



LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

LCL JULY CLE PROGRAMS

Understanding Chronic Stress, Trauma, and Mental Illness in the Legal Profession

Tuesday, June 9, 4:00—5:00 P.M. via Zoom

1.0 credit under the MN new mental health CLE rule applied for.

Presenters: Jon Tynjala, and Joan Bibelhausen, Lawyers Concerned for Lawyers

Lawyers are exposed to experiences that can lead to higher stress and greater consequences than those in many other careers. There is a clearly recognized continuum where unresolved chronic stress becomes a predictor for substance use problems and mental illness, particularly depression and anxiety. By understanding this continuum and the facts about addiction and mental illness, lawyers can reduce their risk. Resources and tools to reduce risk and build resilience will also be provided.

Advance registration is required; register [here](#).

Managing Ethics, Stress, and Negativity

Tuesday, July 23, 12:00—1:00 P.M. via Zoom

1.0 hour Ethics Credit (applied for)

Presenter: Chase Andersen, Lawyers Concerned for Lawyers

As lawyers, our duties under the Rules of Professional Conduct help guide and reinforce our service to clients. But looming deadlines, mountains of cases, negativity, and other stressful conditions can have a detrimental effect on us and our practice. Our duties as advocates frequently put us in the line of fire with difficult parties and opposing counsel, while requiring us to maintain the integrity of the profession and respect the rights of others. Learn how stress, negativity, and ethical duties interact and how we can better manage our practice, our lives, and our ethical obligations.

Advance registration is required; register [here](#).

After registering, you will receive a confirmation email containing information about joining the meeting. These programs are open to all legal professionals. For more information, please call 651-646-5590 or email [Joan Bibelhausen](mailto:Joan.Bibelhausen@lcl.org). LCL does not charge for these programs; contributions are gratefully appreciated. [Donate here](#).