

LCL-SPONSORED COURSES

Event Code	Event Date	Course Title	Location	Strd	Ethics	Elimination of Bias	Mental Health
528107	5/7/2025	Shielding the Carer: Understanding and Managing Secondary Trauma in Legal Professionals	Live Webcast				1
526707	4/23/2025	From Isolation to Connection: Supporting Mental Health in the Legal Profession	Live Webcast				1
526705	4/10/2025	Perfecting without Perfectionism: How to Strive for Excellence Without Stressing Out Over Unattainable Ideals					1
527615	4/10/2025	Help for Colleagues in Crisis: Recognizing and Responding to Impairment and other Challenges in the Legal Pro	South Saint Paul				1
527405	3/27/2025	Clients in Crisis: Helping Yourself, Helping Your Client	Live Webcast		1		
523440	3/20/2025	Perfecting without Perfectionism: How to Strive for Excellence Without Stressing Out Over Unattainable Ideals	Live Webcast				1
524623	3/18/2025	Avoiding Burnout as an Ethical Imperative	Live Webcast		1		
527493	3/13/2025	From Isolation to Connection: Supporting Mental Health in the Legal Profession	Chisholm, MN				1
524619	3/6/2025	Mindfulness for Lawyers	Live Webcast	1			
523739	2/25/2025	Clients in Crisis: Helping Yourself, Helping Your Client	On-Demand		1		
522105	2/25/2025	Clients in Crisis: Helping Yourself, Helping Your Client	Live Webcast		1		
522140	2/20/2025	Implicit Bias in the Legal Profession Mental Health and Double Stigma	On-Demand			1	
522104	2/12/2025	Implicit Bias in the Legal Profession: Mental Health and Double Stigma	Live Webcast			1	
520618	1/21/2025	Perfecting without Perfectionism: How to Strive for Excellence Without Stressing Out Over Unattainable Ideals	Live Webcast				1
519997	1/15/2025	Mental Health and Substance Use in the Legal Profession and the Practice of Law	Saint Cloud, MN				1
518164	1/9/2025	Shielding the Carer: Understanding and Managing Secondary Trauma in Legal Professionals	Saint Paul, MN				1
520627	1/7/2025	Resolve to be Resilient	Live Webcast				1
519718	12/20/2024	Mental Health and Substance Use in the Legal Profession and the Practice of Law	On-Demand				1
519717	12/20/2024	Shielding the Carer: Understanding and Managing Secondary Trauma in Legal Professionals	On-Demand				1
519604	12/17/2024	Mental Health and Substance Use in the Legal Profession and the Practice of Law	Live Webcast				1
518170	12/12/2024	Shielding the Carer: Understanding and Managing Secondary Trauma in Legal Professionals	Live Webcast				1
517425	10/31/2024	Mental Health and Substance Use in the Legal Profession and the Practice of Law	In House				1
516961	11/21/2024	Understanding and Managing Holiday Stress	Live Webcast	1			
516958	11/12/2024	Ethical Dangers of Isolation in the Legal Profession	Live Webcast		1		
515882	10/29/2024	Surviving and Thriving in Challenging Times	In House	1			
515176	10/16/2024	One Lawyer's Experience Championing Accessibility in Disability Law	Live Webcast	1			
515175	10/14/2024	Understanding Racial Trauma and its Pervasive Effects	Live Webcast			1	
513369	10/2/2024	Mental Health and Substance Use in the Legal Profession and the Practice of Law/In-house Webcast	In-House Webcast				1
512957	9/13/2024	Shielding the Carer: Understanding and Managing Secondary Trauma in Legal Professionals	Live Webcast				1
514083	9/11/2024	Help for Colleagues in Crisis: Recognizing and Responding to Impairment and other Challenges in the Legal Profession	On-Demand				1
513573	9/10/2024	Suicide Awareness and Prevention	Live Webcast			1	
511942	8/27/2024	Help for Colleagues in Crisis: Recognizing and Responding to Impairment and other Challenges in the Legal Pro	Live Webcast				1
511939	8/13/2024	Implicit Bias in the Legal Profession: Mental Health and Double Stigma	Live Webcast			1	
510465	7/23/2024	Managing Ethics, Stress, and Negativity	Live Webcast		1		
509538	7/17/2024	Sustainable Wellness: A Trauma-Informed Look at Cultivating Calm Beyond the Pandemic Woes (Renewal of 4	On-Demand	2			
510297	7/9/2024	Understanding Chronic Stress, Trauma, and Mental Illness in the Legal Profession	Live Webcast				1
508600	6/20/2024	Cultivating Resilience to Thrive at Every Stage of our Personal and Professional Lives as Lawyers	Live Webcast	1			
508146	6/13/2024	Interrupting Bias While Surviving & Thriving in Challenging Times	Minneapolis			1	

