

Mindfulness In Law Conference PROGRAM*

Boca Raton, Florida

SEALS Registration Link:
<http://sealslawschools.org/conference-registration/>

**Program Schedule current as of July 26, 2017*

Day 1 Thursday, August 3, 2017

Opening Plenary

8:30 a.m. – 9:15 a.m.

Conference Welcomes

Nancy Levit (SEALS)
Susan Brooks (AALS)
Rebecca Simon (MILS)

Conference Overview

Richard Reuben (Missouri), Katerina Lewinbuk (South Texas), Charity Scott (Ga. State),
Austin Charles (Ga. State)

Moderator: Lydia Johnston (TSU)

Panel 1 – Thursday (1 of 7)

9:15 a.m. – 10:15 a.m.

Introduction to Mindfulness

Richard Reuben (Missouri).

This session introduces the beginner to what mindfulness meditation is, its applications in the law school context, as well as some of the research that been done on the practice -- including its effectiveness in helping first year law students manage stress and have a happier 1L experience. Participants will have the opportunity to try the practice themselves through a guided meditation, discuss the experience, and ask questions.

Break	10:15 a.m. – 10:30 a.m.
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Panel 2 – Thursday (2 of 7)

10:30 a.m. – 11:45 p.m.

Teaching Mindfulness in Law Schools

This panel explores the many different ways law school faculty and administrators have begun to incorporate mindfulness into their classes, programs, and curriculums, including mindful minutes at the beginning of a traditional law class, more substantive integration into courses themselves, full courses on mindfulness, as well as student success and other programs beyond the traditional curriculum. It will also offer practical suggestions on different training models, how to incorporate mindfulness into existing legal education structures, and how to work effectively with faculty, administrators, and others when introducing mindfulness into the law school environment.

Panelists

Clark Freshman (Hastings)

Susan Wawrose (Dayton)

Teresa Brostoff (Pitt)

Katerina Lewinbuk (South Texas)

Moderator: Emily Zimmerman (Drexel)

Lunch & Keynote	12:00 p.m. – 1:30 p.m.
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Congressman Tim Ryan

Author, A Mindful Nation

Panel 3 – Thursday (2 of 7)

1:45 p.m. – 3:00 p.m.

Using Mindfulness to Enhance Scholarship and Service

This panel explores how mindfulness can help law professors and administrators in their professional lives beyond teaching and working with students. Can mindfulness help us as academics to find our scholarly voices, hone our messages, or even choose our topics? Similarly, can it facilitate our effectiveness, satisfaction and well-being as we contribute to the administrative life of the law school? Panelists will set the stage for what we expect to be a highly interactive discussion that draws broadly on the experiences of audience members, as well as panelists.

Panelists

Kathleen Vinson (Suffolk)

Chapin Cimino (Drexel)

Karen Sokol (Loyola LA)

Abbie DeBlasis (Belmont)

Moderator: Melanie Reid (Lincoln Memorial)

Concurrent Student Attendee Program

1:45 p.m. – 3:00 p.m.

Mindfulness and the Law Student Experience

This module is intended for student attendees. The discussion will focus on how mindfulness is impacting student culture within law schools from the student perspective. Special attention will be given to the mental and social health benefits that mindfulness programs can provide for law students. This conversation will also feature ideas on how mindfulness can be implemented in extra-curricular clinics and externships. Lead By: Austin Charles

Break	3:00 p.m. – 3:15 p.m.
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Panel 4 – Thursday (4 of 7)

3:15 p.m. – 4:30 p.m.

Mindfulness for Student Success

There are many barriers to student success, including test-taking skills, personal life distractions, confidence, and a sense of direction. Among other things, mindfulness training can be helpful in focusing concentration, eliminating distractions, overcoming negative self-perceptions, helping students understand what is important to them as lawyers and as people. This panel will review the literature on student success, and demonstrate different ways that student success professionals have used mindfulness to help students overcome the barriers to their success.

