Stress, Anxiety & Depression in the Legal Profession
What’s the Problem & What Can We Do About It?

Presented by the CBA Health and Well-Being Committee

Featuring special guests Dr. Bruce Levine and Daniel T. Lukasik, Esq.

Saturday, December 6, 2014
8:30 a.m. Registration & Continental Breakfast
9 to 11:30 a.m. Program

2.5 Hours Professional Conduct Credit

Location: Cincinnati Bar Center, 225 E. Sixth Street, 5th Floor, Downtown Cincinnati

About the Program
This powerful program explores the connection between stress, anxiety and depression in the legal profession. As a lawyer you know how stressful the practice of law can be, but you may not know the elevated risk lawyers face for developing of anxiety and depression. Join us guest speakers Dr. Bruce Levine, a clinical psychologist, and attorney Dan Lukasik, joined be a panel of local attorneys, discuss why lawyers suffer from such high rates of anxiety and depression and what steps lawyers can take to be healthier and happier in life and the practice of law.

Who Should Attend
This program is for new lawyers, old lawyers, solo/small firm lawyers and big firm lawyers. It’s for lawyers who are stressed out and those who meditate regularly. It’s for lawyers who love their work and those who are miserable practicing law. It’s for workaholics and underachievers. It’s for lawyers whose lives have been touched by depression and those who have absolutely no experience with depression. This program is for all lawyers!

Agenda

9 a.m.  Opening Discussion of “What’s the Problem & What Can We Do About It?”
Daniel T. Lukasik, Esq., Bernhard & Lukasik, PLLC, Buffalo, NY
(including viewing of the documentary film, A Terrible Melancholy: Depression in the Legal Profession)

9:45 a.m.  A Psychological Perspective on Depression in Lawyers
Dr. Bruce Levine

10:30 a.m.  Panel Discussion
The panel will discuss stress, anxiety and depression in lawyers, with a focus on treatment and prevention.
Moderator: Daniel T. Lukasik, Esq.

Panelists:
Todd H. Bailey, Esq., Frost Brown Todd LLC
(large firm perspective)
Tabitha M. Hochscheid, Esq., Hochscheid & Associates LLC and chair, CBA Health and Well Being Committee
(solo/small firm perspective)
Dr. Bruce Levine (psychological perspective)
Professor Sean Mangan, University of Cincinnati College of Law
(law school perspective)

11:30 a.m.  Adjourn

This program is made possible in part through a grant from the Cincinnati Bar Foundation.
Facts About Depression

- Roughly 20 million people in the United States suffer from depression every year.
- Lawyers are 3.6 times more likely to suffer from depression than non-lawyers.
- Women are 2 times as likely to suffer from depression than men.
- In a study of law students, 32% were depressed by Spring of their first year. By Spring of their third year, that number had risen to 40%. Two years after law school, 17% of the same subjects were still depressed.
- Two-thirds of people suffering from depression do not seek treatment.
- 80% of all people with clinical depression who receive treatment significantly improve their lives.

About Our Guest Speakers

Dr. Bruce Levine is a practicing clinical psychologist. He writes and speaks widely on how society, culture, politics and psychology intersect. He is the author of *Surviving America’s Depression Epidemic: How to Find Morale, Energy, and Community in a World Gone Crazy* and is a regular contributor to *Salon, CounterPunch, AlterNet, Truthout, TakePart, Z Magazine, OpEdNews*, and the *Huffington Post*. His articles and interviews have been published in the *New York Times, Skeptic, Adbusters, The Ecologist, and High Times.*

Dr. Levine is a graduate of Queens College of the City University of New York, and received his PhD in clinical psychology from the University of Cincinnati. He currently lives in Cincinnati.

Daniel Lukasik is a graduate of the University at Buffalo School of Law in Buffalo, New York and a managing partner at the law firm of Bernhardi Lukasik PLLC in Buffalo, where he litigates cases in state and federal courts across New York State.

In 2008, Dan created Lawyerwithdepression.com, the first website and blog of its kind in the country, to help law students, lawyers and judges cope with and heal from depression. The site and Dan’s work have appeared in *The New York Times, The Wall Street Journal, The National Law Journal, Trial Magazine* and several other national and international publications. He is was the recipient of *The Distinguished Alumni Award for Public Service* from The University at Buffalo School of Law and *The Award of Merit* from the Erie County Bar Association. He is also the Executive Producer of the documentary, *A Terrible Melancholy: Depression in the Legal Profession.*

### CLE Credit

This program qualifies for CLE credit as follows:

- **Ohio**: 2.5 Professional Conduct
- **Pennsylvania**: 2.5 Ethics
- **Kentucky**: 2.5 General pending
- **Indiana**: 2.5 Ethics pending

At the attendee’s request, documentation will be provided for self-reporting to other jurisdictions.

### Registration

**Online**: www.cincybar.org (with credit card #)

**Mail to**: Cincinnati Bar Association / CLE Dept.
225 E. 6th St., 2nd Fl., Cincinnati, OH 45202
Checks payable to Cincinnati Bar Association

**Fax**: (513) 381-0528 (with credit card #)

**Phone**: (513) 699-4028 (with credit card #)

Advance registration is advised. Walk-in registrations will be limited to available seating space.

**Attorney Registration Fees**

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**CBA Law Student Members**

Free

Non-Attorney Legal Professional: 50% off applicable attorney registration fee (based on CBA membership status of non-attorney); please check “Other Legal Professional” box below.

**Depression • December 6, 2014**

- **Attorney**
- **Law Student**
- **Other Legal Professional**

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Cancellations received at least two business days before the seminar will be refunded less a $25 processing fee. Individuals who cancel after this time will receive course materials in lieu of a refund. Substitutions are welcome at any time.

If you have any special needs addressed by the Americans with Disabilities Act, please let us know at least one week prior to the seminar.

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