

Yuma
Dependency
Attorney Training
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Attorney - Juvenile &
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Professional Development
Coach

- Creating and reaching goals
- Identifying barriers to success
- Reducing stress and maximizing performance
- Improving productivity, efficacy, efficiency
- Creating leaders and teaching leadership qualities
- Generating shifts in the client's way of being that lead to greater job and life satisfaction

Somatic Experiencing
Practitioner

- Helping clients regulate their nervous systems so as to heal trauma, chronic stress, overwhelm, and burnout.
- Teaching clients tools for self-regulation so they can better manage their work and personal lives.

Yoga instructor

Meditation teacher



The Arriving Exercise

Three Important Parts to Parent Representation

1

Rule 40.2 Standards

Let's start with the basics. This is your foundation for parent representation.

2

What Parents Say

When representing parents, isn't it helpful to know what is important to them?

3

Tips for Better Engagement

How you interact with your clients is as important as what you say to them in terms of engagement.



Pause

What would you want to know?



RULE 40.2

- A: Identify conflicts, withdraw, not too many cases to handle ethically
- B: Must explain role, ethical obligations, privilege & confidentiality
- C: Allegations, rights, procedure, parties, consequences, central registry
- D: Explain requirements of caseplan and court orders
- E: Trial prep, interpreter, incarceration, advocate for services and explain status of case
- F: Communication! Before PP5 and regularly
- G: Be familiar with Juvenile law and systems/services; file affidavit with Sup Ct.



Grounding



Pause

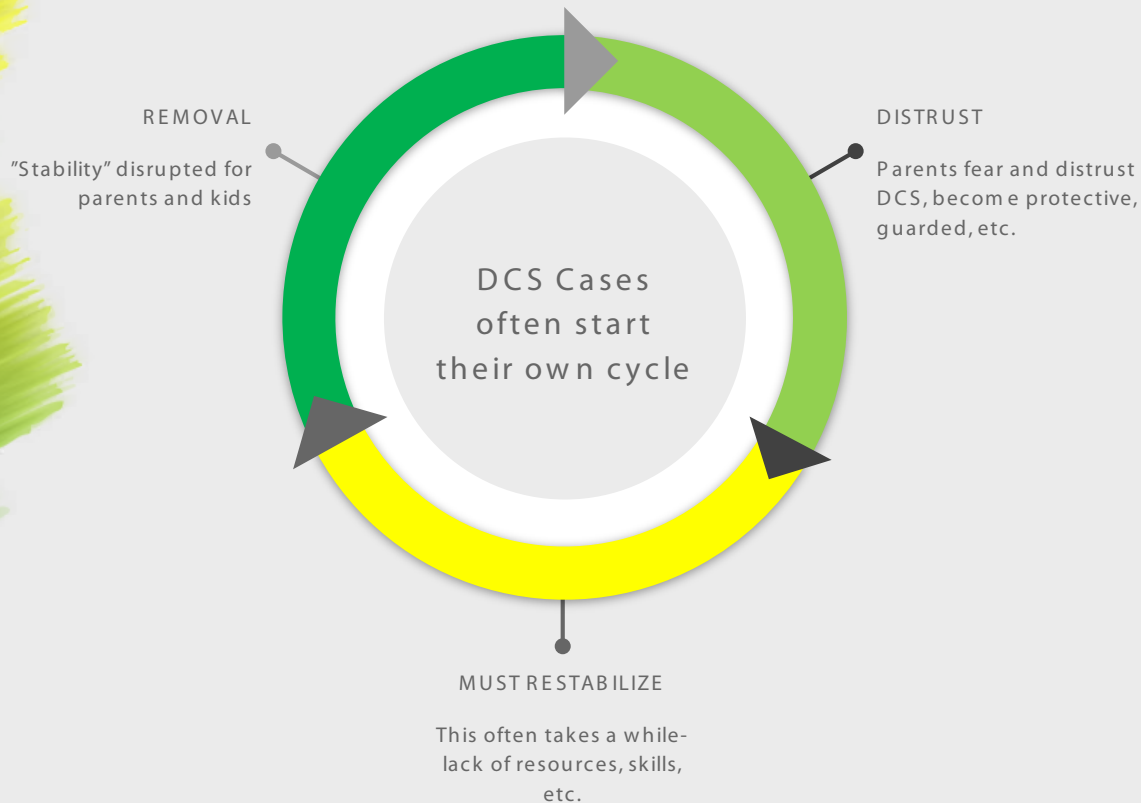
What do you think your client needs to be
successful?




