



2019 KCMBA Lawyer Well-Being Summit

**“Becoming Better Legal Professionals by
Taking Care of Ourselves and Each Other”**

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Why see a therapist?

- “I’m strong enough to ask for help
- To keep me real and honest with myself about how I’m doing
- To keep me from acting out my feelings
- So worries don’t bring me down
- To talk to a caring yet objective person about things I can’t talk to anyone else about” (p. 268)

Williams, T. M. (2008). *Black pain: It just looks like we’re not hurting*. New York, NY: Scribner.



Why some attorneys seek therapy

- Test anxiety
- Stress at work: conflict of values, incivility, dissatisfaction with assignments, etc.
- Career counseling
- Premarital counseling
- Infidelity
- Marital discord



What kinds of therapists are there?

- **Licensed Professional Counselor (LPC):** has at least a master's degree and field work before licensure
- **Master of Social Work (MSW):** has at least a master's degree and field work before licensure
- **Psychologist (Ph.D or PsyD):** has a doctor's degree and field work before licensure
- **Psychiatrist (MD):** has a Doctor of Medicine degree and has completed a residency in psychiatry



How therapy works

- **Healing:** Using words to describe feelings and experiences heals
- **Attachment:** Excessive cortisol is a factor in serious diseases, such as cancer. It also inhibits the hippocampus (helps to form memories and serves as the brain's search engine), protein synthesis, and learning. A secure attachment to the therapist decreases cortisol.



How therapy works (cont'd)

- **Witness:** When the therapist acts as a witness, the client becomes more aware of others while increasing self-awareness. When the client and therapist are attuned, the client is more able to learn. Further, a strong therapeutic bond improves metabolism, resulting in an ability to learn new thoughts and behaviors.
- **Trust:** A trusting relationship allows the mind to open to reframing, clarifications, and new meanings. Facilitated by the therapeutic relationship, the mere act of verbalizing is healing. In short, it's the relationship that heals.

Cozolino, L. (2017). *The neuroscience of psychotherapy* (3d ed.). New York, NY: Norton.



How to pay for therapy

- Missouri Lawyers Assistance Program (MOLAP): benefit for members of the Missouri Bar Association and their family members to get counseling free of charge
- Employee Assistance Plan (EAP): a benefit to employees and their family members to get counseling free of charge
- Insurance
- Out of network insurance
- Health savings account (HSA)
- Medicaid
- Medicare
- Cash, check, credit card



How to totally protect privacy when seeing a therapist

- Carefully make and record the appointment
- Pay cash
- Don't tell anybody



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