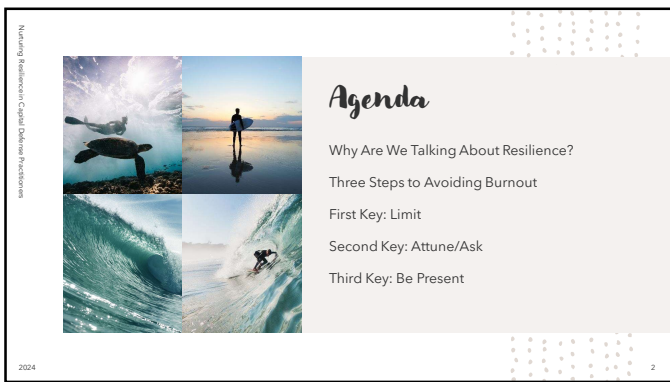
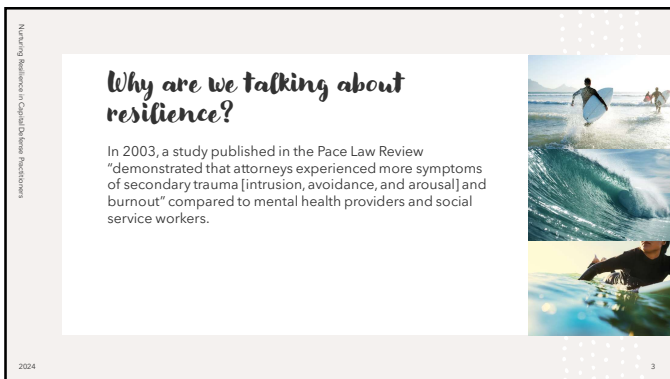




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Nurturing Resilience in Criminal Defense Practitioners

Why are we talking about resilience?

Higher case loads were one reason.
Lack of education about secondary trauma and a regular forum to discuss trauma were contributing factors to this disparity.

Andrew P. Levin and Scott Greisberg, Vicarious Trauma in Attorneys, 24 Pace L. Rev. 245 (2003), available at: <https://digitalcommons.pace.edu/plr/vol24/iss1/11>




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Nurturing Resilience in Criminal Defense Practitioners

Why are we talking about resilience?

The work you do is **important...**
AND SO ARE YOU.



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Nurturing Resilience in Criminal Defense Practitioners

Three Steps to Avoiding Burnout

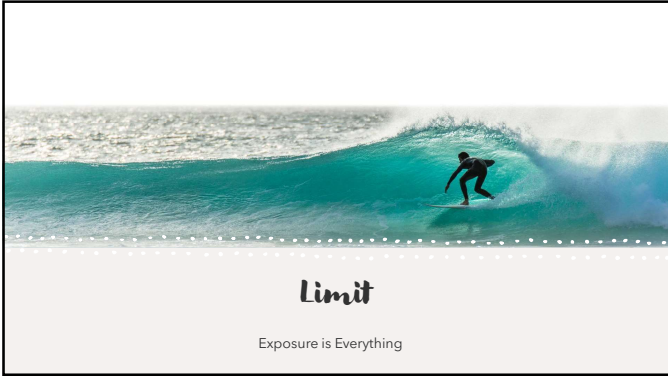
Limit

Ask

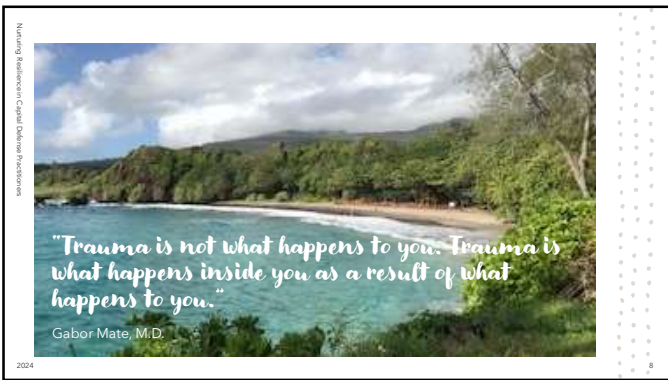
Be Present

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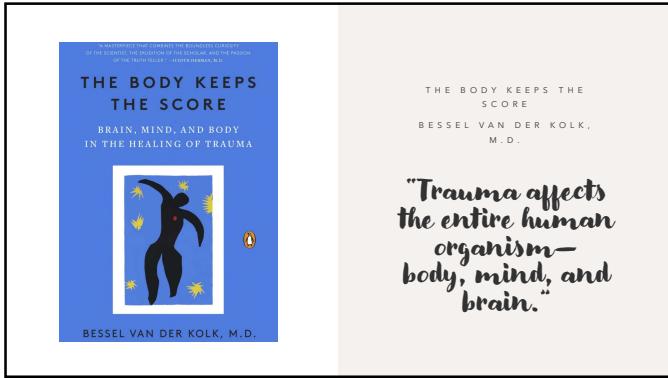
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THE BODY KEEPS THE SCORE
 BESSEL VAN DER KOLK, M.D.
"Trauma affects the entire human organism—body, mind, and brain."

