Perfectionism in the Legal Profession

Total: **60 Minutes**

Speakers:
Brian S. Quinn

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"Everyone tells me I'm doing a great job. My clients, my colleagues, my family. Why do I feel like I don't measure up- that my work just isn't that good?" "If I ask for help, everyone will know the truth about me." "I'm ok. I can work this out for myself."

Sound familiar? If so, you may be struggling with the perfectionism and self- doubt that has plagued members of the legal profession for years. When the pressure placed on lawyers externally to succeed is outweighed by the pressure lawyers place upon themselves, the impact on mental health can be devastating if left untreated.

There is a misconception among lawyers that only people who have "hit bottom" need or ask for help. The statistics say otherwise as recent surveys indicate that the overwhelming majority of legal practitioners believe they have suffered negative mental health consequences as a result of their chosen profession.

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.

All topics below concern ethics under The Model Rules of Professional Conduct. Topics include:

- **Ethics -** The early warning signs of distress and impairment due to substance misuse and mental health issues.(6 min.)

- **Ethics** - Perfectionism as both a commonplace and manageable condition among members of the legal profession. (4 min.)

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- **Ethics** - Why legal professionals are at higher risk to develop mental health and substance use disorders. (12 min.)

- **Ethics** - Strategies for a realistic work/life balance (46 min.)

- **Ethics** - The free, confidential services provided by Lawyers Assistance Programs. (46 min.)

Total: 60 minutes

Speaker

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 counseling in 2012, all from Villanova University. Prior to accepting his position with Lawyers Concerned for Lawyers in 2017, Mr. Quinn was engaged in private practice for nearly 40 years, handling a variety of civil and criminal matters.
Mr. Quinn 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.
As LCL's Educator, Mr. Quinn has conducted CLE presentations for Bar Associations, private law firms and professional organizations in Pennsylvania, as well as for National CLE providers, on a variety of topics in the fields of Lawyer wellness and impairment in the legal profession.

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