What clients want you to know ...

- They know you're busy, and they often feel unimportant
- They feel rushed when we speak to them just before hearings
- They don't understand all of the acronyms and DX speak
- They are often scared to make waves, or afraid or too shut down to ask for what they need.
- Benchmarks are helpful, asking the judge is too!
- They often don't know how to advocate for themselves
- They often don't know or understand the scope of your relationship with them

What's
often in the
way for
parents...





What clients would ask if they could...

1. Explain our relationship and its parameters to me
2. Make time to communicate with me in a meaningful way
3. Keep me abreast of my case and its status
4. Be frank and direct, but respectful with me
5. Give me realistic goals and benchmarks
6. Help me find resources (SW /FIC → services/food/housing)
7. Encourage me and be supportive



Turning Points...

- When I found people who made me feel heard, seen, understood
- When the Judge said, "So what?"
- When seeds sprout

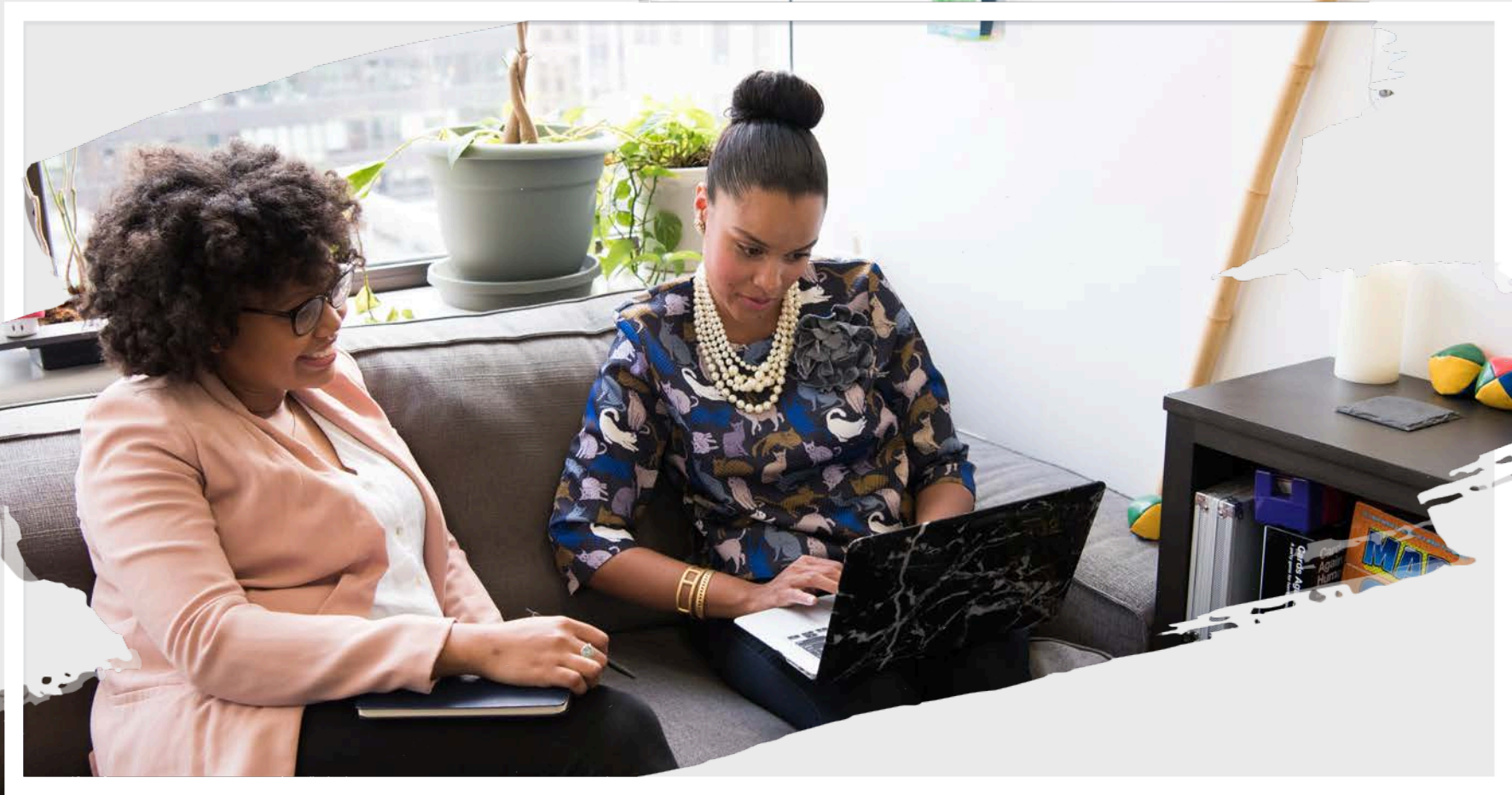
The background of the slide is a light gray color. Overlaid on this is a large, horizontal, teal-colored brushstroke that spans most of the width of the slide. The brushstroke has a textured, painterly appearance with some darker and lighter variations in the teal color. Centered within this brushstroke is the text "Notice your breath" in a white, sans-serif font. The text is positioned in the middle of the slide, both horizontally and vertically.

