



The
DISCIPLINARY BOARD
of the Supreme Court of Pennsylvania

August 2023
Newsletter



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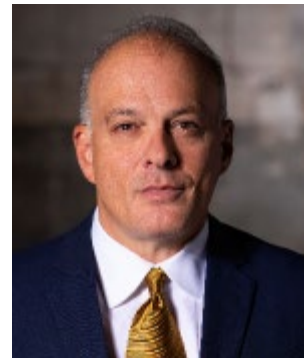


YouTube

From the Chair

As we head into the unofficial final month of summer, I hope this message finds you all well and looking forward to invigorating your practice with the enthusiasm that comes with the full return to business after Labor Day.

We have had an excellent summer transacting the Disciplinary Board's business, highlighted by our Hearing Committee Training which took place at the end of last month. By all accounts, it was a superb event that exceeded all of our expectations. The evaluations from many of the over 120 hearing committee members who attended were excellent and deservedly so; the Disciplinary Board's staff worked tirelessly to prepare a program that was extremely informative, very focused and inspired by two very important speakers, our Chief Justice Debra Todd and Brian S. Quinn, an education and outreach coordinator from Lawyers Concerned for Lawyers. We again recommend a quick visit to the Lawyers Concerned for Lawyers [website](#) so that you can see first-hand how crucially important this resource is.



The training session did highlight another point which has been an important issue for me during my five years on the Disciplinary Board. I have tried in our May and June newsletters to explain how the Disciplinary Board operates and show where the money from your lawyers' yearly assessment fee goes. As part of that transparency, the Board is exploring ways in which we can use our livestreamed proceedings on the Board's [YouTube channel](#) to benefit you in your practice. These live proceedings offer a unique opportunity for every lawyer to see how the disciplinary process works and provide another incentive for every lawyer to follow the rules in his or her practice. I hope to be able to share additional details during my time as Chair.

The live proceedings are very important and worth your attention because the specific rule violations at issue are addressed in great detail and in the context of the factual circumstances supporting the charge of rule misconduct. Everyone can learn from a process where the rules are clearly explained and applied to an underlying factual scenario. The proceedings also provide insight into the types of discipline that can be imposed for certain rule violations. The hearings are

constructed to move quickly despite the number of witnesses or the amount of documentary evidence offered. I am very confident that any lawyer who watches these proceedings will learn something. You will also come to realize that while certain rule violations are simple mistakes that can happen to any of us, more importantly, they can be avoided entirely with vigilance.

Thank you for reading and enjoy the rest of the summer. Let us continue to look out for one another and remember that the Disciplinary Board is here to help, not hurt, Pennsylvania lawyers.

Dion G. Rassias
Board Chair

Annual Attorney Registration

2023-2024 Registration Past Due

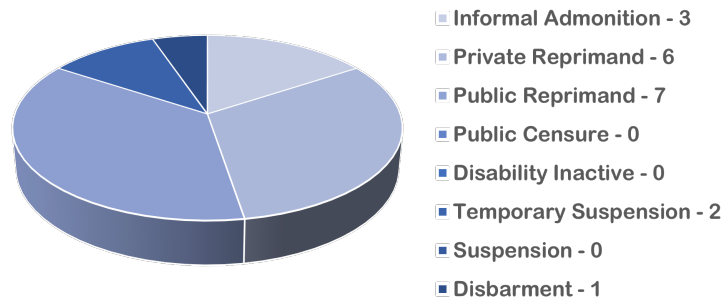
A Supreme Court [Order](#) dated August 9, 2023 was issued to administratively suspend the [1,109 attorneys](#) who have not yet completed their annual registration.

The deadline for the 2023-2024 [Annual Attorney Registration](#) was July 1, 2023. Via [Pa. R.D.E. 219](#), any attorney currently on active or inactive status must file an annual registration form and pay the accompanying fee. The first \$200 late fee was assessed after July 16th, and the second \$200 late fee was assessed after August 1st. These late payment penalties are imposed automatically and are not waivable by the staff or Board.

