed with irritable bowel syndrome, chronic depression, and anxiety. Complainant was to be treated for these conditions indefinitely.

Kahn v. Dep’t of the Interior, EEOC App. No. 07A50039 (September 28, 2005), the Commission awarded $100,000 in emotional distress damages despite the lack of medical testimony, where the complainant described harm involving: “avoidance of people, crowds, and intense distrust of White males; social isolation and withdrawal, including loss of friends and colleagues; joylessness and loss of sense of humor; distraction and withdrawal from family; relationship with husband severely strained; high levels of stress and anxiety; exacerbation of previously existing migraine, bronchitis, and asthma conditions; menstrual irregularities; gastrointestinal disorders; cracking of the teeth due to excessive clenching and grinding; heart palpitations; 30 to 40 pound weight gain; foot problems; heartburn; difficulty sleeping; diagnosed with moderately severe depression and generalized anxiety; loss of appetite; diminished energy; and loss of self-esteem and self-respect.”

Mika v. Dep’t of the Air Force, EEOC Appeal No. 07A40113 (2005)($100,000 award for emotional distress). Complainant was wrongfully terminated from employment and started drinking so he could stay drunk and “sleep through it. [so he would not] have to worry about [being terminated],” and psychotherapy after termination.)

Green v. Potter, Postmaster General USPS, EEOC Appeal No. 01A44490 (July 19, 2005) ($100,000 award for emotional distress). Complainant diagnosed with Post Traumatic Stress Syndrome, his social and occupational functioning had been significantly impaired, and his prognosis was poor. A clinical psychologist's stated complainant continued to display the symptom configurations associated with PTSD and major depression at severe levels. Complainant's prognosis was poor and that a global functionality assessment indicated a functionality of 50, which indicated serious impairment in social and vocational functioning. He had been on various psychotropic medications to control his symptoms, including, but not limited to Gabapentin, Citalopram Hydro bromide, Clonzpen, Quetiapine Fumarate, Trazodone, Nortriptyline, and Klonopin.

Dildy v. Department of Veterans Affairs, EEOC Appeal No. 07A40115 (March 24, 2005), request to reconsider denied, EEOC Request No. 05A50787 (July 22, 2005)($100,000 award for emotional distress) Complainant suffered extreme distress, irritable bowel syndrome, depression, loss of self-esteem, and deteriorating health requiring emergency medical care on several occasions.
Ellis-Balone v. Dep’t of Energy, EEOC Appeal No. 07A30125 (2004) ($100,000 award for emotional distress). For nine months, complainant suffered physical pain and depression, felt physically and emotionally drained.

Holland v. SSA, Appeal No. 01A01372 (October 2, 2003) ($100,000 award for emotional distress). Complainant and psychiatrist showed that he experienced a severe emotional injury when he continued to experience feelings of worthlessness and low self-esteem for a period of five years, after he was denied a reasonable accommodation and constructively discharged. Complainant constructively discharged.

Yasko v. Dep’t of Army, EEOC Appeal No. 01A32340 (April 21, 2004) ($100,000 award for emotional distress). Complainant started feeling depressed and anxious and was still in emotional distress when her psychologist wrote his statement four years later. It was expected the distress would last at least another four to eight months. Complainant feared for her life, and continued to do so at least until she stopped working. At times she was too anxious to go to work, and upon returning from work would frequently cry and vomit. The harassment broke the complainant’s spirit, and she changed from a lively affectionate person to a depressed and angry person. For months she was so depressed she had trouble getting out of bed, and when she was awake, was barely capable of conversation. She suffered from debilitating anxiety attacks for years, and was so jumpy she no longer drove. The anxiety attacks isolated the complainant, at first preventing much social contact, but later usually preventing extended social contact. She had ongoing problems with suicidal ideation, nightmares about the harassment, and insomnia. As a result of the harassment, she is distracted, and has trouble focusing and accomplishing tasks. As a result of the emotional injuries caused by the harassment, she has been incapable of working for a period of time.

Hendley v. Dep’t of Justice, EEOC Appeal No. 01A20977 (May 15, 2003) request for reconsideration dismissed, EEOC Request No. 05A30962 (January 14, 2004) ($100,000 award for emotional distress). Complainant suspended from October 4, 1994 through November 25, 1994.

Janda v. Potter, Postmaster General, U.S.P.S., EEOC Appeal No. 07A10018 (March 4, 2002) ($100,000 emotional distress award upheld by Commission in default case against the Agency, but there is no description of the emotional harm suffered by Complainant.)

Patel v. Dep’t of the Army, EEOC Appeal No. 01980279 (Sept. 26, 2001) ($100,000 award for emotional distress). Complainant required continuous medical treatment for five years, covering major depression, chest pains, palpitations, anxiety, and insomnia.

Leatherman v. Dep’t of the Navy, EEOC Appeal No. 01A1222 (2001) ($100,000 award for emotional distress). Complainant expressed suicidal ideations and was twice hospitalized – once for psychiatric treatment and once to treat physical ailments related to her emotional distress. Complainant’s depression became so severe she stopped bathing, combing her hair or otherwise caring for herself and remained in bed.
In the first **Chow** decision, **Chow v. Dep’t of the Army**, EEOC Appeal No. 01981308 (August 5, 1999) ($100,000 award for emotional distress). Complainant suffered from abdominal and chest pains, headaches, and hair loss, had difficulty sleeping and stopped socializing with friends. Complainant had two years of psychotherapy and was projected to complete psychotherapy with a total of 42 months in therapy. *(The complainant made no claim for time off work.)* Subsequently, in a second **Chow** decision, in the Commission granted reconsideration and modified the award based on an agreement by the parties placing a ceiling of $93,031.01 on the amount of the compensatory damages.

**Kelly v. Dep’t of Veterans Affairs**, EEOC Appeal No. 01951729 (July 29, 1998) **$100,000** awarded where subjecting of aggrieved individual to hostile work environment caused her to develop severe psychological injury, from which she was still suffering at the hearing.

**Finlay v. U.S. Postal Service**, EEOC Appeal No. 01942985 (April 20, 1997) **$100,000** awarded for severe psychological injury over four years with harm expected to continue for an indeterminate period of time. Post-traumatic stress disorder. Complainant’s symptoms included ongoing depression, frequent crying, concern for physical safety, loss of charm, lethargy, social withdrawal, recurring nightmares and memories of harassment, a damaged marriage, stomach distress and headache.) Complainant off work for three years.

The author of this article will welcome your comments or questions. Please contact Attorney Josh Bowers at JBdeLaw@aol.com or visit www.JoshBowersLaw.com.