Panelists

Matt Steffy (Miss)

Aric Short (Texas A&M)

Jane Grise (Kentucky)

Gail Stern (Quinnipiac)

Rebecca Simon

(Southwestern)

Moderator: Ken Williams (South Texas)

Break	4:30 p.m. – 4:45 p.m.
<i>Closing</i>	4:45 p.m. – 5:15 p.m.
Reception	6:00 p.m. – 7:30 p.m.

Day 2 Friday, August 4, 2017

Panel 1 – Friday (5 of 7)

8:30 a.m. – 9:45 a.m.

Mindfulness and Legal Writing

Writing is among the foundational crafts of the legal profession, challenging students in basic research skills as well as the difficult task of galvanizing facts and law into a clear, cogent, and compelling written work. This panel discusses how mindfulness can help students bring focus and clarity to their research and writing, eliminate unhelpful distractions, and cultivate the confidence and voice that will make their writing commanding and persuasive.

Panelist

Shailini George (Suffolk)

Karen Thornton (George Washington)

Myra Orlen (Western New England)

Moderator: Julie Spanbauer (John Marshall—Chicago)

Concurrent Student Attendee Program

8:30 a.m. – 9:45 a.m.

Mindfulness Program Development

This module is intended for student attendees. It will be an opportunity for students to workshop ideas for mindfulness program development. Students will present on the nature of their current programming and share ideas on best practices. This meeting will allow for an exchange of potential speakers list, retreat concepts, and fundraising schemes. Lead By: Caroline Voldstad

Break	9:45 a.m. – 10:00 a.m.
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Panel 2 - Friday (6 of 7)

10:15 a.m. – 11:30 p.m.

Emotional Intelligence and Mindfulness in Law Schools

Emotional Intelligence and Mindfulness in Law Schools

Law schools are increasingly recognizing the importance of teaching emotional intelligence to help students manage mood, relate to others, and generate happiness. The panel will describe the domains of emotional intelligence, how it can be taught in various contexts, and the role of mindfulness training in cultivating these important life skills.

Panelists

Susan Brooks (Drexel)

Chris Corts (Richmond)

Ben Cooper (Mississippi)

William Blatt (Miami)

Moderator: Heidi Brown (Brooklyn)

Break	11:30 a.m. – 11:45 a.m.
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Panel 3 – Friday (7 of 7)

11:45 a.m. – 1:00 p.m.

Bridging the Gap: Mindfulness in Law Schools and in the Legal Profession

Lawyers, judges, and other legal professionals are increasingly recognizing the value that mindfulness practice, and emotional intelligence more broadly, bring to their practices, clients, and personal lives. This panel explores the ways in which the bench and bar use mindfulness and emotional intelligence in their work as lawyers, whether it is client counseling, writing briefs, deciding cases, or making significant life-path decisions.

Allyson Wilkinson, Senior Counsel, Hall Maines Lugin, Houston, TX

The Hon. Donn Kessler, Arizona Court of Appeals

Jarrett Green, Mindfulness Consultant, Santa Monica, CA

Roger Rippey, Founder, YogaOne Studios, Houston, TX

Moderator: Cathy Burnett (South Texas)

Lunch	1:00 p.m. – 2:00 p.m.
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Friday, August 4, 2017

Afternoon Retreat

Leaders: Scott Rogers (Miami) and Judi Cohen (Berkeley)

This is an opportunity for newcomers to the practice to try it out for a more extended period of time, and for more experienced practitioners to enjoy that longer sit that can be elusive in the busy life of a legal academic. No experience is required. The retreat will include basic instruction in seated mindfulness and meditation, as well as a short talk by the teachers.

Participants are welcome to come for as long as you like, and to fit your personal retreat into your conference schedule as you see fit. People who are coming and going are encouraged to sit toward the back to avoid disrupting the practice of others. See back page for our retreat timeline. Noble Silence will be observed during the retreat.

2:15 p.m. – 5 p.m.

2:15 – 2:30 pm	Welcome & Instruction
2:30 – 3:00 pm	Sitting
3:00 – 3:15 pm	Instruction on mindful walking
3:15 – 3:45 pm	Walking
3:45 – 4:15 pm	Talk
4:15 – 4:45 pm	Sitting
4:45 – 5:00 pm	Closing