

Drs. Adrienne Leca and Damon Silas Conduct a Resilience Workshop for Diverse Winston Employees

OCTOBER 21, 2020

Winston & Strawn recently hosted Drs. [Adrienne Leca](#) and [Damon Silas](#) who conducted a webinar workshop for our attorneys and staff of color titled “ARMOR: Actionable Resources for Mental and Occupational Resilience.” During the interactive presentation, they shared timely clinical data points regarding trauma, brain chemistry, and “the intersection of lawyers and trauma.”

Drs. