Determined to be different!

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Wellbeing Problem in Law?

Awareness  Diagnosis  Response

- The global difference in mental health and bar exam performance outcomes between two US law schools, explained by:

**What’s Self Determination and Values got to do with it?**

- Feel they can deal with their environment
- Feel in control (even if it is supported)
- Need to feel close connections with others

“...three innate psychological needs – **COMPETENCE, AUTONOMY AND RELATEDNESS** – which when satisfied yield enhanced self motivation and mental health and when thwarted lead to diminished motivation and wellbeing”

[Ryan and Deci, 2000]
Scores refer to frequency/intensity symptoms of depression/anxiety/stress only.

Increases in:
- Autonomy
- Competence
- Relatedness
- Hope
- Progress towards values

Decrease in:
Psychological flexibility (acceptance & action)
(all at p < .05)
## PREDICTORS OF OVERALL PSYCHOLOGICAL DISTRESS

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<th>Model 1</th>
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- Statistically significant: ↓ predicts less distress; ↑ predicts more distress
An integrated, innovative approach

Professional Legal Education
- ANU Legal Workshop, Graduate Diploma of Legal Practice
- Based on best practice educational action research – tested and re-evaluated

Professional Practice Core (PPC)
- Simulated, transactional learning
- Connection: Team work, Mentors, Between legal theory and practice
- Activity: Feed forward/back, competency based continual tasks (NO EXAMS, NO NUMERICAL MARKS)
- Active ongoing engagement required!

Professionalism in Practice in the PPC
- Includes professionalism and wellbeing initiatives
- Fundamental support for team work and development of professional skills
- Integrates metaskills with content based skills

Professionalism in Practice includes:

Developing professional identity
- Meeting deadlines, courtesy in communications
- Ethical obligations
- Understand how you want to be a lawyer (there is no one mould)

Supporting disruptive pedagogy
- Team work - collaboration
- Practice Organisation Skills: Time, file and risk management
- Mentoring from Practitioner Teachers

Enhancing wellbeing through skills development
- Identifying responses and feeling comfortable with uncertainty
- Developing the reflective practitioner, mentoring relationships
- Giving Voice to Values