Shackled to Our Screens: How Technology Has Imprisoned the Legal Profession

Total: **70 Minutes**

Speakers:
Laurie Besden

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Join Laurie Besden, Executive Director of Lawyers Concerned for Lawyers of Pennsylvania, for a discussion focused on how our dependence of screens is negatively impacting our mental health. The prevalence rates of substance use and mental health challenges in the legal profession were already astounding yet our inability to "de-screen" is only magnifying feelings of isolation and loneliness. Navigating the pandemic, we became even more dependent on screens and devices to function and stay connected. As we transition to the next "new normal," it is more important than ever that we are mindful of our screen time and intentional about how we spend out time, including prioritizing self-care and wellness. We will discuss wellness tips and strategies that can be implemented into our daily lives, with ease. We also will discuss how our dependence on anything from screens to substances can impact our ability to uphold the Model Rules of Professional Conduct. At the end of the day, we all function better after a "hard reset," not just our devices.

Topics include:

- Overview of the issue (15 min.)
- Symptoms of digital device dependance and withdrawal (10 min.)
- Strategies for improving well-being and establishing boundaries (25 min.)
- Device dependance and the Model Rules of Professional Conduct (20 min.)

Total: 70 minutes

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Presenter: Laurie Besden

Laurie Besden is the Executive Director of Lawyers Concerned for Lawyers of Pennsylvania, Inc. (“LCL”). Since 2011, she has served as LCL’s Deputy Executive Director overseeing LCL’s Helpline operations and serving as the primary contact for intervention requests, expanding LCL’s law school outreach, and increasing LCL’s presence within the organized Bench and Bar. As the newly appointed Executive Director, Ms. Besden is now responsible for LCL’s administrative and financial operations as well as Judges Concerned for Judges (judges’ assistance program).

Ms. Besden is a licensed attorney in Pennsylvania (1999) and New Jersey (1999). She practiced law from 1999 through 2001 and 2009-2011 in several capacities including: • Attorney-at-law (general civil and criminal practice), East Norriton, PA • Law Clerk (Pennsylvania Superior Court), Philadelphia, PA • Law Clerk (Philadelphia Municipal Court), Philadelphia, PA She received her B.A. in Criminology and Criminal Justice from the University of Maryland, College Park, MD (1995) and her J.D. from The Dickinson School of Law of the Pennsylvania State University (1999).

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