

## *Determined to be different!*

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## Wellbeing Problem in Law?

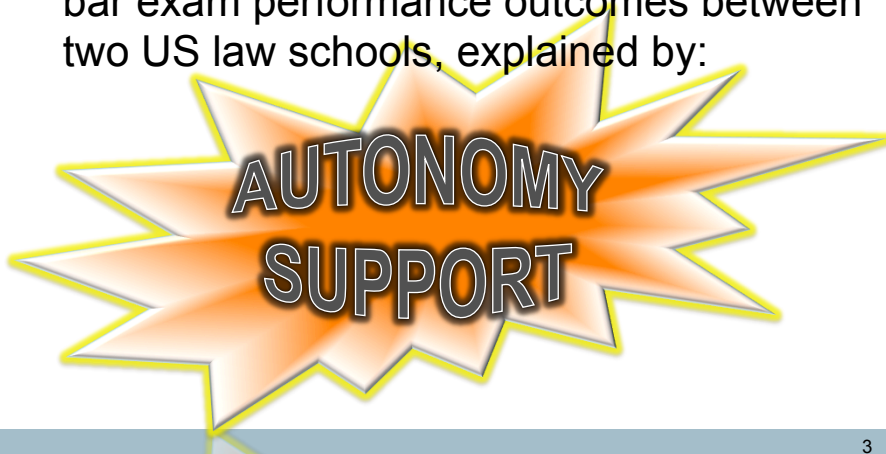
Awareness

Diagnosis

Response

## Sheldon and Krieger, 2004, 2007

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



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

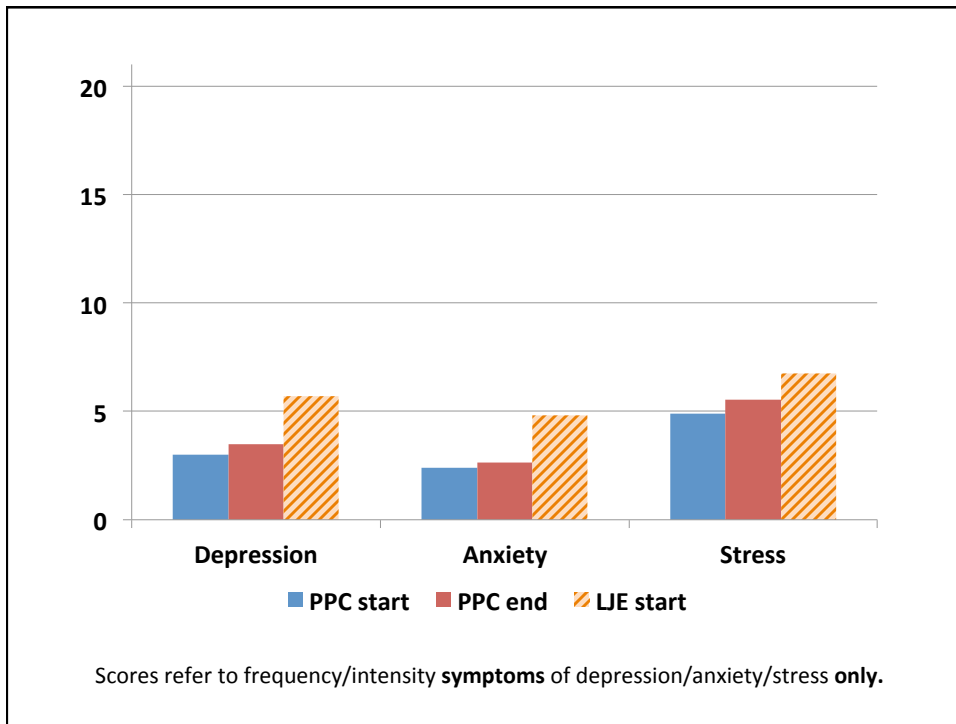
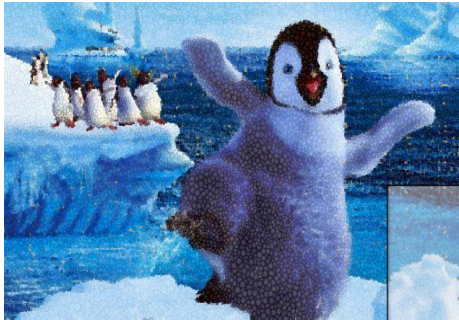
Feel they can deal with their environment

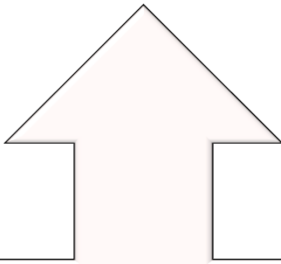
Feel in control (even if it is supported)

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]



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

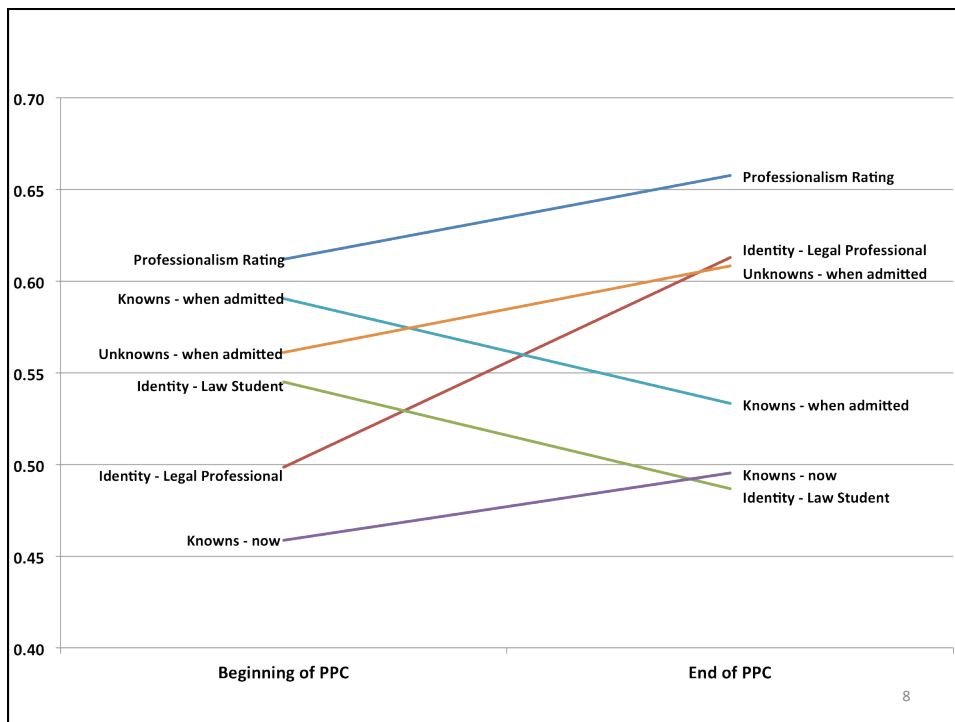
**Decrease in:**  
 Psychological flexibility (acceptance & action)  
(all at  $p < .05$ )

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**PREDICTORS OF OVERALL PSYCHOLOGICAL DISTRESS**

	Model 1	Model 2	Model 3	Model 4
PPC student	↓↓	↓	↓	-
Age		-	-	-
Male student		-	-	-
Hope			↓	-
Values progress			-	-
Values obstruction			↑↑↑	↑↑↑
Autonomy				↓↓
Competence				-
Relatedness				↓

Statistically significant: ↓ predicts less distress; ↑ predicts more distress

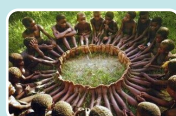


## An integrated, innovative approach



### 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:



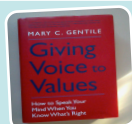
### Developing professional identity

- 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