# NACC COVID-19 Webinar Series

A Series Open to Everyone - NACC Members and Nonmembers

#BuildingCommunity

<table>
<thead>
<tr>
<th>Topic</th>
<th>Trauma-Responsive Skills for Lawyers During COVID-19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date and Time</td>
<td>Wednesday, May 13, 2020 2:00-3:30 PM ET</td>
</tr>
<tr>
<td>Description/Agenda</td>
<td>How is the COVID-19 pandemic affecting your practice? What impacts are you seeing in yourself and/or your clients? Join presenters Cynthia Bowkley and Rebecca Stahl, attorneys who are trained in somatic experiencing, who will discuss how stress and trauma manifest physically, mentally, and emotionally in attorneys and their clients. The presenters will offer simple, effective, and easy-to-use tools for managing stress and maximizing performance, especially relevant during the current public health crisis. Attorneys will improve their ability to effectively recognize, respond to, and manage their own traumatic stress responses, and learn how to help clients regulate their trauma reactions in high-stress environments, such as the courtroom.</td>
</tr>
</tbody>
</table>
| Speakers | **Rebecca M. Stahl, JD, LLM, SEP**, University of Baltimore School of Law rstahl@ubalt.edu  
Rebecca Stahl is the Deputy Director of the Sayra and Neil Meyerhoff Center for Families, Children and the Courts at the University of Baltimore School of Law. As a lawyer for children in dependency and private family law cases, Rebecca previously worked at the Children’s Law Center of California in Los Angeles county and the Pima County Office of Children's Counsel in Tucson, Arizona. Rebecca coauthored the book, *Representing Children in Dependency and Family Law: Beyond the Law*. Rebecca is on the board of directors of the Somatic Experiencing Institute.  
**Cynthia D. Bowkley, JD, CPPM, SEP**, Law Offices of Cynthia D. Bowkley, PLLC cynthiabowkley@gmail.com  
Cynthia Bowkley has been practicing juvenile law since 2003. She is also a professional coach, speaker, and Somatic Experiencing Practitioner. She uses her training in Somatic Experiencing to help her clients weave together cognitive awareness with nervous system regulation. This helps her clients overcome stress, overwhelm, burnout, and anxiety, as well as understand what is going on within their own bodies and anchoring them in this awareness. Her unique focus on body and mind together is what connects people with their own internal power and their most authentic selves. This connection is what creates profound healing, growth, and change. |

For more information:  
Training@NACCchildlaw.org  
www.NACCchildlaw.org  
NACC COVID-19 Resource Hub