Registration **must be completed on or before Thursday, September 7, 2023** to avoid transfer to administrative suspension. To register online, visit the [Unified Judicial System Web Portal](#).

Discipline Imposed

July 2023



Public Reprimand

[Brandon Michael Eberle](#)

[Alfred Thomas Farrell](#)

[Mark Bae Jander](#)
[Christopher John Martini](#)
[Leo Michael Mulvihill, Jr.](#)
[John R. Parroccini](#)
[Anthony Hugh Rodriques](#)

Temporary Suspension

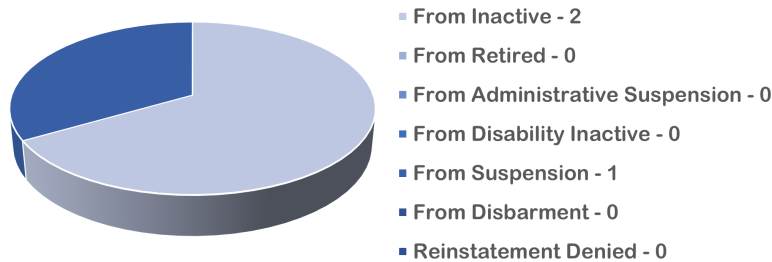
[Marc William Nuzzo](#)
[Yale Darran Weinstein](#)

Disbarment

[Jay Arthur Rosenberg](#)

Reinstatements

July 2023



From Inactive

[Shannon L. Foster](#)
[Daniel Christopher Mulveny](#)

From Suspension

[Joseph Richard Costello](#)

Note: The above-listed granted reinstatement matters reflect only those granted by Supreme Court Order. An attorney listed as reinstatement granted, but whose current license status does not reflect reinstatement, has yet to submit the fees necessary to finalize reinstatement.

Disciplinary Board News

Disciplinary Board Holds Annual Hearing Committee Training, Hosts Chief Justice Todd and Lawyers Concerned for Lawyers

On July 25th and 26th, the Disciplinary Board hosted its annual Hearing Committee Training. Duties of Hearing Committee Members include reviewing the recommended disposition of complaints as offered by the Office of Disciplinary Counsel; conducting disciplinary and reinstatement hearings, either as a three-member panel or single designated member; and preparing a written report and recommendation to the Board following disciplinary and reinstatement proceedings. Thorough training is essential to Members' prudent role within Pennsylvania's disciplinary system.

This year, the Board invited its 144 volunteer Hearing Committee Members to the educational conference. Conference presenters and panels – including Board Members, Board staff, Senior Hearing Committee Members, and other experts – discussed a myriad of pertinent topics such as the practicalities of Hearing Committee duties, conducting case research, writing Committee reports, and new Court Opinions and future precedent.

The Board was highly honored to host Chief Justice Debra Todd at this year's conference. Chief Justice Todd welcomed all attendees and noted the Board's duty to the public and the justice system, highlighting the significance of the undertakings of Hearing Committee Members. She asserted, "Those who work in the field of attorney discipline are the backbone of the legal profession." The Chief Justice's sentiment perfectly underscored Hearing Committee Members' commitment to the Commonwealth.



Pennsylvania Supreme Court Chief Justice Debra Todd addresses the conference.

Among the event's speakers was Brian S. Quinn, Education and Outreach Coordinator at [Lawyers Concerned for Lawyers of Pennsylvania](#) (LCL). Addressing the issues of mental health and substance use within the legal profession, Attorney Quinn explored the high rate of mental health difficulties amongst lawyers and magnanimously shared his own journey through personal trauma and addiction, ultimately followed by recovery and redemption with the assistance of LCL. Quinn's narrative was met with enormous regard and appreciation from the convocation.



Disciplinary Board Chair Dion G. Rassias, Senior Hearing Committee Members Elizabeth L. Hughes and Denis A. Gray, and Counsel to the Board Laura K. Mohny discuss writing Hearing Committee Reports and Recommendations.

