

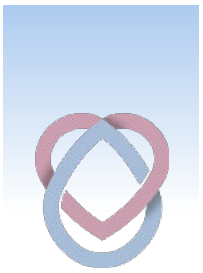
WELCOME

It's okay not to be okay

How to process the emotional response you may have
to your work



BEREAVEMENT
TRAINING
INTERNATIONAL
baby & infant loss consultancy



“

Working with traumatised individuals, hearing multiple traumatic narratives, and working with distressing evidence is enough to impact anyone's wellbeing. It is the assumption that lawyers can approach these cases rationally that results in a lack of extra support and understanding.

”

The legal profession has a major mental health crisis with wellbeing a low priority
<https://www.engagehealthgroup.co.uk/>

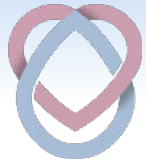


The impact of this work on us



The expectation that we can be immersed in suffering and loss daily, and not be touched by it, is as unrealistic as expecting to be able to walk through water without getting wet.

Remen (1996)



The impact of this work on us



Some lawyers work with vulnerable or traumatised clients and this will often involve hearing or reading an account from a client about something bad happening in their life. The gravity of the problem might range from something that hasn't happened yet - a request for advice for some possible future occurrence - to a life-changing accident or the death of a loved one.



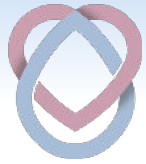
LawCare: Vicarious trauma



Lawyers are at risk

“ Lawyers are problem-solvers, so this can be stressful, but those lawyers who regularly deal with particularly traumatic accounts and experiences are at risk of experiencing vicarious trauma. ”

LawCare: Vicarious trauma



What is Vicarious Trauma



Although you do not experience the trauma directly, you can experience the same effects as your clients, including a sense of profound guilt. Your clients may feel guilty for surviving or for allowing the trauma to happen when it is not their fault. You as the lawyer may feel guilty for experiencing these symptoms when it is your clients who have experienced the trauma, not you. This guilt might even prevent you from seeking help.



LawCare: Vicarious trauma



What is Vicarious Trauma

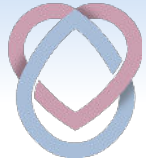


One of the most difficult aspects of vicarious trauma is the sense of hopelessness that can follow. This makes it particularly hard for lawyers to identify clearly the impact on themselves personally or to take action. Vicarious trauma is not a personal failing; it arises in the context of a myriad of contributing factors: caseload, personal experience, empathy, availability of a supportive network, political and social climates, to name a few.



LawCare: Vicarious trauma





Is mental health an issue for lawyers



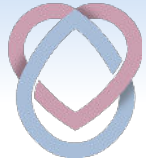
Law training disconnects lawyers from themselves – work trumps emotional life.

Law firms can support staff through schemes such as the Mental Health First Aider (MHFA). First Aiders have the knowledge and skills to support colleagues struggling with mental health. It provides an opportunity to understand different mental illnesses from depression, addiction, suicide, to eating and personality disorders.



The legal profession has a major mental health crisis with wellbeing a low priority

<https://www.engagehealthgroup.co.uk/>



Is mental health an issue for lawyers



The charity LawCare stated that the number of contacts looking for support for anxiety doubled from 2020 to 2021. This shows the shifting legal context where employees are actively seeking help for poor mental health

Organisations that provide support for the legal community:

- *Solicitor's Regulation Authority: helpline*
- *LawCare: charity offering emotional support, information, and training to the UK legal community – raising awareness to improve the legal culture*
- *Law Society Helpline*
- *Mind*
- *Samaritans*



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<https://www.engagehealthgroup.co.uk/>



Navigating burnout and mental health in the legal profession



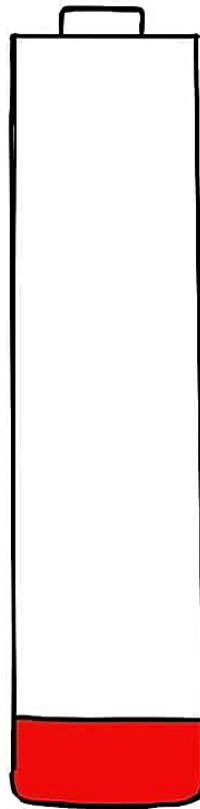
Addressing burnout and mental health in the legal profession requires a multifaceted approach. By prioritizing self-care, setting boundaries, seeking support and adopting healthy lifestyle choices, legal professionals can enhance their wellbeing and sustain a fulfilling career. Remember, taking care of your mental health is not only beneficial for you but also for the clients and communities you serve.



Source: Lawgazette.co.uk March 2025



YOU WOULDN'T LET
THIS HAPPEN TO
YOUR PHONE.



DON'T LET THIS
HAPPEN TO
YOU EITHER.

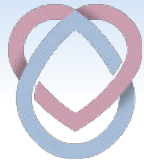


SELF-CARE IS A PRIORITY.
NOT A LUXURY.



How will this help me in my practice

- ⊗ Help me to build trust and a good rapport with my clients
- ⊗ Help me engage with my clients on a human level
- ⊗ Help me to process difficult stories I bear witness to
- ⊗ It's not a sign of weakness if I need extra support
- ⊗ Look out for each other by reaching out to your peers
- ⊗ Recognise my professional and personal limitations
- ⊗ If you are the type of person that never says 'no', what does that make your 'yes' worth?



show yourself the same



that you give to others



CONTACT DETAILS

Paula Abramson

paula@bereavementtraining.com

www.bereavementtraining.com

Twitter [@paula Abramson3](https://twitter.com/paula Abramson3)