

LAWYERS JOURNAL

L A W P R A C T I C E M A N A G E M E N T

Exploring virtual isolation: Unveiling the impact of hyperconnectivity on legal professionals

By ACBA Staff

The Allegheny County Bar Association is set to host a Continuing Legal Education (CLE) event titled “Virtual Isolation: Is Hyperconnectivity Helping or Harming the Legal Profession?” on April 10.

Scheduled from 12-1 p.m., the event will take place in the Mellon Room at the Koppers Building Conference Center. Attendees can earn one hour of ethics CLE credit, and the program is also eligible for one hour of credit under the West Virginia Rules for Mandatory Continuing Legal Education. Pizza will be served to participants.

In today’s digitally dominated world, it’s not unusual for individuals to find themselves more engaged with their smartphones than with their loved ones or professional peers. Smartphones have seamlessly integrated into every aspect of modern life, blurring the lines between work, social interactions and personal time. However, excessive usage of these devices can lead to dependency, addiction, and a sense of isolation, leaving individuals feeling simultaneously connected and alone.

Recent research has shed light on the alarming rise in issues such as alcoholism, addiction and mental health disorders among legal professionals. This raises pertinent questions about the role of technology in exacerbating these challenges.

The upcoming CLE event will feature Lawyers Concerned for Lawyers, focusing on critical topics including:

- Identifying early signs of impairment, with a special focus on stress, anxiety and trauma, including the mental health impact of technology in the post-COVID-19 era.
- Highlighting the free and confidential support services available to lawyers, judges, their families and law students through Lawyers Concerned for Lawyers.
- Introducing wellness strategies tailored for legal professionals and their families.
- Addressing the ethical dilemmas arising from the enforced isolation of the pandemic, with a specific examination of the role of technology and its potential long-term implications on the legal landscape.

The speaker for this event will be Brian Quinn from Lawyers Concerned for Lawyers of PA.

Members interested in attending can register online at [ACBA.org/calendar](https://www.acba.org/calendar). ■