10

Nursing Resilience in Critical Care/Disaster Environments

How to Limit Exposure

- Decide who on the team needs to view images or videos.
- Use software to lock out anyone who does not need access.
- Be mindful of what is on your computer when others enter.
- Leave work at work!

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Nursing Resilience in Critical Care/Disaster Environments

THE MAIN MESSAGE IS:
BE Intentional

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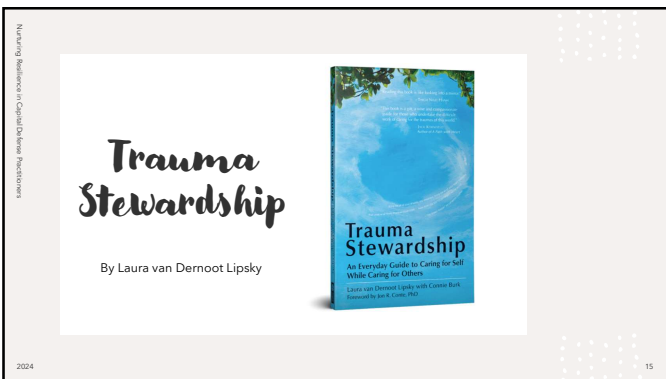
Ask

Attune and Assess

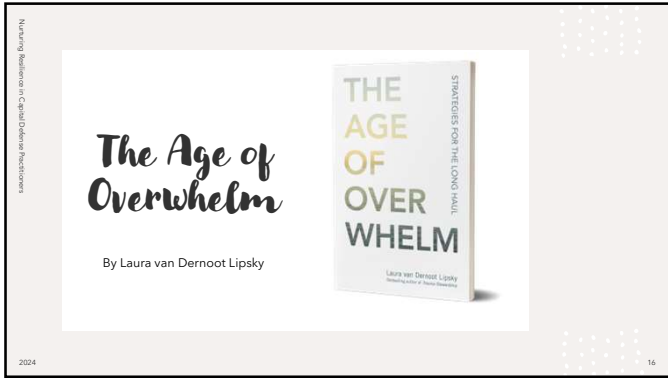
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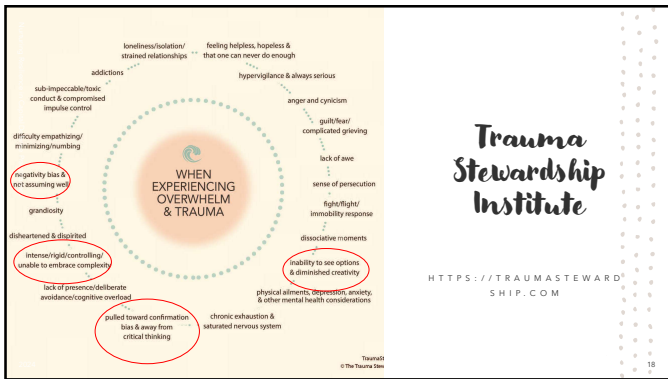
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Nurturing Resilience in Capital Defense Practitioners

When should you check in with yourself or someone else?

- At the start of a case
- During trial prep
- After a loss or a win
- After a sentencing
- Anytime you see a symptom

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Nurturing Resilience in Capital Defense Practitioners

How do you check in with yourself?

- Pay attention to how you are talking to other people.
- Pay attention to how you are talking or thinking about your clients and cases.
- Notice how you feel at the start of the day or the week and how you feel at the end of the day and the week.
- Are you using substances?
- How are you using your downtime?

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Nurturing Resilience in Capital Defense Practitioners

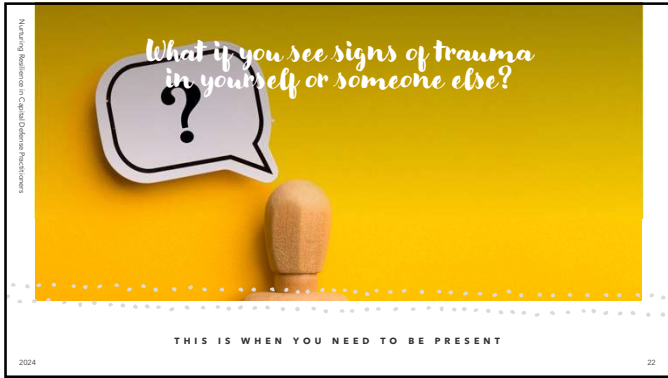
How do you check in with others?

