

**LAW 566**  
**The Mindful Lawyer: Practices and Prospects**  
**for Law School, Bench, and Bar**

**Fall 2010**  
**Professor Stephanie Phillips**

**SYLLABUS**

**Course Description**

This course is about integrating contemplative practice (also called meditation or mindfulness) into the law school curriculum, judicial process, and law practice. The principal course requirement is to attend or watch video recordings of the conference co-sponsored by our law school, entitled "The Mindful Lawyer: Practices and Prospects for Law School, Bench, and Bar," taking place at the U.C. Berkeley School of Law, on October 29-31, 2010. Conference sessions will address key benefits of mindfulness meditation, including impact on brain functioning, values clarification, and health (ameliorating stress, depression, and substance abuse). The conference chair is Charlie Halpern, founding dean of CUNY Law School and co-founder of the Center for Contemplative Mind. Virtually all of the nationally prominent proponents of law and meditation will participate, including Leonard Riskin, Scott Rogers, and Rhonda Magee. For more information, visit the conference website at [www.mindfullawyerconference.org](http://www.mindfullawyerconference.org).

**Course Requirements**

1. Option (A) Attend conference from Friday, October 29 through Sunday, October 31, U.C. Berkeley School of Law *or*

Option (B) View video recordings of five conference plenaries plus audio recordings of four concurrent panels of your choice. This will be approximately 13 hours of material, equivalent to the amount of class time for a one-credit course. Copies of the conference program, including descriptions of the panels, will be available for pick-up from Linda Kelly, Room 717 O'Brian, after November 3. The video and audio recordings will be available through the A/V department on the fifth floor of the Law Library. You will receive an e-mail when the recordings become available, sometime soon after November 3.

**Course Requirements (cont'd)**

2. Take notes as you watch or listen to the conference sessions. Write a one-paragraph reaction to each session, which may summarize the theme of the panel or raise questions you have or note issues you found particularly interesting. You are required to turn

in this document, which need not be longer than three pages, by noon on the last day of the exam period, Friday, December 17. Submit it via e-mail to slp@buffalo.edu.

3. Read the assigned articles posted as "Course Documents" on the UBLearn website. There will be five required readings.

4. Write a ten-page paper on a topic of your choice that pertains to the subject-matter of the conference. The paper should be double-spaced with 12-point font and decent margins. It is due by noon on the last day of the exam period, Friday, December 17. Submit the paper via e-mail to slp@buffalo.edu.

5. Optional: For those of you who are unfamiliar with mindfulness meditation practice, I urge you to attend one of the weekly meditation sessions held on Wednesdays at 4:00 p.m. in Room 509, the Cellino and Barnes Conference Center. There will be no session on October 27 or November 24. If anyone would like to arrange a meditation session on a different day or time, please let me know.

6. Optional: Sometime in November, we may have one or two optional sessions for discussion of the conference and the readings.

### **Contact Information**

You may reach Professor Phillips at her office (420 O'Brian) or by phone (645-2201) or by e-mail (slp@buffalo.edu). Her assistant, Linda Kelly, may be reached at her office (717 O'Brian) or by phone (645-2101) or by e-mail (lkelly@buffalo.edu).