Disciplinary Board Releases Conservatorships Webpage

In July, the Disciplinary Board released a new [“Conservatorships”](#) webpage. Within Pennsylvania’s legal profession, conservators are “attorneys appointed by a court to protect the interests of the clients of an absent attorney”. In such situations, the term “absent attorney” [extends to](#) “an attorney who abandons his or her practice, disappears, dies, or is transferred to inactive status because of incapacity or disability; and no partner or other responsible successor to the practice of the attorney is known to exist”. This webpage makes available important conservatorship information to all affected clients and other interested parties.

The webpage details both open and discharged conservatorships. Each entry includes the name, attorney ID number, county, and public address of the relevant attorney as well as the date of the appointment order and the name and phone number of the designated conservator. Entries on both tabs can be sorted by last name, county, or date of the conservatorship appointment or discharge.

Conservatorship announcements remain on the “Open” tab until a Court Order discharges the conservator. Upon discharge, information on the absent attorney will be transferred to the “Discharged” tab. Conservatorship information will be available on the website for five years following the date of the Order of Appointment.

In relation to Pennsylvania attorney conservatorships, several new questions and accompanying answers have been added to the Board’s list of “FAQs & Resources for the Public”, including:

- Who is an [absent attorney](#)?
- When and how is a conservator of an absent attorney [appointed](#)?

- [How long](#) does a conservatorship of an absent attorney last?
- What does a conservator of an absent attorney [do](#)?
- How is a conservator of an absent attorney [discharged](#)?
- I believe the absent attorney was in possession of my legal file or funds that belong to me. Who do I [contact](#) for more information?

For additional ease to access, a note linking to the “Conservatorship” page has been added to the [public directory](#) listing of each absent attorney. Akin to the Board’s notices of discipline and reinstatement from discipline, notice of conservatorship will be published as a website and social media [article](#) following all new appointment orders. A link to these articles also will appear under an entry’s county detail on both tabs.

To access the Board’s “Conservatorships” page, visit padisciplinaryboard.org/cases/conservatorships.

Rules

Supreme Court Adopts Amendments to the Rules of Disciplinary Enforcement

By [Order](#) dated July 19, 2023, effective September 1, 2023, the Supreme Court of Pennsylvania adopted numerous amendments to the Pennsylvania Rules of Disciplinary Enforcement.

Pa.R.D.E. 219: The focal point of the omnibus package of amendments is an overhaul of Pa.R.D.E. 219 governing attorney registration and assessment of attorneys, administrative suspension, and administrative status changes. The comprehensive revisions improve readability, consistency, and flow of information to ensure that attorneys understand their annual registration obligations. Some highlights of the amendments are as follows:

- Subdivision (a) sets forth the registration period and specifies which license statuses are required to register and which license statuses are exempt.
- Subdivision (b) sets forth the requirement to pay the annual assessment, how it is to be paid, and the amount for active status, inactive status, and limited licenses. The Note informs how the total assessment is apportioned among the Board, IOLTA Board, and Pennsylvania Lawyers Fund for Client Security.
- Subdivision (c) sets forth the requirement to electronically file an annual registration form and further provides for exemptions to allow a paper filing.
- Paragraphs (c)(1)(i) – (vii) set forth the information required to be provided by the attorney on the registration form. Paragraph (c)(1)(vi) contains a new requirement that the attorney identify the professional liability insurance carrier.
- Subdivision (d) provides that the Attorney Registration Office will issue a license card or certificate to acknowledge completion of registration and payment of the annual assessment.
- Subdivision (e) addresses incomplete registration.
- Subdivision (f) addresses late payment penalties and collection fees, and sets forth the dates when such are assessed.
- Subdivision (g) governs administrative suspension, which is the result of failure to comply with registration, Continuing Legal Education, or costs and fees requirements. This subdivision also addresses notice to the attorney of the order of administrative suspension and the restrictions on an attorney’s practice during the time that the attorney fails to satisfy the deficiency that led to the administrative suspension.
- Subdivisions (h) and (i) govern administrative changes in status and set forth the

requirements necessary for an attorney to assume a different status.

