



NCLAP
NORTH CAROLINA
LAWYER ASSISTANCE PROGRAM

41st Annual LAP Conference:

Hotel Ballast
Wilmington, NC
November 5-7, 2021

5 CLE Hours

Conference Schedule

Friday, November 5, 2021

3:00-6:30 Registration and Check-In

6:00-6:30 Meet and Greet

6:30-7:30 Dinner

- Greetings from the LAP Board Chair – Ted Edwards

7:30-8:30 Welcome & Reconnect Session

Saturday, November 6, 2021

7:00-8:30 Breakfast

7:15-8:15 Friends of Bill/Friends of Lois/Refuge Recovery Meetings

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

Breakout 1 – I'm Not Crazy, I'm Just a Little Unwell...Anxiety Management

Cathy Killian, LAP Clinical Director

Nicki Ellington, LAP Eastern Clinical Coordinator

Anxiety is a major issue for lawyers in general, and two thirds will experience serious anxiety at some point in their careers. When additional stressors occur and the lawyer is in a state of chronic stress, the anxiety can distort thinking enough to make even the healthiest of lawyers feel crazy or out of control. This presentation seeks to improve the understanding of anxiety, its relationship to stress, and examine what makes lawyers so susceptible. The primary focus and bulk of time will be on coping skills and techniques for minimizing and managing anxiety in an interactive and hopefully entertaining format.

Breakout 2 – Family Systems and Lawyer Mental Health

Eric Webber, MA, CADC

Lawyers often are the “hero child” in their family of origin. This role, while creating external success, often is a set up that contributes to the mental health issues seen in lawyers. This workshop will examine various family roles that form in childhood and the formative years, and how they influence roles in the profession (“work families”) and current family of choice. We will use the Karpman Triangle model to demonstrate how family roles contribute to various dysfunctional relationships and how to change when necessary. Finally, we will examine the impact of resentment in relation to these roles and the importance of resolving resentment for best mental health and wellness.

Eric Webber is the senior clinical advisor for the Caron Executive Program and the Legal Professionals Program at Caron Treatment Center. He provides direct care through specialty lectures and counseling sessions focused on relapse, Addiction Interaction Disorders, work/professional-related issues, and other targeted needs. He conducts the Legal Professionals Program with Mr. Corey Rabin, as well as a general Executive/Professional group. Mr. Webber is a Certified Alcohol and Drug Counselor, Certified Clinical Supervisor, and holds a Certificate of Competency in Problem Gambling, all through the Pennsylvania Certification Board; he is also a Certified Sex Addiction Therapist and a Certified Multiple Addiction Therapist through the International Institute for Trauma and Addiction Professionals. He holds a Master's Degree from Alvernia University.

12:00-6:30 Free time for lunch (on your own), fellowship, and activities

Pre-planned & pre-paid group activities:

Golf with Fred

Fly fishing with Lanée

6:30-9:30 Dinner

- Comments from LAP Director – Robynn Moraites
- Greetings from the State Bar – Darrin Jordan
- LAP Foundation of North Carolina Update – Reid Acree
- Presentation of Chief Justice's LAP Service Award – Chief Justice Paul Newby
- Guest Speaker: John McElwee

Sunday, November 7, 2021

7:00-8:30 Breakfast

7:15-8:15 Friends of Bill/Friends of Lois/Refuge Recovery Meetings

8:45-11:00 Volunteer Best Practices Symposium (2 CLE Hours)

This session will cover the key components of best practices for volunteers across the spectrum of volunteer activities.

Activities

Golf

This year we will play at the Beau Rivage Golf Club in Wilmington. The club is located at 649 Rivage Promenade, just minutes from the historic river district of downtown Wilmington and the surrounding island beaches. Cost is \$64, which includes cart. If interested, indicate on the registration page and Fred will be in touch.

Fly Fishing

Inshore saltwater fishing with Lanée. We'll fish the beautiful intracoastal jetties and marshes. Meet in the hotel lobby and head to the outfitter for a 12:30 departure, returning 5:00. Cost will be similar to years past: approx \$100 per person. If interested, indicate on the registration page and Lanée will be in touch with final details.