



NCLAP
NORTH CAROLINA
LAWYER ASSISTANCE PROGRAM

38th Annual LAP Conference:

DoubleTree by Hilton at Biltmore
Asheville, NC
November 3-5, 2017

6 CLE Hours

Conference Schedule

Friday, Nov. 3, 2017

4:00 - 6:30 Registration and Check-In

4:30 - 5:30 LAP Steering Committee Meeting

6:00 - 6:30 Meet and Greet

6:30 - 7:30 Dinner

- Greetings from LAP Board Chair – Darrin Jordan
- Greetings from LAP Steering Committee Chair – Norm Smith

7:30 - 8:30 Introduction to Mindfulness for Lawyers

Laura Mahr, Conscious Legal Minds (1 CLE hour)

We will start this year's conference a slightly different way. In this one hour course, Laura Mahr, Esq. of Conscious Legal Minds will present how to use mindfulness techniques to reduce stress, improve mental health wellness, and improve our lives and careers. We will learn theory, practice specific mindfulness skills, and engage in educational discussion regarding professional stress, personal recovery, mental health concerns, and how to use mindfulness as a tool for recovery in all aspects of our lives. She will offer specific guidance on an approach to integrate mindfulness during the weekend until we see her again for the Sunday morning session.

Saturday, Nov. 4, 2017

7:00 - 8:30 Breakfast

7:15 - 8:15 Friends of Bill Discussion Meeting/Friends of Lois Discussion Meeting

8:45 - 12:00 Breakout Sessions (3 CLE hours)

Breakout 1 – Expanding Emotional Intelligence Skills in Recovery
Jodi Rodgers, LPCC, ATR, IMH-E®-III

We all must navigate personal and professional relationships every day. Yet so few of us have developed the emotional intelligence

necessary to effectively navigate this basic structure of human society and survival. Many of us grew up in environments characterized at least in part by chronic stress, emotional mis-attunement, and interpersonal invalidation, resulting in adult attachment styles that range from clingy to conflictual to avoidant. Rather than directly communicating our emotional needs or experiences in our close relationships, we often miscue (hide) our feelings and needs, expecting our loved ones to read our minds, ascribing deficiency to them or ourselves when they don't. This presentation will discuss the practical application of Dialectical Behavioral Therapy (DBT) skills for tolerating discomfort, regulating our emotions, and interacting effectively with others to improve the two major domains of functioning addressed in any serious form of recovery: emotions and relationships.

Breakout 2 – The Impact of Profession and Personality on the Recovery Process

Phil Hemphill, PhD, LCSW

The recovery process begins to reveal how the legal profession shapes our personalities and reactions, and more importantly, how our own individual personality and character traits have impacted our lives. Individuals in recovery may struggle to understand how certain unconscious behaviors impact day-to-day happiness and serenity, quality of recovery, chances for relapse, and family and recovery communities. This session will explore some of the most common unconscious behaviors, and provide new strategies, tools, and processes for more effectively managing relationships and distressing life events. It will focus on the influence and integration of: 1) Temperament, which is the genetic or constitutional contribution to personality. It refers to an individual's inherited disposition to feel, act, and think in specific, restricted ways. And 2) Character, which is derived from the Greek word for "engraving." It refers to the distinctive qualities of a person that are learned or developed through socialization and experience. These two factors are blended to create personality. Lastly, a model of the behavioral disinhibition pathway, the stress reduction pathway, and the reward sensitivity pathway will be discussed.

12:00-1:00 Lunch

12:00-6:30 Free Time for Fellowship and Activities

Pre-planned & pre-paid group activities:

- Golf with Fred
- Fly fishing with Darrin
- Biltmore

6:30-9:30 Dinner

- Comments from LAP Director – Robynn Moraites
- Greetings from the State Bar – John Silverstein, President
- LAP Foundation of NC Update – Jerry Jernigan
- Presentation of Chief Justice's LAP Service Award
- Guest Speaker: Lisa Smith, Author, *Girl Walks Out of a Bar*
Followed by book signing

Sunday, Nov. 5, 2017

7:00 - 8:30 Breakfast

7:15 - 8:15 Friends of Bill Discussion Meeting/Friends of Lois Discussion Meeting

8:30 - 10:30 **What Every Lawyers Needs to Know About Neuroscience**
Laura Mahr (2 CLE hours)

This session will examine how human brains—and lawyers' brains in particular—are wired, and how our wiring impacts the way we practice law and experience our lives. The focus will be on neuroscience techniques to build resilience to burnout and improve mental health wellness. Our presenter will explore responsiveness versus reactivity and offer practical mindfulness applications and demonstrations, providing attendees with real-world take-away tools for use in our own lives and in the lives of the LAP clients, mentees, and sponsees with whom we work.