- Subdivision (j) governs status changes for judges who sit on courts as specified under the rule and who are assigned “judge status” by the Attorney Registration Office.

Amendments to other Rules of Disciplinary Enforcement are designed to conform to the amendments to Pa.R.D.E. 219. Amendments of note include the following.

Pa.R.D.E. 102: The amendments add new definitions for the following terms: active, disability inactive, disbarment, emeritus status, inactive, judge, permanent resignation, retired, and suspension. The definitions also state whether an attorney on the status is eligible to practice, and in some cases what the expectations for return to active status are. Several other Rules are amended to add reference to some of these statuses.

Pa.R.D.E. 205: An amendment to Pa.R.D.E. 205(c) enumerates three additional powers and duties of the Disciplinary Board, relating to collection of expenses of investigation and prosecution, late penalties and administrative fees, reinstatement fees, and collection fees arising from disciplinary actions. These powers currently exist and are set forth in various Enforcement Rules, but the amendment consolidates them within subdivision (c).

Pa.R.D.E. 221: The amendments to Pa.R.D.E. 221 governing funds of clients and third persons add a new subdivision (q) setting forth the financial accounts and information required to be provided on the annual registration form pursuant to Pa.R.D.E. 219(c)(1)(iii). New subdivision (r) adds definitions of “funds of a client or third person subject to Pa.R.P.C. 1.15” and “funds of a third person”.

The amendments are published at [53 Pa.B. 4385 \(8/5/2023\)](#). The amendments take effect September 1, 2023, except that changes to the annual attorney registration form reflected in Pa.R.D.E. 219(c) shall become effective May 1, 2024, for the 2024-2025 attorney registration period.

Supreme Court Adopts Additional Amendments to Pa.R.D.E. 102

By [Order dated July 25, 2023](#), the Supreme Court of Pennsylvania adopted amendments to Rule 102 of the Pennsylvania Rules of Disciplinary Enforcement.

The amendments to the definitions of “experienced hearing committee member” and “senior hearing committee member” under Pa.R.D.E. 102(a) are published at [53 Pa. B. 4405 \(8/5/2023\)](#).

CDC Corner

The Role and Rights of Complainants

The attorney disciplinary process generally starts with a complaint, usually from the attorney’s client or ex-client, but often from other lawyers, judges, or members of the public. This article explains a complainant’s role in the disciplinary process and the limits of his or her rights.

To a large extent, the term “complaint” as used in our system is misleading. A disciplinary complaint is not a pleading. It is more like a request for investigation or a grievance. The complainant does not become a “party” to a legal action by submitting a complaint to us.

A bedrock principle of our disciplinary system is that the investigations are confidential and non-public — even as to complainants. The system does not open to the public unless the investigation originates with a criminal conviction or after a petition for discipline is answered or an ETS is ordered. [Pa.R.D.E. 402\(a\), \(c\)](#). No public access means complainants, too. The Rules deny them access to ODC's and the Board's work-product and deliberative process at all stages. See [Pa.R.D.E. 102](#); 402(a)(1), (2); 402(e)(1).

The rules grant complainants only two rights: to be informed of the ultimate disposition of a complaint (not of any intermediate decision), see [Pa.R.D.E. 402\(e\)\(4\)](#); and to ask ODC to reconsider a dismissal decision (but not to appeal it beyond ODC), see [D.Bd. R. § 87.9\(c\), \(d\)](#) ("A complainant shall have no right to appeal the dismissal or any other disposition of a complaint..."). The reconsideration right is limited to dismissals. Complainants have no right to steer the investigation or to participate in the prosecutorial decisions ODC makes whether, for example, to petition for an emergency temporary suspension or which sanction — reprimand, suspension, or disbarment — to seek.

Investigative need may result in some disclosures to complainants. If ODC's investigation uncovers evidence that the attorney may have violated the Rules of Professional Conduct, we send the attorney a Request for Statement of Position. If the complainant has personal knowledge that might help in evaluating the attorney's responsive Statement, we often share the Statement and supporting exhibits with the complainant, a process we call "replication". The complainant, however, has no *right* to see the Statement; we share only if sharing might be helpful in advancing or closing the matter.

