

Resources for Lawyer Assistance

New York State Bar Association Lawyer Assistance Program

The New York State Bar Association Lawyer Assistance Program (LAP) provides education and confidential assistance to lawyers, judges, law school students, and immediate family members who are affected by the problem of substance abuse, stress, depression or other mental health issues. Its goal is to assist in the prevention, early identification and intervention of problems that can affect professional conduct and quality of life.

Lawyer Assistance Program (LAP)

1.800.255.0569

(Confidential helpline for attorneys, judges and law school students)

or nysbalap@hushmail.com (confidential e-mail)

<http://www.nysba.org/lap/> (website)

American Bar Association Lawyer Assistance Programs - Nationwide Directory of Lawyer's Assistance Programs

http://www.americanbar.org/groups/lawyer_assistance/resources/lap_programs_by_state.html

NYC: New York City Bar Association – Lawyer Assistance Program

212-302-5787 (Confidential Helpline)

<http://www.nycbar.org/lawyer-assistance-program/overview> (website)

Rochester: Monroe County Bar Association - Lawyers Concerned for Lawyers

1-585-234-1950 (Confidential Helpline)

Buffalo: Bar Association of Erie County - Lawyers Helping Lawyers (LHL)

For a confidential referral to a member of the LHL Committee, call Kathie Bifaro at 716-852 8687 ext. 119

<http://www.eriebar.org/LawyersHelpingLawyers> (website)

Syracuse: Onondaga County Bar Association – Lawyer Assistance Program

Please use the information provided above for the New York State Bar Association's Lawyer Assistance Program.

Online Resources

Jay Dixit, *The Art of Now: Six Steps to Living in the Moment*, PSYCHOLOGY TODAY (Sep. 20, 2013),
<http://www.psychologytoday.com/articles/200810/the-art-now-six-steps-living-in-the-moment>

Yael Fischman, Ph. D., *Secondary Trauma in the Legal Profession, A Clinical Perspective*, Torture 2008; 118(2): 107-15, available at <http://doc.rct.dk/doc/tort2008.2.6.pdf>

CONTEMPLATIVE LAWYERS: SOME MINDFULNESS RESOURCES,
<http://westallen.typepad.com/idealawg/2008/09/contemplative-lawyers-some-mindfulness-resources.html> (last visited Mar. 10, 2015)

Elizabeth Adams, *Think Your Job Is Killing You? How To Survive The Profession In 3 Easy Steps*, ABOVE THE LAW, (Feb. 13, 2014, 3:12 PM),
<http://abovethelaw.com/2014/02/think-your-job-is-killing-you-how-to-survive-the-profession-in-3-easy-steps/>

Tyger Latham, Psy.D., *The Depressed Lawyer*, PSYCHOLOGY TODAY, (May 2, 2011),
<http://www.psychologytoday.com/blog/therapy-matters/201105/the-depressed-lawyer>

Owen Kelly, *Coping with Stress and Avoiding Burnout: Techniques for Lawyers*, THE CANADIAN BAR ASSOCIATION, <https://www.cba.org/CBA/practicelink/bwl/stresscoping.aspx> (last visited Mar. 10, 2015)

THE HEALTHY LAWYER: STRESS MANAGEMENT, (May 15, 2012),
<http://ms-jd.org/healthy-lawyer-stress-management>

Jennifer Pirtle, *Stressing Yourself Sick*, ABA JOURNAL, (Sep. 24, 2006, 8:06 AM),
http://www.abajournal.com/magazine/article/stressing_yourself_sick/

Maryam K. Ansari, *Top 5 Ways for an Attorney to Avoid a Heart Attack*, FINDLAW, (May 23, 2012, 5:02 AM), http://blogs.findlaw.com/greedy_associates/2012/05/top-5-ways-for-an-attorney-to-avoid-a-heart-attack.html

Books

MARJORIE A. SILVER, *THE AFFECTIVE ASSISTANCE OF COUNSEL: PRACTICING LAW AS A HEALING PROFESSION* (2006), available for purchase at <http://www.amazon.com/The-Affective-Assistance-Counsel-Practicing/dp/1594601119>

STEVEN KEEVA, *TRANSFORMING PRACTICES: FINDING JOY AND SATISFACTION IN THE LEGAL LIFE* (10th ed. 2006), available for purchase at <http://www.amazon.com/Transforming-Practices-Finding-Satisfaction-Legal/dp/1604427299>

REBECCA NERISON, *ABOUT LAWYERS, ANGER AND ANXIETY: DEALING WITH THE STRESS OF THE*

LEGAL PROFESSION (2010), available for purchase at <http://www.amazon.com/Lawyers-Anger-Anxiety-Stresses-Profession/dp/1604429496>

MICHAEL F. MELCHER, THE CREATIVE LAWYER (2007), available for purchase at <http://www.amazon.com/The-Creative-Lawyer-Professional-Satisfaction/dp/1590318439>

CAMI McLAREN & STEPHANIE FINELLI, COACHING FOR ATTORNEYS: IMPROVING PRODUCTIVITY AND ACHIEVING BALANCE (2014), available for purchase at <http://www.amazon.com/Coaching-Attorneys-Improving-Productivity-Achieving/dp/1627223592>

Law Review

Lawrence S. Krieger & Kennon M. Sheldon, *What Makes Lawyers Happy? Transcending the Anecdotes with Data from 6200 Lawyers*, 83 GEO. WASH. L. REV. (forthcoming 2015), available at <http://www.lapnh.org/wp-content/uploads/2013/12/SSRN-id2398989-2.pdf>

William S. Blatt, *What's Special About Meditation? Contemplative Practice for American Lawyers*, 7 HARV NEGOT L REV 125 (2002), available at http://www.hnlr.org/wp-content/uploads/2012/04/WHATS_SPECIAL_ABOUT_MEDITATION_CONTEMPLATIVE_PRACTICE_FOR_AMERICAN_LAWYERS.doc (last visited Mar. 10, 2015)

Rhonda V. Magee, *Educating Lawyers to Meditate?*, 79 UMKC L REV 535 (2011), available at http://mindfulnessinlaw.com/class_files/MIL_Magee_120831.pdf (last visited Mar. 10, 2015)

Leonard L. Riskin, *The Contemplative Lawyer: On the Potential Contributions of Mindfulness Meditation to Law Students, Lawyers, and Their Clients*, 7 HARV NEGOT L REV 1 (2002), available at <http://scholarship.law.ufl.edu/cgi/viewcontent.cgi?article=1436&context=facultypub> (last visited Mar. 10, 2015)

Deborah J. Cantrell, *Can Compassionate Practice Also Be Good Legal Practice?: Answers from the Lives of Buddhist Lawyers*, 12 RUTGERS JL & RELIGION 1 (2010), available at http://www.lawandreligion.com/sites/lawandreligion.com/files/Vol%2012%20F10-1%20Cantrell_1.pdf (last visited Mar. 10, 2015)