



LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

MAY 2025 CLE OFFERINGS

“LCL Presents” is an LCL initiative to showcase allies in our profession who are thought leaders and advocates in the area of well-being.

LCL Presents: Learn to “Partner” With Your Nervous System for Reduced Stress, Greater Resilience, and Enhanced Performance

Presenter: Christina Loftus, JD, LICSW, ACC

Tuesday, May 20, 12:00-1:00 PM via Zoom

1.0 Standard CLE Credit (approved)

Register for Webinar [here](#)

Want to build resilience and manage stress more effectively in your legal practice? Join LCL's one-hour webinar to explore how nervous system principles—like Polyvagal Theory, Neuroception, and the Window of Tolerance—can support lawyer wellbeing. Learn to identify your nervous system states, regulate your responses, and understand how your state affects clients and colleagues. Gain practical tools to foster a more resilient, productive, and supportive legal environment.

The Arc of Recovery and the Legal Profession

Presenters: Joan Bibelhausen, Dan Payne and Sierra Grandy

Wednesday, May 28, 3:30-5:00 PM via Zoom

Register for Webinar [here](#)

SAMHSA defines recovery as a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential. The MSBA Well-Being Committee, Lawyers Concerned for Lawyers, and the Minnesota Disability Bar Association offer a thought-provoking view of mental health, including substance use, in the legal profession and the promises offered by embracing recovery principles in our lives and work. Hear about two inspiring recovery journeys and learn about what places us at risk, how we can help each other, and what we can become. This program follows up the Arc of recovery theme at LCL's recent Stepping Up Breakfast.

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@mncl.org). LCL does not charge for these programs; contributions are gratefully appreciated. <https://mncl.org/donate/>.