Our Court has not issued any precedential decisions which explain the role of a complainant, but other jurisdictions with similar rules have. Every court to consider the issue has ruled that a complainant lacks standing to seek review of a disciplinary enforcement decision, whether by appeal or mandamus. See, e.g., *Boyce v. North Carolina State Bar*, 814 S.E.2d 127 (NC 2018); [In re Faignant, 212 A.3d 623](#) (Vt. 2019) (both collecting cases). The same reasoning flows through the cases: the purpose of the attorney disciplinary system is to protect the public by providing a mechanism to determine if a lawyer is fit to continue to practice. It is not to vindicate a client or other complainant's individual rights even where the lawyer's actions have caused the complainant financial harm. The complainant is a witness, not a party.

While there is no specific restitution remedy within Pennsylvania's disciplinary process, we often condition a mitigated outcome on the lawyer's return of property, files, and fees. These reparative efforts evince an attorney's willingness to protect clients, to mend his or her errors, and to do better in the future. We always aim to treat complainants with courtesy and gratitude. By bringing possible misconduct to our attention and providing evidence of it, they serve an indispensable role in the effort to regulate the bar. ODC, the Board, and the Supreme Court could not uncover and address misconduct without their help.

Thomas J. Farrell
Chief Disciplinary Counsel

Upcoming Public Proceedings

We encourage you to observe our public disciplinary and reinstatement hearings, oral arguments, and public reprimands on the [Board's YouTube channel](#). You can also view "Upcoming Public Proceedings" at the bottom of the Board's [home page](#).

Scheduled proceedings begin at 9:30 am unless otherwise noted.

<i>August</i>		
August 16	George Paul Chada (cont.)	Disciplinary Hearing
August 22	Ralph David Karsh	Disciplinary Hearing
August 23 August 24	Edward A. Shenderovich	Disciplinary Hearing
<i>September</i>		
September 18	Nathaniel Edmond Strasser	Disciplinary Hearing
September 19	Robert Scott Clewell	Disciplinary Hearing
September 28	Suzanne Spencer Abel	Reinstatement Hearing
<i>October</i>		
October 2 October 3 October 4	Patrick C. Carey	Disciplinary Hearing
October 31	Kathleen D. Dautrich	Disciplinary Hearing
<i>November</i>		
November 6	Robert Philip Tuerk	Reinstatement Hearing
November 8 November 9	Laura Testa Musi	Consolidated Disciplinary & Reinstatement Hearing
November 16 November 17	J. Michael Farrell	Reinstatement Hearing
November 20 November 21	Thomas Gregory G. Coppolo	Disciplinary Hearing
November 28	Shelley L. Fant	Disciplinary Hearing
<i>December</i>		
December 6 December 7	Kelton Merrill Burgess	Disciplinary Hearing
<i>To Be Scheduled</i>		
John McDanel - Public Reprimand		
Tiarra Taylor - Public Reprimand		

Articles of Interest

North Carolina Reprimands Three for Unverified Fund Transfers

The North Carolina State Bar [reports](#) that three lawyers were reprimanded for making fund transfers without verifying the requests with the requesting parties. The *Legal Profession Blog* [summarizes](#) the cases.

Jeremy Clayton King of Greenville initiated a wire transfer of entrusted funds and did not

supervise his nonlawyer staff in making the wire transfer on a request that proved to be fraudulent. His office wired \$124,160.43. King was required to replenish all those funds.

Richard M. Morgan of Wilmington initiated multiple wire transfers of seller proceeds in real estate transactions without verifying the authenticity of the wiring instructions with the sellers. As a result, \$573,451.48 was lost to fraudulent requests. Morgan also bore the cost of the fraudulent transfers.

William H. Morgan, Jr. of Elizabethtown initiated a wire transfer of \$100,150.30 in seller proceeds in a real estate transaction without verifying the instructions with the seller. He also failed to supervise his nonlawyer or to immediately self-report the misappropriation to the State Bar. The entire amount was eventually recovered.