Our Speakers

Phillip Hemphill, PhD, LCSW

Dr. Hemphill is the chief clinical officer of Lakeview Health, a premier addiction treatment facility, where he is responsible for planning, organizing, implementing, and directing all of the company's behavioral health and clinical services. Previously he was the director of the Professional Enhancement Program at Pine Grove Behavioral Health and Addiction Services for 12 years where he was responsible for the management and clinical supervision of professional patients in an intensive outpatient/residential setting struggling with addictive, mood, and personality disorders. He has presented papers and workshops at national conferences and published articles on these issues for the past 25 years.

Laura Mahr, Esq.

Ms. Mahr is the founder of Conscious Legal Minds, providing mindfulness-based coaching and training to professionals and businesses nationwide. Laura brings to Conscious Legal Minds 11 years of practice as a civil sexual assault attorney and two decades of experience as an educator and professional trainer. Laura's cutting edge work to address burnout and vicarious trauma, and to build resilience in the practice of law, is informed by over 25 years of experience as a student and teacher of mindfulness and yoga, and a love of neuroscience.

Jodi Rodgers, LPCC, ATR, IMH-E®-III

Ms. Rodgers is an independently-licensed mental health professional specializing in early childhood trauma and resulting disordered attachment styles. Since 2001, Jodi has worked clinically with underserved populations in home, school, shelter, hospital, clinic, and corrections settings. Cross-trained in a variety of clinical strategies and interventions, Jodi's current clinical practice focuses on restoring resilience and increasing emotional self-regulation. Previously, as behavioral health clinical supervisor of Las Cumbres Community Services in northern New Mexico, she lead a highly-trained clinical team in treating dually-diagnosed adult and adolescent parents in relationship to their young children.

Activities

Fly Fishing

Join us for a ½ day fishing trip after Saturday's breakout sessions at the 2017 NC LAP Conference in Asheville. LAP will provide a boxed lunch, you can bring your own snacks. The cost is \$151 per person plus a gratuity (usually 20%). All gear will be provided, including rod, reel, waders, and boots, but you will have to purchase a fishing license (available at outfitter's the day of). We sent out a note about this earlier because it will be peak season and we needed to secure guides well in advance. All boats are currently full and we are running a waitlist. So if you are interested, check the box on the registration form.

Golf

This year we will play the Broadmoor Golf Links. It is a championship course about 15 minutes from the hotel with views of the mountains and the French Broad River. Cost is \$40, which includes cart. If interested, indicate on the registration page and Fred will be in touch.

Christmas at Biltmore

Immerse yourself in the holiday spirit at the most enchanting place imaginable. The wonders of Biltmore House are enhanced with more than 55 exquisitely decorated Christmas trees, miles of garlands, hundreds of poinsettias, and more lights than you can count. Explore Biltmore House with its priceless art and antiques enhanced by creative Christmas finery across the estate.

Your admission includes:

- Self-guided daytime visit to Biltmore House
- Admission to Antler Hill Village & Biltmore Gardens
- Vanderbilt wedding fashion exhibition at The Biltmore Legacy
- Estate shops filled with unique gifts

Cost: \$69.95 single ticket – if purchased at hotel you get a two-day pass. If we have more than 10 people indicate interest on the registration form who agree to pre-pay, we can get a discounted rate of \$52 per person with a scheduled group tour and a one-day pass to the estate. If you are interested in this option and are willing to pre-pay, please check the box on the registration form and we will follow up with you directly.

Directions to Hotel

From the North

Head southwest on I-26 E. Keep left at the fork, follow signs for Downtown/Patton Avenue and merge onto Patton Ave. Turn right onto Asheland Ave. Continue onto McDowell St. Turn left onto Lodge St. Take the 1st right onto Hendersonville Rd. Our Biltmore Village hotel will be on the right.

From the East

Head west on I-40 W. Take exit 50B to merge onto US-25 N/Hendersonville Rd toward Asheville/Biltmore Estate. Our Biltmore Village hotel will be on the left.

From the South

Head north on I-26 W. Take exit 31A for Interstate 40 E toward Hickory. Merge onto I-40 E. Take exit 50 for US-25 toward S Asheville. Turn left onto Hendersonville Rd. Our Biltmore Village hotel will be on the left.

From the West

Head east on I-40 E. Take exit 50 for US-25 toward S Asheville. Turn left onto Hendersonville Rd. Our Biltmore Village hotel will be on the left.