



LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

CLE: Chronic Stress, Trauma, Mental Health and Addiction

Thursday, May 18, 2017 at the LCL office.

12:00 p.m. – 1:00 p.m.

1.0 Elimination of Bias CLE credit (applied for).

Speakers: Joan Bibelhausen

Lawyers face stress daily and are subject to particular circumstances which can lead to higher levels of stress than for most other members of the population. There is a clearly recognized continuum where unresolved chronic stress becomes a predictor for addiction and mental illness, particularly depression, which are also more prevalent among lawyers. By understanding this continuum and the facts about addiction and mental illness, lawyers can reduce their risk and, hopefully, get help earlier when there is a mental health or addiction/dependency problem. Signs, symptoms, risk factors and recovery regarding these problems will be presented. Personal examples and information on Minnesota's lawyer assistance program will also be provided.

This program is open to all lawyers. To register or if you have questions, please call 651-646-5590 or email aerbst@mnlcl.org. We ask \$10 per credit for our CLE programs but scholarships are always cheerfully granted.

If you are outside the Twin Cities and would like to participate via teleconference, please make your reservation by 9:00 a.m. on Thursday, May 18 and we will email you the instructions and handouts.

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