

INSIGHTS + NEWS

Michael Dickman Addressed Bullying, Stress and Self-Care in Legal Practice

Michael Dickman co-presented “Resilient Advocacy: Navigating Bullying, Stress and Self-Care in Legal Practice,” presented by the Massachusetts Bar Association.

Bullying exists in many forms within the legal profession. Attorneys both create conflict and avoid conflict in multiple dynamics: lawyer to lawyer, client to lawyer, lawyer to client, partner to associate, and within the courtroom. Bullying impacts attorneys’ mental health and contributes to burnout, practice dissatisfaction and attorneys exiting the profession.

This April 28, 2026 webinar explored questions including:

- Where is the line between zealous advocacy, tough judging and bullying?
- How do power dynamics and bias influence bullying in legal workplaces and courtrooms?
- When does conduct cross into unethical or reportable territory under professional responsibility rules?
- What tools can lawyers use in the moment to respond to bullying while maintaining professionalism?
- What self-care practices help lawyers protect their well-being and avoid internalizing harmful behavior?