



Day/Date: Monday, April 26, 2021

Time: 12:00 pm – 1:00 pm

Title of Program: ATLAP Lawyer Well-Being During the Coronavirus Era

CLE: 1.0

Register: https://www.tcdla.com/TCDLA/Events/Event_Display.aspx?EventKey=P042621

Overview:

Social media has become ubiquitous in the past few years. Especially when we are without the personal interaction that the practice of law usually brings, we find ourselves staring at small screens many times for longer times than ever before. We can use these screens productively or we can allow them to invade our lives at times and in ways that increase the stress of the times. Chris Ritter will describe steps we can take to get the benefits and avoid the pitfalls in our relationship with technology and social media.

Speaker:

Chris Ritter graduated magna cum laude from Baylor University in 1994 with a B.A. Political Science and Philosophy and was elected Phi Beta Kappa. After law school at the University of Texas School of Law (J.D., 1998), he was a trial lawyer in West Texas for over 15 years until he joined TLAP in 2014. Most recently, Chris obtained a master's degree in Clinical Mental Health Counseling from Lamar University (M.Ed., 2018). He has been recognized by his peers for his legal accomplishments, including being named a Texas Monthly Super Lawyers' Rising Star three times. Chris is also in long-term recovery. During his career, his law practice has included being a solo practitioner, an Assistant Criminal District Attorney, and a partner in two prominent law firms. In his work at TLAP and in pursuit of his master's degree, he has gained significant knowledge and experience pertaining to mental health and substance use disorders and their treatment.