



Lunch & Learn

“Shackled to Our Screens: How Technology Has Imprisoned the Legal Profession”

Tuesday, August 9, 2022 | 11:30 a.m. Lunch | 12 p.m. Program

Featuring: **Laurie Besden**, Executive Director | Lawyers Concerned for Lawyers

Program Description: Join Laurie Besden, Executive Director of Lawyers Concerned for Lawyers of Pennsylvania, for a discussion focused on how our dependence of screens is negatively impacting our mental health. The prevalence rates of substance use and mental health challenges in the legal profession were already astounding yet our inability to "de-screen" is only magnifying feelings of isolation and loneliness. Navigating the pandemic, we became even more dependent on screens and devices to function and stay connected. As we transition to the next "new normal," it is more important than ever that we are mindful of our screen time and intentional about how we spend our time, including prioritizing self-care and wellness. We will discuss wellness tips and strategies that can be implemented into our daily lives, with ease. We also will discuss how our dependence on anything from screens to substances can impact our ability to uphold the Model Rules of Professional Conduct. At the end of the day, we all function better after a "hard reset," not just our devices.

Learning Objectives:

1. We will discuss the prevalence rates of substance use and mental health disorders in the legal profession and the hit quarantine has taken on our mental health
2. We will discuss alarming statistics regarding our dependence on our devices
3. We will discuss strategies, techniques, and tips on how to be more mindful of where we spend our time, which is our most valuable resource and currency
4. We will discuss trends presenting to the lawyers assistance programs in an effort to "normalize the ask"
5. We will discuss signs and symptoms of digital device dependence
6. We will discuss the profound impact daily gratitude has on our overall well-being and happiness
7. We will discuss how not being mindful of our screen time may impact our ability to uphold the Model Rules of Professional Conduct
8. We will discuss the confidential, safe, free, and supportive resources available through the lawyers assistance programs

Pursuant to Continuing Legal Education Rules, this program has been approved by the PA CLE Board for one (1) ethics credit for all attendees who participate in the complete program. Materials will be emailed to registrants by Monday, August 8, 2022.

This program will include lunch for all those attendees who have made timely reservations. Lunch cannot be guaranteed for late registrants or walk-ins.

The cost of the program is \$15 for student members, \$25 for Paralegals, \$45 for members and \$55 for attorney non-members. Registration deadline is 12 noon on Tuesday, August 2, 2022.

Space is limited, so please register early.

Register online [here](#)

If you do not wish to register on-line, please mail, fax or email this form to: DCBA, 213 North Front Street, Harrisburg, PA 17101; Fax: (717) 234-4582; bridgette@dcba-pa.org

Registration for Tuesday, August 9, 2022 (Registration deadline: Tuesday, August 2, 2022)

Attorney Name: _____

ID#: _____

Email: _____

_____ Enclosed is my check payable to the “DCBA” in the amount of \$15 for student members, \$25 for Paralegals, \$45 for members and \$55 for attorney non-members

_____ Please charge the registration fee to my DCBA account.

Reminder: There is **NO** daytime parking available at the Bar Association; however, parking is available in the River Street Parking Garage located directly behind the Bar Association for \$10 for the first 2 hours.