LexVid Services Presents:

No One Makes It Out Unscathed: The Effects of Personal Trauma and Stress On Our Lives

Total: **67 Minutes**

Speakers:

Brian Quinn

Description/Table of Contents

Attorneys and Judges hopefully recognize that like many other professionals, their lives are filled to the brim with stress. It's important to be proactive in dealing with it. The consequences of shrugging it off can be catastrophic - not only for them but for their family, staff and friends.

And then there's trauma. The ramifications of trauma aren't discussed as frequently as those of stress and thus, for many attorneys, trauma is a topic in need of attention. Trauma can be secondary or vicarious. For example, it can be the cumulative effect of listening to a client or witness relay graphic stories and experiences, viewing gruesome photos in a criminal or family law matter, hearing traumatic testimony at trial. Trauma also results from a personal loss such as the death of a family member or a close friend. It's important to recognize the signs of trauma in yourself as well as in your office staff, family and clients.

Hear from our experienced speaker as he shares his personal story of trauma related to the untimely death of his mentor, and learn how you can recognize the unhealthy and potentially life threatening shadow it can cast.

Recent studies have shown that there has been a dramatic increase in impairment due to alcoholism, addiction and mental health disorders among members of the legal profession. The statistics are compelling and clearly indicate that 1 out of 3 attorneys will likely have a need for substance use or mental health services at some point in their careers.

Mr. Quinn will discuss:

All Topics Below Address Ethics/Competency Issues

1. Mental health resources for lawyers (15 min.)
2. Stress & burnout in the legal profession overview (20 min.)
3. Combating trauma and burnout for lawyers (20 min.)
4. Why are legal professionals so susceptible to stress & burnout (12 min.)

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Total: 67 minutes

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Meet the Lecturer(s)

Brian S. Quinn, Esquire is a licensed attorney in Pennsylvania who currently serves as the Education and Outreach Coordinator for Lawyers Concerned for Lawyers of Pennsylvania, Inc., a Lawyers Assistance Program established in 1988 for the purpose of helping lawyers, judges and law students recover from alcoholism, drug addiction and mental health disorders. Mr. Quinn obtained his undergraduate degree in 1970, his law degree in 1973 and a certificate in Drug and Alcohol counselling in 2012, from Villanova University. Prior to working for Lawyers Concerned for Lawyers, he was a sole practitioner for nearly 40 years and has also worked in the field of Alcohol and Drug Counseling at Mirmont Treatment Center and Malvern Institute in suburban Philadelphia. Mr. Quinn is a past member of the Board of Directors of Lawyers Concerned for Lawyers of Pennsylvania and served as a peer volunteer for over six years prior to accepting his current role as the organization's Educator.

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