

when we are in the present, but very often, depression pulls the mind into the past or the future — sometimes without our even knowing it. The research literature has shown that the practice of mindfulness reduces rumination and worry, two big drivers of low mood. It is not a cure all, but it can be a valuable starting point for taking a more active role in self-care when living with a mood disorder.

Dr. Segal writes of the beneficial role that mindfulness, as a general matter, may play in reducing rumination and worry. A very readable book that offers helpful guidance for someone interested in learning more about MBCT is “The Mindful Way Through Depression,” which Dr. Segal wrote with Mark Williams and John Teasdale, and which includes guided mindfulness exercises by Jon Kabat Zinn. They have also authored a workbook, “The Mindful Way Workbook: An 8-Week Program to Free Yourself from Depression and Emotional Distress.”

The seriousness of depression in the legal profession cannot be overstated, and Rachel is far from alone. A 2016 ABA study of 13,000 lawyers reports that approximately 28 percent experience depression, and so it is likely that most everyone reading this article either has experience with depression and/or knows colleagues, friends, and family who do.

You can learn more about depression and MBCT by visiting <http://mbct.com>. On it, you can watch a TED Talk where Dr. Segal discusses the development of MBCT and some of the underlying reasons why mindfulness can be helpful. If you are interested in participating in an 8-Week MBCT program, it is likely that you can find a class being offered in your area. There are also online programs that are being offered.

Thank you, Rachel, for submitting such an important question, and Dr. Segal, for your thoughtful reply and the important work you have been doing in this area for many years.

If you have a question about integrating mindfulness into the practice of law that you would like answered in this column, send it to srogers@law.miami.edu.



*Scott Rogers, M.S., J.D., is a nationally recognized leader in the area of mindfulness in law and founded and directs the University of Miami School of Law’s Mindfulness in Law Program where he teaches mindful ethics, mindful leadership, mindfulness and negotiation, and mindfulness in law. He is the creator of Jurisight, one of the first CLE programs in the country to integrate mindfulness and neuroscience and conducts workshops and presentations on the role of mindfulness in legal education and across the legal profession. He is author of the recently released, “**The Mindful Law Student: A Mindfulness in Law Practice Guide**,” written for all audiences.*