

ANXIETY & THE LAW STUDENT



Law:

- Is not a 'fun' career
- Can feel like warfare
- Has a lot of boredom, but some intense terror
- Has a lot of 'process work'

The Pleasures of Law:

- Problem solving
- Enjoying the thrill of the chase

Lawyers must:

- Obsess about detail
- “Play to win”
- Relish high conflict



Am I cut out to be a lawyer?

Annabelle is an 18 year old young woman who comes to my office after being referred by her G.P.

She is in 1st year Law at St Elsewhere's University

Annabelle has not slept for 4 nights
She is very tearful and says she
cannot do her assignment and
needs a 'special consideration'
certificate



Annabelle has always been an excellent student and was vice-captain of her high school and achieved an OP1 for Grade 12

She initially thought of becoming a teacher but her school Counsellor said it would be “a waste of her intellect”

Annabelle's mother was recently
diagnosed with breast cancer

Annabelle's father is a successful
business man who thinks anything
less than a Distinction is a Fail

The family were badly affected by the 2011 floods and suffered significant financial losses due to difficulties with insurance cover

Annabelle worries that, if she does not do well in her Law course, she will never get a job in a top tier Law firm and her life will be a total failure





ANXIETY is common

1 in 3 women and 1 in 5 men will
experience significant anxiety
throughout their lifetime

REASONS FOR BECOMING ANXIOUS

Family pattern – nature vs nurture

Some physical illnesses

Abusing drugs and alcohol

Awful experiences

“Just wired that way”

ANXIETY

VS

ANXIOUS FEELINGS

Feelings = a normal reaction
whereas Anxiety comes from
nowhere and continues on for no
reason



PERFECTIONISM

The Tyranny of the “Shoulds”



GENERALISED ANXIETY DISORDER



SOCIAL PHOBIA



PANIC DISORDER



SPECIFIC PHOBIA



OBSESSIVE COMPULSIVE DISORDER



POST-TRAUMATIC STRESS DISORDER



TREATMENTS FOR ANXIETY

ADMIT THE PROBLEM

GET HELP

WHO CAN HELP YOU?

G.P.

Psychologist/Psychiatrist

University Psychology

Department Clinic

Psychological treatments, e.g.,

C.B.T.

Hypnosis

Interpersonal Psychotherapy

Mindfulness Training

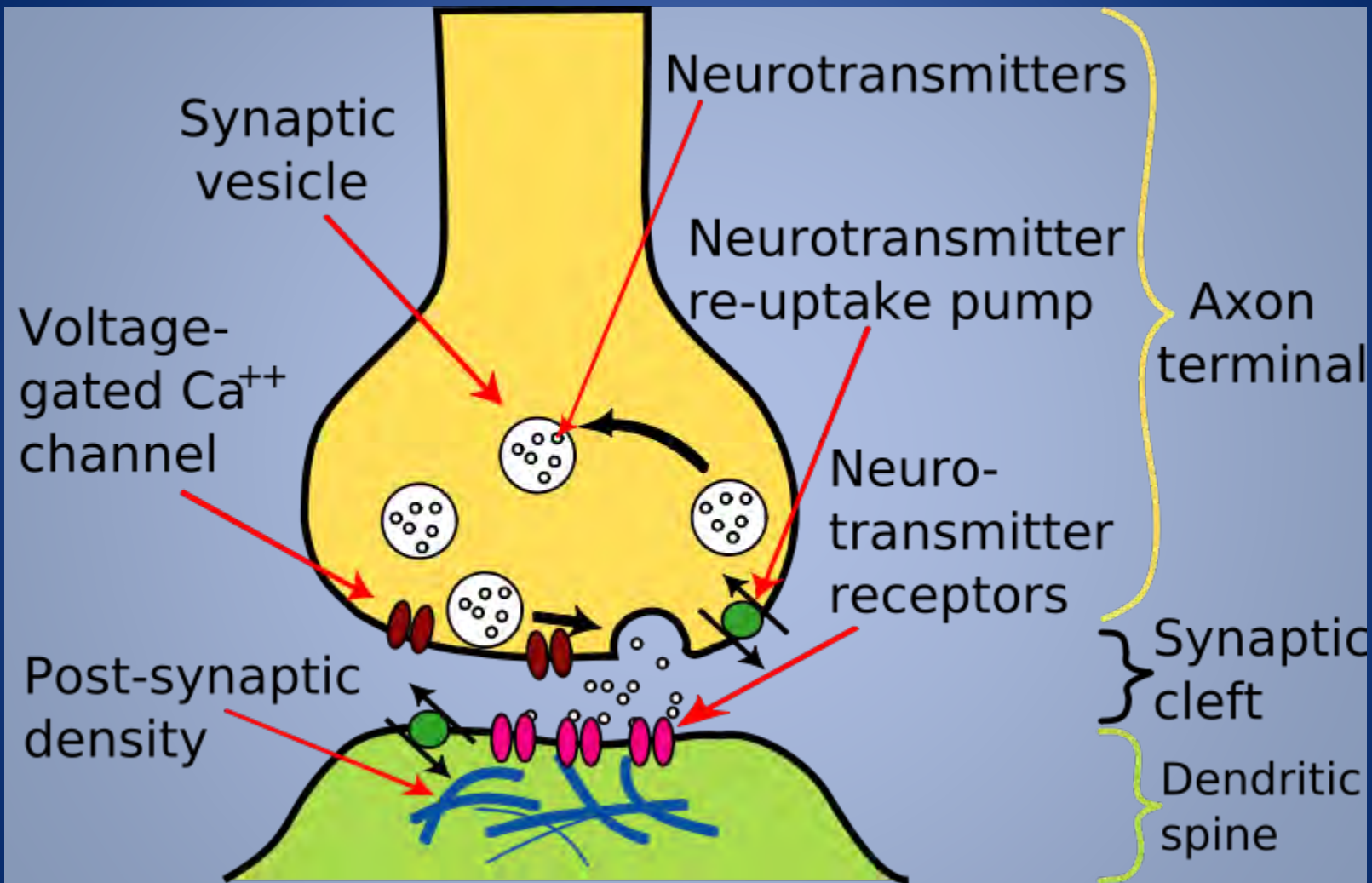


MEDICATION

Benzodiazepines (short term)

“Anti-depressants” SSRI, SNRI

Novel treatments



Sleep
Relationships

Exercise

No recreational drugs

Don't drink excessively

Resources

- beyondblue
 - www.beyondblue.org.au
- *mindhealthconnect*
 - www.mindhealthconnect.org.au
- Centre for Clinical Interventions
 - www.cci.health.wa.gov.au

Images Sourced From

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