



Resilience Training for Legal Professionals

Training to better understand and navigate client trauma

Why a Resilience Workshop?

Individuals working their way through the legal system are at an elevated risk of psychological trauma due to exposure to stressful events and situations related to their case, as well as from previous life experiences. Understanding PTSD and other psychological conditions related to trauma can provide valuable insight into your clients and help your team to grow their personal strength and become more resilient.

The Lyda Hill Institute for Human Resilience provides **customized workshops** to help legal professionals become trauma- and resilience-informed, giving them tools to recognize trauma, understand the impact of trauma, and better relate to clients who may have experienced trauma.

Workshops are ideal for attorneys, paralegals, and others in the legal field who routinely encounter clients who have experienced trauma. In the trainings, individuals will gain a basic understanding of the effects of trauma and stress, and learn how they can foster resilience within themselves and their clients. Workshops provide virtual or in-person, interactive training, covering numerous topics which can be tailored to address the specific resilience needs of your practice.

Workshop topics may include (but are not limited to)

- The biology of stress
- Post-Traumatic Stress Disorder (PTSD)
- Substance use
- The stress injury continuum
- Secondary traumatic stress
- Compassion fatigue/burnout
- Suicide prevention
- De-escalation techniques

For more information on resilience training workshops,
email Nicole Weis at nweis@uccs.edu