

Fall 2010

**Contemplative Lawyering
Golden Gate University School of Law
SYLLABUS**

Professor Judi Cohen
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REQUIRED TEXTS:

There is no text. All assignments will be provided either on TWEN or as handouts.

TWEN NOTICE:

This class will have a TWEN website. The site will contain the syllabus including any changes, as well as class announcements, assignments and reading materials. Please access the TWEN site regularly to keep apprised of course developments.

COURSE GRADING AND ASSESSMENT:

This course meets on Tuesday mornings from 10:00-11:40 in Room 2321, except for one class which will meet on Friday, November 5th from 8:10-9:50 (because the following Tuesday we will not meet). Students are expected to attend all classes, participate fully, complete all reading, listening and writing assignments, and develop a contemplative practice. The class will be pass/fail.

COURSE DESCRIPTION:

The course begins with an introduction to meditation and other contemplative practices for the purpose of investigating how the mind works and to become less captivated by conditioned reactivity and more *at choice*. We will then move into an investigation of the use of contemplative practice to develop essential lawyering skills and the necessary underlying attributes that support those skills. In late October we will move to an exploration of the core values essential to practicing law as aware, visionary practitioners. Finally, we will turn our attention to the use of contemplative practice to aligning the practice of law with those essential core values, and to creating a vision for an intended future in the law.

COURSE GOALS:

The goals of this course are:

1. To learn contemplative practices and use them to (a) understand how the mind works, and (b) become more *at choice* as to how to respond to internal thoughts as well as external stimuli;
2. To learn to use contemplative practice to support the development of the eight essential lawyering skills, which are speaking, listening, reading, writing, analysis, counseling, negotiation and advocacy, by building proficiency in the foundations for these skills. Those foundations are the abilities to focus without distraction; empathize with others; communicate respectfully and facilitate communication among others; deal wisely with conflict, including understanding the roots of conflict (particularly the root emotions, especially anger); problem-solve creatively; engage in honest self-examination; and align the practice of law with the core values that are essential to the practice; and
3. To learn how to use contemplative practice to locate a vision for an intended future in the law that is resonant with those essential core values.

DATE	TOPIC
Class 1 (August 17 th)	Introduction: Exploring Contemplative Practice
Class 2 (August 24 th)	Awareness Practice: Being Present by Watching the Breath
Class 3 (August 31 st)	Investigating the Present Moment: Thoughts & Sensations
Class 4 (September 7 th)	Concentration Practice: Collecting and Focusing the Mind
Class 5 (September 14 th)	Intention: Deciding to Employ Contemplative Practices in Work and Life
Class 6 (September 21 st)	Natural Consequences of Employing Contemplative Practice: Developing Empathy for Others, Including Clients, Colleagues and Opponents
Class 7 (September	Training the Mind: The Wholesome States of Lovingkindness, Sympathetic Joy, Compassion, and Equanimity, and Their Application in

28 th)	the Practice of Law
Class 8 (October 5 th)	Acknowledging and Working With Internal and External Conflict and Its Root Causes, Including Emotions Such as Anger and Greed
Class 9 (October 12 th)	Developing a Capacity to Sit With One's Own Difficult Emotions and the Difficult Emotions of Others
Class 10 (October 19 th)	Cultivating Wisdom
Class 11 (October 26 th)	Investigating Core Values: Considering Individual and Shared Values Essential to the Practice of Law
Class 12 (November 2 nd)	Envisioning the Alignment of the Practice of Law With Those Core Values that are Essential to the Law
November 14th	No Class
Class 13 + 14 (November 17 th)	Connecting Contemplative Practices to a Life in the Law; Commitments & Closing

END OF SYLLABUS