

Maine Commission on Indigent Legal Services

Introduction to Mindfulness for Lawyers

When: June 7, 2024 from 12:30PM-1:30PM

Where: Zoom

Summary: Mindfulness – bringing our attention to the present moment to notice what is happening within us and around us, without judgment – has been practiced for thousands of years by many traditions and cultures. More recently, it has been the subject of extensive medical and psychological research, the findings of which suggest it can be helpful for managing stress & anxiety, managing chronic pain, enhancing resilience and self-awareness, cultivating compassion towards oneself and others, and responding more skillfully to situations. These benefits are particularly valuable for those working in the legal field. Attorneys, law students, and other legal professionals often experience secondary trauma or strong emotions due to their work, especially when serving clients who themselves are survivors of trauma, including those in the criminal, juvenile, and child protection systems.

This program is designed to introduce lawyers to mindfulness practice and to provide the tools to develop a regular practice. The program includes:

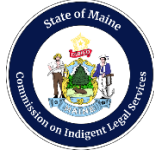
- An overview of the practice (i.e., the what, why, and how of mindfulness, particularly as it pertains to practicing law);
- A brief guided mindfulness practice;
- An opportunity for Q&A

Admission Restrictions: To attend this training, you must be eligible to accept MCILS case assignments or be a student at Maine Law.

Registration: Register [here](#).

Cost: Free!

CLE: This training has been approved for MCILS CLE credit and is eligible for payment in accordance with [Chapter 301-A](#). This training is pending final approval by the Board of Overseers for one hour of ethics credit.



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Faculty Biographical Information:

Deirdre M. Smith, Esq., is a member of the Maine Bar and a long-time mindfulness practitioner. She is the Executive Director of the Maine Volunteer Lawyers Project and Professor Emerita of the University of Maine School of Law. Deirdre was a member of the Maine Law faculty for nearly 20 years. From 2004 to 2022, she served as Director of Maine Law's Cumberland Legal Aid Clinic, and she also supervised student attorneys in that program. She taught mindfulness practices to students at Maine Law for several years, including a 13-week mindfulness training program each summer for the student interns working in the Clinic. She completed a mindfulness teacher training certification program through the Engagement Mindfulness Institute, a nonprofit organization based in Massachusetts.