

Bringing Mindfulness to Lawyer Professional Development

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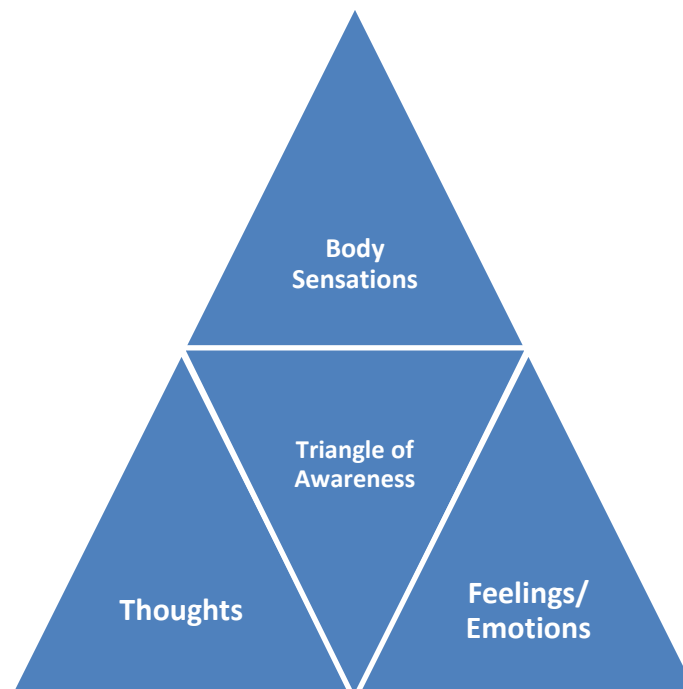
What is mindfulness?

Paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally

-Jon Kabat Zinn

It has also been conceptualized as a multifaceted construct that includes attending to (observing or noticing) present moment experiences, labeling them with words, and acting with awareness or avoiding automatic pilot.

Attention to what?



[Developed originally by the Stress Reduction Clinic at the University of Massachusetts Medical School]

Benefits for Lawyers and Law Students



Empirically Supported Uses

Beneficial effects for Health ▶ Anxiety (Roemer et al., 2008). ▶ Depression (Teasdale et al., 2000). ▶ Substance Abuse (Bowen et al., 2006). ▶ Eating Disorders (Tapper et al., 2009). ▶ Chronic pain (Grossman et al., 2007). ▶ Wellbeing and quality of life (Carmody and Baer, 2008)	Performance and wellness ▶ Improved immune function ▶ Reduced blood pressure and cortisol levels ▶ Enhance cognitive functioning such as attention/focus
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Checklist for a Successful Mindfulness Program

- ___ Identify who can co-lead a joint mindfulness for lawyers/law students session with you
- ___ Define Mindfulness: Give your audience basic understanding of what mindfulness is
- ___ Experiential component: introduce basic breath meditation and STOP Technique
- ___ Overview of why it works
- ___ Research behind mindfulness
- ___ Link it to Lawyer Professional Development and Career Advancement

STOP

The STOP method is an informal way of using mindfulness to decrease stress and anxiety in daily life. It is a simple and effective way for bringing the body and mind back into balance that can be used at any time:

S = Stop what you are doing or pause momentarily to take stock of where you are and what you are doing.

T = Take a breath. Focusing on the physical sensations associated with breathing.

O = Observe and label your thoughts, emotions, and bodily state.

P = Proceed and respond mindfully.

A Few Additional Resources

Kabat-Zinn, J. (1994). *Wherever you go there you are*. New York: Hyperion.

Kabat-Zinn, J. (2005). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness: Fifteenth anniversary edition*. New York: Bantam Dell.

Riskin, L. (2006). *Knowing Yourself: Mindfulness*. In C. Honeyman & A.K. Schneider (eds.), *The Negotiator's Fieldbook* (pp.239-250). American Bar Association.

UCLA Mindful Awareness Research Center (MARC)