



Logistics

Date:
May 1, 2019

Time:
8:30-9am: Registration
9am-9:50am (Ethics)
10-10:50am
11-11:50am

Venue:
DoubleTree Hotel,
Overland Park

The monthly Bar Luncheon follows this program.

CLE Accreditation:
3.0 KS and MO
(pending) inc 1.0 Ethics

Cost:
\$95 JCBA Member
\$65 YLS
\$145 Non-Member

Registration includes
breakfast and refreshments

Attorney Wellness Seminar

Speakers/Panel: Rebecca Martin, McDowell Rice; Anne McDonald, Former Executive Director of KALAP; Deborah Bjes JD, Risk Manager, Swiss Re.

9-9:50am - Wellness & Legal Profession - Ethics

This presentation will discuss, in summary, the ABA / Hazelden Betty Ford Foundation 2016 study of 12,825 practicing attorneys and the ABA 2017 report "The Path to Lawyer Well-Being: Practical Recommendations for Positive Change", and will focus on the following points:

- Discussion of the study and the report, including the percentage of lawyers and law students suffering from substance abuse issues, depression and stress and why that is thought to be the case.
- The negative implications for the legal profession, individual lawyers, organizations and law firms as a consequence of these issues.
- The definition of well-being and reasons to promote well-being, including ethical reasons and obligations.
- The various stake-holders determined responsible for assisting the profession with the well-being initiative and recommendations for stake-holders concerning how to promote well-being, including ethical obligations.

10-10:50am - KAP & The Kansas Task Force on Lawyer Well-Being

This presentation will cover the status and activities of the Kansas Task Force on Lawyer Well-Being with an emphasis on the integral connection between the Kansas Lawyers Assistance Program and the goals of the Task Force.

- I. Background information on the National Task Force Report

and Recommendations

- A. General recommendations
- B. Connection between Rule 1.1 Competence and Kansas Rule 202 and well being
- C. Individual stakeholder groups
- II. Formation of the Kansas Task Force
 - A. Support of the Kansas Supreme Court
 - B. Review of recommendations for each stakeholder group and current status
- III. Practicing Well Being in Real Life: Case Studies
 - A. In re Jane Doe
 - B. In re L. Hueben
 - C. In re B. Smith
- IV. KALAP
 - A. Brief overview of Kansas Rule 206 and KALAP mission
 - B. KALAP's role on the Task Force
 - C. The way forward

11-11:50am - Meditation, Mindfulness, Gratitude and Loving Kindness for Stress Reduction

Mindfulness and the practice of meditation reduces stress, lowers blood pressure, decreases anxiety, relieves insomnia, improves the immune system, assists in the treatment of addiction, improves focus, and positively alters brain waves. Deeper happiness can be developed through practicing being in the present moment, finding things for which to be grateful, saying nice things about friends and loved ones each day, offering loving kindness, and engaging in mindful physical activities.

This session will demonstrate proper breathing techniques and breathing exercises to reduce stress and create a better sense of well-being.

Participants will gain a better understanding of the concepts of mindfulness, equanimity, resilience, neuroplasticity and meditation. Different types of meditation will be explored including mindfulness, loving kindness, mantras, visualization and body scans. Most importantly, off-the-cushion techniques will be provided for reducing stress, creating needed gaps between stimulus and response throughout the day, and developing a deeper sense of happiness.

The workshop will conclude with a guided meditation which will incorporate mindfulness, a body scan, and loving kindness.

Continued

Registration

Register on line at jocobar.org or complete the following information and return with payment to JCBA.

| | | |
|----------------|--------|--|
| Name | | |
| Firm | | |
| Address | | |
| City/State/Zip | | |
| Telephone | Email: | |

Amount: **JCBA Member/YLS: \$95/\$65** **Non- Member: \$145**

Payment

| | | | | | |
|---------------------|--|---------------------|------|----------|-----------------|
| Credit Card | <table border="1"><tr><td>Master</td><td>Visa</td><td>Discover</td></tr></table> | Master | Visa | Discover | Check # : _____ |
| Master | Visa | Discover | | | |
| Card Number: _____ | | 3 Digit Code: _____ | | | |
| Name on Card: _____ | | Expiration: _____ | | | |

Return registration form to:

Tracey DeMarea, Johnson County Bar Association, 130 N. Cherry, Suite 202, Olathe, KS 66061