505329	6/12/2024	Chronic Stress, Trauma, Mental Health & Addiction in the Legal Profession	Live Webcast			1
508599	6/11/2024	Mental Health, Addiction, and Transition in Older Adults	Live Webcast			1
507605	6/4/2024	Reducing Stigma to Avoid Chronic Stress and Burnout	Live Webcast			1
508241	5/31/2024	Vicarious Trauma, Empathy Distress Fatigue, and Self-Care in the Legal Profession	Live Webcast	1		
506896	5/15/2024	The Neuroscience of Addiction (Renewal)	On-Demand			1.5
505492	4/25/2024	Ethics, Mental Health, and Well-Being in a Traumatic and Shifting Environment	Live Webcast		1	
503890	4/23/2024	Keeping It Real: The Trauma-Informed Legal Professional	Live Webcast			1
503889	4/9/2024	Avoiding Burnout: What Fuels Your Fire?	Live Webcast	1		
501282	3/28/2024	Surviving and Thriving in the Law: One Criminal Prosecutor's Well-Being Journey	Live Webcast	1		
501819	3/21/2024	Clients in Crisis - Helping Yourself, Helping Your Clients	Mankato, MN		1	
501279	3/5/2024	Ethical Dangers of Isolation in the Legal Profession	Live Webcast		1	
499312	2/20/2024	Mindfulness for Wellness	Live Webcast	1		
499040	2/6/2024	Avoiding Burnout as an Ethical Imperative	Live Webcast		1	
498992	1/18/2024	Helping Yourself While Helping Others: The ABCs of Well-Being	Saint Cloud, MN	0.5		
498490	1/17/2024	Ethics, Mental Health and Social Media in the Legal Profession	On-Demand		1	
497670	1/4/2024	Ethics, Mental Health, and Well-Being in a Post-Covid World	On-Demand		1	
497667	1/4/2024	Mental Health, Well-Being, and Implicit Bias in a Post-Covid World	On-Demand			1
497664	1/4/2024	Reducing Stigma to Avoid Chronic Stress and Burnout	On-Demand			1
497663	1/4/2024	Clients in Crisis - Helping Yourself, Helping Your Clients	On-Demand		1	
497662	1/4/2024	Avoiding Burnout: What Fuels Your Fire?	On-Demand		1	
497563	1/11/2024	Vicarious Trauma, Empathy Fatigue, and Self-Care in the Legal Profession	Chisholm, MN	1		
497561	1/5/2024	Mental Health, Well-Being, and Implicit Bias in a Post-Covid World	Benson, MN			1
497461	1/16/2024	Resolve to be Resilient - Using Resiliency to Build Your Fitness to Practice	Live Webcast	1		
497375	12/20/2023	Mental Health, Well-Being and Implicit Bias in a Post-Covid World	On-Demand			1
496977	1/23/2024	Ethically Enhancing Workplace Well-Being with Self-Compassion, Gratitude and Joy	Live Webcast		1	
496802	12/4/2023	Mental Health, Addiction, and Transition in Older Adults	Live Webcast			1
496765	11/28/2023	Helping Yourself While Helping Others: The ABCs of Well-Being	Minneapolis	0.5		
495057	11/9/2023	Chronic Stress, Mental Health and Addiction in the Legal Profession	Moorhead, MN			1
494719	11/21/2023	Understanding and Managing Holiday Stress	Live Webcast	1		
494591	11/7/2023	Chronic Stress, Mental Health, and Addiction in the Legal Profession/Live Webcast	Live Webcast			1
493865	10/18/2023	Keeping it Real: The Trauma Informed Legal Professional	Duluth, MN			1
493166	10/24/2023	Creating Connection to Avoid Isolation and Promote Well-Being	Live Webcast	1		
493167	10/19/2023	Implicit Bias in the Legal Profession: Mental Health and Double Stigma	Live Webcast			1
479379	10/11/2023	Suicide Awareness and Prevention	Minneapolis			1
492887	9/25/2023	Vicarious Trauma, Empathy Fatigue, and Self-Care in the Legal Profession	Live Webcast	1		
491663	9/21/2023	Vicarious Trauma, Empathy Fatigue, and Self-Care in the Legal Profession	Live Webcast	1		
491662	9/14/2023	Mental Health, Well-Being, and Implicit Bias in a Post-COVID World	Live Webcast			1
491313	8/30/2023	Mental Health, Well-Being, and Implicit Bias in a Post-COVID World	Lake Elmo			1
491291	8/24/2023	Understanding and Preventing Suicide	Live Webcast			1
491311	8/24/2023	Implicit Bias in the Legal Profession: Mental Health and Double Stigma	Minneapolis			1
490294	8/22/2023	Authenticity, New Professionalism and Well-Being	Live Webcast	1		
490347	8/14/2023	Getting Your Bounce Back: Using Resiliency to Preserve Your Fitness to Practice	On-Demand	1		
490295	8/10/2023	Ethics, Mental Health and Well-Being in a Post-COVID Environment	Live Webcast		1	
490060	7/27/2023	Mental Health, Well-Being and Implicit Bias in a Post-COVID World	Minneapolis			1