The three cases definitely serve as a reminder that a lawyer should always execute the highest level of caution in responding to requests for transfer of entrusted funds by contacting the client or other equitable owner independently through a reliable alternate means of communication. As the *Law Profession Blog* puts it, "Don't trust; just verify."

Colorado Lawyer Wrongfully Arrested After Discarding License Plate

A Colorado lawyer suffered the embarrassment of an arrest on suspicion of theft based on a license plate that he had discarded.

Manuel Diego Soza obtained Colorado plates and tossed his Texas plates in the trash. Apparently, someone retrieved the expired plate out of the trash and attached it to a vehicle. The plate was picked up on a Wal-Mart surveillance video of a "Hispanic male" who stole merchandise from the store and fled. Soza was arrested at his apartment complex and spent six hours in jail.

Subsequently, it was shown that Soza was not the perpetrator. That man was shorter and younger than Soza and had tattoos, which Soza does not. He drove off in a Subaru, the same make of car as Soza owns, but that car was a different model and color.

Soza wound up spending \$6,000 in legal fees to obtain dismissal of the charges. He expressed gratitude for the dismissal of the charges but noted, "How many other Hispanic males are also being brought up in that court, not being able to [fight] it, losing jobs over it, losing opportunities?"

The episode also serves as a cautionary lesson on the disposal of expired license plates.

Bad Dog! Plaintiff's Unclean Hands Bar Recovery from Lady Gaga

In February 2021, criminals [attacked](#) Ryan Fischer, a dogwalker, shot him, and stole two French Bulldogs he was walking. Theft of French Bulldogs is fairly common; the highly-prized dogs can bring thousands in illicit resale. But the conspirators thought they struck it rich when it was revealed that the dogs, Koji and Gustav, belonged to Stefani Germanotta, better known as pop superstar Lady Gaga. Desperate to recover her dogs, Lady Gaga advertised a reward of \$500,000 for their return – "No questions asked."

Two days later, Jennifer McBride returned the dogs to a police station. Subsequently, she and five others were arrested in connection with a plot to steal the dogs. In December 2021, she pleaded no contest to a charge of receiving stolen property and was placed on two years' probation. Her

co-conspirators [fared](#) less well. The shooter received a twenty-one-year prison sentence, and his accomplices sentences of two and four years.

Undaunted by her plans not going the way she had expected, McBride sued Germanotta, seeking to collect the reward. Her lawyers argued that the star's offer of "no questions asked" amounted to an unconditional unilateral offer which McBride accepted by returning the dogs to the police station.

Judge Hollie J. Fujie of Los Angeles Superior Court [would have](#) none of that. In a [ruling](#) handed down July 10, 2023, the judge found that McBride's conviction of receiving stolen property conclusively established her wrongdoing in the matter and held that the doctrine of unclean hands, embodied in [Civil Code Section 3517](#), barred her from recovering on the claim. She further noted that a provision of the Criminal Code allows an injured party to recover three times the amount of damages caused by the crime, so Germanotta would be able to recoup any funds McBride received in connection with the thefts. She granted the defendant's demurrer with leave for the plaintiff to amend.

Although gravely injured by the shooting, Ryan Fischer has recovered and resumed his occupation as a dogwalker. The toll of the incident on Koji and Gustav has not been reported.

Around the Court



Supreme Court Names David Price as Next Deputy Court Administrator

The Supreme Court of Pennsylvania recently [announced](#) the appointment of David Price as its next Deputy Court Administrator. Price will replace Andrea Touminen who will succeed Geoff Moulton as Pennsylvania State Court Administrator upon his retirement at the end of next month.

Currently serving as the Deputy Chief Counsel of the Administrative Office of Pennsylvania Courts, Price has worked with the AOPC's Legal Department for twenty-five years. Price expressed, "I'm honored and humbled by this opportunity to serve the Judiciary as the next deputy court administrator. It is a privilege to continue to support the administration of justice. Throughout my career, I have witnessed the profound impact that a well-functioning justice system can have on individuals and communities. As I assume this new role, I eagerly anticipate building upon our collective achievements and fostering an environment that prioritizes accessibility, fairness, and transparency."

