Tune In On May 19!



Season 6, Episode 2:
Trauma-Informed Care for the Legal Profession – Part 1

In Part 1 of this episode, our speakers explore the critical role of trauma-informed care within the legal profession. Featuring Scott Patterson-Alatorre, Judge Mateo Page and Tenessa Eakins, the conversation examines how routine exposure to traumatic material can impact legal professionals' decision-making, emotional well-being and overall performance.

The speakers highlight a pervasive gap in recognition and support, noting that many in the legal field navigate the psychological weight of their work sometimes without adequate resources or acknowledgment. They discuss how cumulative exposure to trauma can contribute to decision fatigue, diminished empathy and burnout—ultimately affecting both practitioners and the clients they serve.

The episode also offers practical, actionable strategies, encouraging professionals to develop greater self-awareness of their emotional responses, implement containment techniques and establish clear boundaries between their professional and personal lives.

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