



CLE Course Description

60 minutes

1-hr CLE Ethics or Mental Health credit depending on jurisdiction

Strategies for a Trauma-Informed Law Practice

Trauma is pervasive in our society as 1/3 of Americans will experience a severe trauma at some point. Indeed, lawyers are often serving clients at some of the darkest times of the clients' lives due to traumatic events. Yet, until recently, our profession has not emphasized the necessary "soft skills" to be a successful attorney, including mindful communication, empathy, connection and even our own self-care.

Attend this program and explore best practices to curb the negative effects of trauma within the legal profession. This program will examine how unresolved primary trauma, as well as vicarious trauma, can hinder an attorney's ability to effectively manage and cope with stress, which can have dire impacts on our professional responsibilities and health. Discover how to bolster awareness of trauma and how it can present so that you can strengthen connections with your clients, while also creating environments that support your mental health and overall well-being.

Lawyers of all ages and experience levels will benefit from this program.

You will also learn how:

- Attorney well-being serves as a foundation for ethical representation
- Exposure to trauma can adversely affect legal practitioners
- Improving rapport with traumatized clients can lead to better results
- Strategies to avoid re-traumatizing clients



Learning Objectives:

- Gain basic understanding of elements of trauma-informed law practice
- Raising awareness of common issues in the legal setting
- How childhood trauma impacts lawyers and their clients
- How to strategically build a trauma-informed practice

Agenda:

I. Learning Objective – Gain basic understanding of elements of trauma-informed law practice [15 minutes]

- Working with traumatized clients – an overview – 5 min
- Trauma as a pervasive issue – 5 min
- Understanding and recognizing trauma – 5 min

II. Learning Objective – Raising awareness of common issues in the legal setting [15 minutes]

- Building stronger client relationships through trauma-informed lawyering – 5 min
- Secondary trauma – 5 min
- Ethical considerations and ABA Model Rules of Professional Conduct – 5 min

III. Learning Objective – How childhood trauma impacts lawyers and their clients [15 minutes]

- Discussion of Adverse Childhood Experiences (ACEs) – 5 min
- Why ACEs should matter to legal professionals – 5 min
- Taking steps to address ACEs – 5 min

IV. Learning Objective - How to strategically build a trauma-informed law practice [15 minutes]

- Client-focused practice tips – 5 min
- Attorney-focused practice tips – 5 min
- The role of mindfulness - 5 min

Faculty

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