A champion of public transparency, Price was integral in the writing and implementation of the [Case Records Public Access Policy of the Unified Judicial System of Pennsylvania](#), leading the Legal Department's Information Technology Unit.

Read the full [press release](#) on the Unified Judicial System's website.

Attorney Well-Being

Preventative Wellness Strategies for the Legal Profession

Thoughts and emotions are internal and subjective, part of the way we habitually respond to stimuli. Fortunately, they are also changeable; otherwise, everyone would react in the same manner to a given situation or stressor. If we cannot interrupt or change the stimulus which is causing our stress, then we must interrupt or change our appraisal of it and how we respond. Modifying and improving one's reaction to stress is a fundamental keystone of burnout prevention. This process starts with assessing one's current response to stress and how that habitual reaction either serves or hampers one's well-being. Some simple but effective and realistic techniques to boost mental health and prevent burnout include the following:

1. On a personal level, **burnout prevention begins with assessing and establishing one's personal boundaries**, which include purposefully **disconnecting** from your phone, computer, and other devices whenever possible (during workouts, meals, sleep, time outside of work, etc.). While this is simple advice, it is often incredibly challenging to establish and maintain the discipline to adhere to this boundary for most legal professionals, who tend to be excessively dependent on their devices beyond their normal work commitments. Many people tend to use their devices as a self-soothing tool, mindlessly scrolling through social media, news sites, and other 'busywork' apps, which can cause overstimulation, increased stress, agitation, anxiety, and fatigue. Limit your use of social media and news outlets to a quantifiable time period you can reasonably adhere to. These changes can yield remarkable improvements in mood, attitude, relationships, physical, and mental health.
2. Developing and fostering a **strong sense of purpose, self-efficacy, and autonomy** both in work and our personal lives is very important to prevent or reduce symptoms of burnout.
3. Practicing **mindfulness** (which includes focusing on the present rather than reliving the past or stressing about the future) and **meditation** (even if it's only for a few scheduled minutes each day). Healthy eating, exercise, proper sleep, and avoidance of overuse of alcohol or prescription drugs to 'take the edge off' are remarkably effective at preventing and reducing burnout. [Mindfulness-based stress reduction](#) has been scientifically proven to improve well-being, reduce stress, burnout, pain, and symptoms of many chronic conditions, and has been implemented by many Fortune 500 companies and professional sports teams to successfully promote wellness and improve performance.
4. Find someone that you trust with whom you can chat to process your day, your stressors, and your emotions on a regular basis. Many times, the act of simply **vocalizing your concerns and frustrations to a trusted friend or colleague** can help mitigate our burden. When we keep our emotions stuffed inside, ignore them, or isolate ourselves, we are cultivating fertile ground for the development of burnout, substance misuse, and mental health disorders.
5. The simple discipline of **writing down three things that you are grateful for each morning** can quickly improve your day and reduce stress. Conclusive scientific data has [indicated](#) that practicing gratitude improves well-being and overall health.
6. Regularly **practicing breath work** of any kind (for e.g., focusing solely on your slow and steady breathing for three to five minutes each morning, during self-scheduled 'mini' work breaks during the day, and again before bed) can also have a positive impact. By focusing on your breath,

imagining it flowing into your nose and lungs and back out, or even simply silently counting with each inhale and exhale while breathing deeply and properly (your stomach should expand or 'inflate' with proper deep breaths) will modify your stress response. There are many other practical and viable breath work options that you can learn about with a simple browser search. Find one you like and can easily practice. A common [breath technique](#) developed by Dr. Andrew Weil, an Integrative Medicine specialist, can be practiced in your chair at home or at work or even while lying in bed:

- Count to four while breathing in deeply through your nose.
- Note that your belly should expand.
- Count to seven while holding that deep breath.
- Count to eight slowly while exhaling through your mouth.
- Repeat four more times.