Notice your breath



Pause

How do you like to be spoken to?






“Too often we underestimate the power of a touch,
a smile, a kind word, a listening ear, an honest
compliment, or the smallest act of caring, all of
which have the potential to turn a life around.”

- Leo Buscaglia




Engaging with clients

- Better self -regulation = Better client regulation!
- Why do we care about our client's nervous system ?
- What's culture go to do with it?

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Lawyer, regulate thyself...

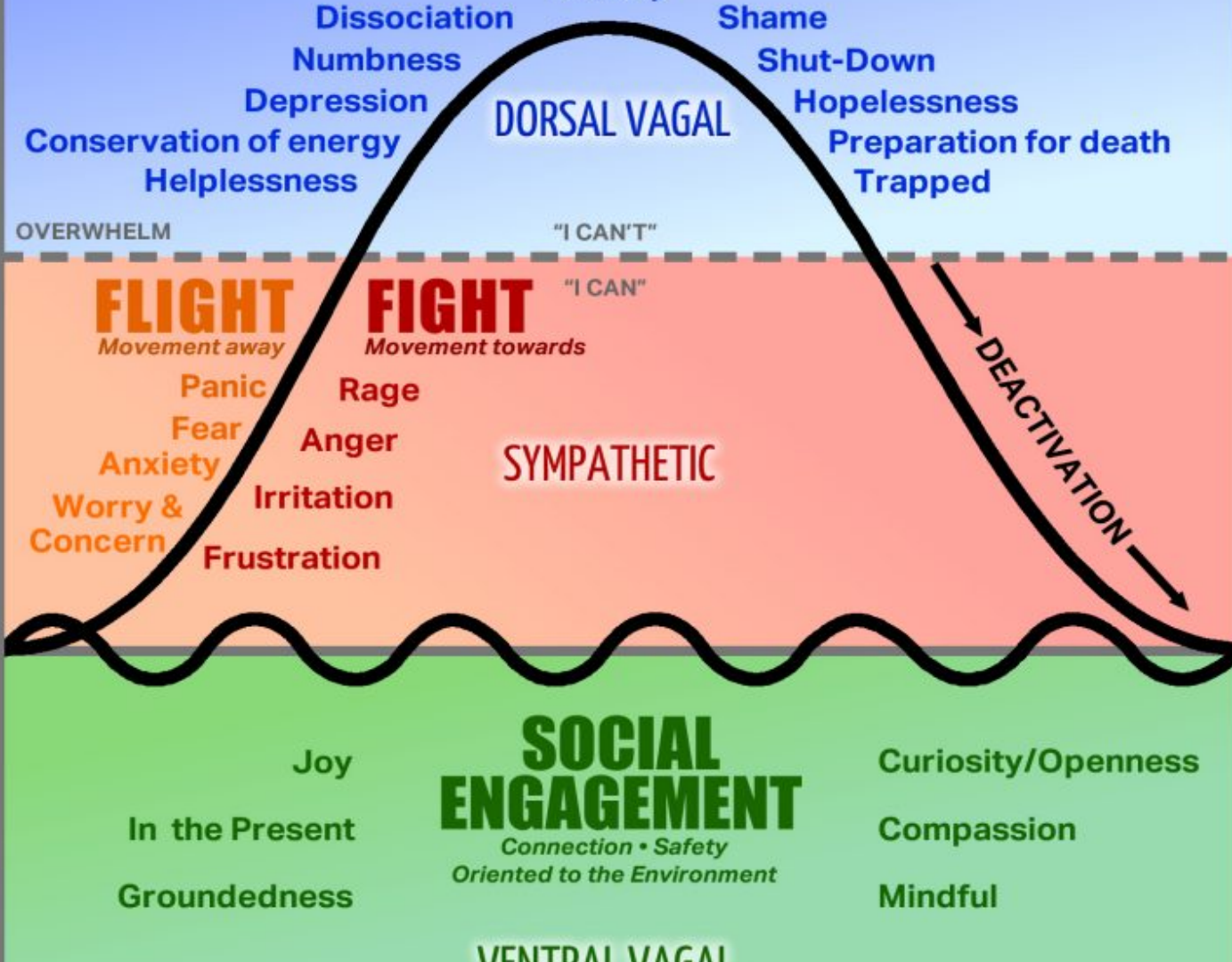
1. Co-regulation & relational trauma (why do you care?)
2. Limbic Resonance
3. Self-care & better efficacy as lawyers (because ethics)
4. Lawyering in a pandemic, anyone?



Trauma
responses
are survival
responses!

- Fight
- Flight
- Freeze

AROUSAL INCREASES



Endorphins that help numb and raise the pain threshold.

- Decreases**
- Heart Rate • Blood Pressure
 - Temperature • Muscle Tone
 - Facial Expressions • Eye Contact
 - Intonations • Awareness of the Human Voice
 - Social Behavior • Sexual Responses
 - Immune Response

- SYMPATHETIC NERVOUS SYSTEM**
- Increases**
- Blood Pressure • Heart Rate
 - Fuel Availability • Adrenaline
 - Oxygen circulation to vital organs
 - Blood Clotting • Pupil Size

- Decreases**
- Fuel Storage • Insulin Activity
 - Digestion • Salvation
 - Relational Ability
 - Immune Response

- PARASYMPATHETIC NERVOUS SYSTEM**
VENTRAL VAGAL
- Increases**
- Digestion • Intestinal Motility
 - Resistance to Infection
 - Immune Response
 - Rest and Recuperation
 - Circulation to non-vital organs (skin, extremities)
 - Oxytocin (neuromodulator involved in social bonds that allows immobility without fear)
 - Ability to Relate and Connect



A tiny
toolbox for
helping
your clients
to help you
to help
them

Presence

Much of what humans are looking for is just someone to be present, to hold space. How do you do this?

Grounding, etc.

The resources you learned here are incredibly helpful for clients and can be brought into meetings and hearings!

Pendulation

Sometimes, interrupting and coming back to a topic later is helpful.

And, hopefully, they
reunify...



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