ASK

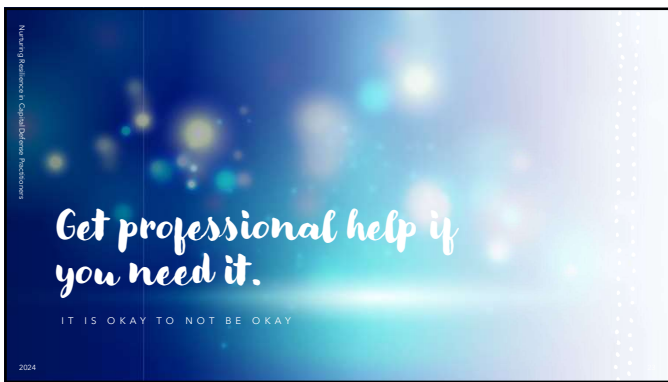
how
are
you

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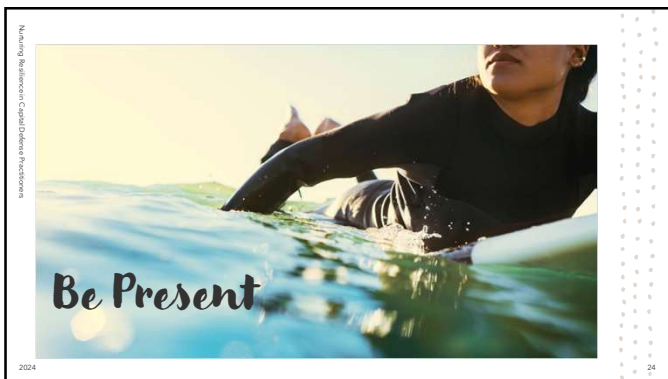
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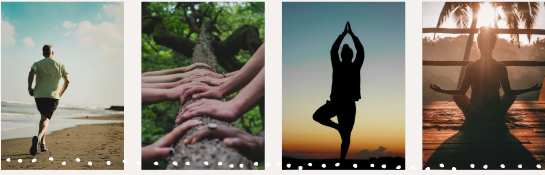
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Special Forces Fall

Practice makes...
Something closer to perfect.

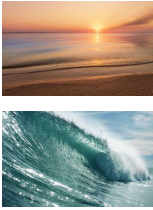


Get moving Get outside Be in Your Body Breathe

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Nurturing Resilience: Coping Difficult Experiences



**Body and Breath:
Yoga / Meditation**

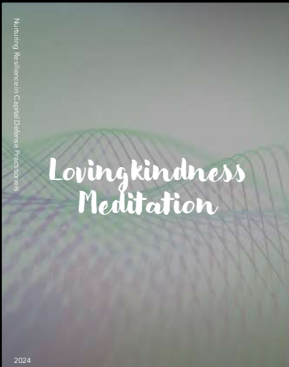
“We just did a study on yoga for people with PTSD. We found that yoga was more effective than any medicine that people have studied up to now. That doesn't mean that yoga cures it, but yoga makes a substantial difference in the right direction.”

– [Bessel Van Der Kolk](#), *Childhood Trauma Leads to Brains Wired for Fear*

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Nurturing Resilience: Coping Difficult Experiences



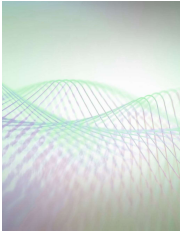
**Lovingkindness
Meditation**

1. May I be safe and protected from inner and outer harm.
2. May I be as mentally and physically healthy as I can be.
3. May I live with peace and ease.
4. May I give and receive all the love that I need.

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Nurturing Resilience in Our Great Children: Foundations



Lovingkindness Meditation Simplified

1. May I be well.
2. May I be happy.
3. May I be peaceful.
4. May I be loved.

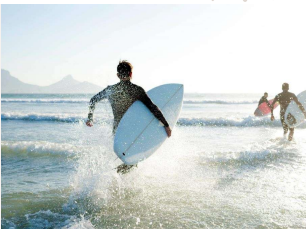
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Nurturing Resilience in Our Great Children: Foundations

Thank you

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669-206-8818



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