489368	7/20/2023	Suicide Awareness and Prevention	Live Webcast			1
488645	7/14/2023	Clients in Crisis -	On-Demand		1	
489342	7/11/2023	Avoiding Burnout: What Fuels Your Fire?	Live Webcast	1		
486827	6/29/2023	Clients in Crisis - Helping Yourself, Helping Your Clients	Live Webcast		1	
486768	6/8/2023	Reducing Stigma to Avoid Chronic Stress and Burnout	Live Webcast			1
486780	6/2/2023	Clients in Crisis - Helping Yourself, Helping Your Clients	Willmar, MN		1	
486775	6/1/2023	Client in Crisis	Live Webcast		1	
485311	5/11/2023	Chronic Stress, Mental Health, and Addiction in the Legal Profession/Live Webcast	Live Webcast			1
485070	5/5/2023	Hiding in Plain Sight - Eating Disorders	On-Demand			1
485037	5/4/2023	On Square Pegs and Round Holes: Exploring Neurodiveristy in the Legal Profession	On-Demand			1
479379	5/3/2023	Suicide Awareness and Prevention	Minneapolis			1
485071	5/2/2023	Managing Ethics, Negativity & Stress	On-Demand		1	
484543	4/25/2023	Problem Gambling and the Legal Profession	Live Webcast			1
484544	4/11/2023	Avoiding Burnout as an Ethical Imperative	Live Webcast		1	
483328	3/14/2023	Understanding Stress, Trauma, Mental Illness, and Bias in the Legal Profession	In-House			1
482672	3/1/2023	Mental Health, Well-Being, and Implicit Bias in a Post-COVID Environment	Live Webcast			1
481064	2/23/2023	Avoiding Burnout: What Fuels Your Fire?	Live Webcast	1		
481078	2/22/2023	Help for Colleagues in Crisis: Recognizing and Responding to Impairment and other Challenges in the Legal Pro	Live Webcast			1
481101	2/16/2023	Ethics, Mental Health and Well-Being in a Post-COVID Environment	Mankato, MN		1	
480768	2/16/2023	Hiding in Plain Sight - Eating Disorders	Live Webcast			1
479645	1/17/2023	Managing Ethics, Negativity & Stress	Live Teleconference		1	
479459	1/13/2023	Vicarious Trauma, Compassion Fatigue and Self-Care in the Legal Profession	Live Webcast	1		
478651	1/10/2023	Resolve to be Resilient	St. Paul, MN	1		
478990	1/6/2023	Keeping It Real: The Trauma-Informed Legal Professional	Willmar, MN			1
477300	12/15/2022	On Square Pegs and Round Holes: Exploring Neurodiveristy in the Legal Profession	Live Webcast			1
476130	11/29/2022	Avoiding Burnout: What Fuels Your Fire?	Live Webcast	1		
477412	11/17/2022	Understanding and Managing Holiday Stress	Live Webcast	1		
476807	11/16/2022	Stress, Addiction, and Mental Health: An Ethical Perspective	Live Webcast	1		
476510	11/10/2022	Clients in Crisis	Moorhead, MN		1	
476129	11/8/2022	Understanding and Managing Holiday Stress	Live Webcast	1		
470821	10/25/2022	Mental Health, Well-Being and Resilience in a Post-Covid Environment	Live Webcast	1		
475187	10/11/2022	Keeping it Real: The Trauma Informed Legal Professional	Live Webcast			1
470820	9/13/2022	Understanding and Preventing Suicide	Live Webcast			1
470680	9/7/2022	Suicide Awareness and Prevention	On-Demand			1
470681	9/7/2022	Implicit Bias in the Legal Profession: Mental Health & Double Stigma	On-Demand			1
469639	8/23/2022	Understanding Stress, Trauma, Addiction, and Bias in the Legal Profession	St. Paul, MN			1
469640	8/9/2022	Clients in Crisis	St. Paul, MN		1	
467561	7/26/2022	Vicarious Trauma, Empathy Fatigue, and Self-Care in the Legal Profession	St. Paul, MN	1		
469584	7/26/2022	Elimination of Bias: Mental Health and Well-Being in a Post-COVID Environment	In-House			1
467560	7/12/2022	Mental Health and Addiction Issues in Older Adults	St. Paul, MN			1
466956	7/8/2022	Sustainable Wellness: A Trauma-Informed Look at Cultivating Calm Beyond the Pandemic Woes	On-Demand	2		
464023	6/28/2022	Stress, Addiction, and Mental Health - An Ethical Perspective	Live Teleconference			1
466890	6/20/2022	Sustainable Wellness: A Trauma-Informed Look at Cultivating Calm Beyond the Pandemic Woes	St. Paul, MN	2		
456109	6/15/2022	Interrupting Stigma While Surviving and Thriving in Challenging Times	Live Teleconference			1

464022	6/14/2022	Implicit Bias in the Legal Profession: Mental Health and Double Stigma	Live Teleconference			1
465454	6/13/2022	Suicide Awareness and Prevention	Live Webcast			1
COURSES SPONSORED BY OTHERS						
	LCL representatives often speak in CLE programs sponsored by Minnesota CLE, bar associations and other organizations. If you do not see the course you attended on this list, please contact the provider. If you don't know the name of the provider, we'll be happy to help you identify them.					