All these simple activities require a minimal time commitment but can yield extraordinary results including decreased levels of stress hormones immediately and in the long term, reduction of heart rate and even blood pressure, stress reduction, and notable improvement in your sense of well-being. With work from home and hybrid schedules seemingly here to stay, these small, but effective efforts are more important than ever as the boundaries between work and home are increasingly blurred.

Jennifer C. Zampogna, M.D.

Former Director of Operations, Lawyers Concerned for Lawyers of Pennsylvania

Originally published in 2022, this article is part of a [series](#) produced in partnership with [Lawyers Concerned for Lawyers of Pennsylvania](#), exploring lawyer well-being as misconduct prevention. Topics include challenges to mental health, stress and burnout, preventative strategies, employer support, and seeking support through LCL.

Explore the Disciplinary Board's New Lawyer Well-Being Webpage

The Disciplinary Board recently released a new ["Lawyer Well-Being" webpage](#) that connects Pennsylvania attorneys with pertinent resources, [articles](#), events, and CLE opportunities to better understand and support their mental health and well-being. To access the Board's new "Lawyer Well-Being" page, visit padisciplinaryboard.org/for-attorneys/well-being.

LAWYER WELL-BEING

Connect to available resources to better understand and support mental health and well-being, particularly as they relate to the legal profession.

padisciplinaryboard.org/for-attorneys/well-being

The DISCIPLINARY BOARD of the Supreme Court of Pennsylvania

FOR ATTORNEYS FOR THE PUBLIC CASES

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RECENT CASES

Lawyer Well-Being

To connect Pennsylvania attorneys with available health and well-being, particularly as they relate to the legal profession.

Article Series

MENTAL HEALTH AND WELL-BEING WITHIN THE LEGAL PROFESSION

Digital resources

Informative articles

Upcoming events

CLE opportunities

RESOURCES

LCLPA General Lawyer BPOC @ LGBTQ

Lawyers Concerned for Lawyers (LCL) is a confidential and safe resource for Pennsylvania attorneys and their family members who may be struggling with their mental health or substance use. Since 1986, LCL has confidentially assisted and supported thousands of individuals who have faced myriad challenges including grief, stress, anxiety, depression, eating disorders, gambling problems, problematic alcohol or prescription drug use, etc.), helping them navigate through dark and difficult times. If you are or someone you know is

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There is help, and there is hope.



LAWYERS CONCERNED FOR LAWYERS
PENNSYLVANIA

lclpa.org | 1-888-999-1941

**Evaluation by a
healthcare professional**

Information and literature

Peer and staff support

Assistance with interventions

Recovery meetings

Online resources and CLE

[Lawyers Concerned for Lawyers](#) is a confidential assistance program for the Pennsylvania legal community and their family members. LCL may not report information about a subject attorney back to the Disciplinary Board.

Confidential 24/7 Helpline: 1-888-999-1941

Last year, the Supreme Court of Pennsylvania adopted amendments to the Pennsylvania Rules of Disciplinary Enforcement (Pa.R.D.E.) relating to confidentiality of proceedings, providing for three exceptions to the requirement of confidentiality under [Pa.R.D.E. 402\(d\)](#). Included in these exceptions is the allowance for Disciplinary Counsel to make a referral of an attorney to [Lawyers Concerned for Lawyers of Pennsylvania](#) (LCL) and share information as part of the referral. *However*, it is crucial to note that LCL may *not* report information about a subject attorney back to the Disciplinary Board. LCL is a **confidential** assistance program for the Pennsylvania legal community and their family members.

We Want To Hear From You...

We are always on the lookout for stories of interest relating to legal ethics, new issues in the practice of law, lawyer wellness, and funny or just plain weird stories about the legal profession. If you come across something you think might be enlightening, educational, or entertaining to our readers or social media followers, [pass it along](#). If you are our original source, there may be a hat tip in it for you.

Resources

[Pending Cases](#)

[Recent Cases](#)

[Case Research Collection](#)

[Attorney Gateway](#)

[Rules](#)

[Search Opinions](#)

[FAQs – For the Public](#)

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