



The
Legal
Burnout
Solution

legalburnout.com

CLE Course Description

60 minutes

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

How Secondary Trauma Affects Attorney Mental Health

Attorneys often represent people who have been traumatized as victims of abuse, crime or other adversity. As the matter unfolds, lawyers, staff and judges alike may be exposed to emotional stories, highly charged situations, as well as gruesome and disturbing evidence, which can lead to secondary or vicarious trauma. Symptoms include burnout, PTSD, irritability, difficulties with sleep and concentration as well as diminished pleasure and interest in activities.

Join Cindy Sharp and Becky Howlett for this timely educational webinar as they explore secondary trauma. Case studies of legal professionals who have experienced the adverse effects of vicarious trauma are included. Certified Meditation Instructor and Attorney Becky Howlett will teach and lead mindfulness practices throughout this session.

Attendees will learn:

- How to identify situations that may lead to secondary trauma
- Symptoms of vicarious traumatization
- Ethical Implications of secondary trauma: Analysis of MRPC 1.1 - Competence, MRPC 1.3 - Diligence, MRPC 1.4 - Communication, MRPC 8.4 - Misconduct
- Specific steps you can take IMMEDIATELY to manage and avoid the ill effects of compassion fatigue
- Tips on how to approach a colleague who is exhibiting “the signs”
- Strategies to implement a trauma-informed approach
- How to use mindfulness tools to develop deeper awareness about secondary trauma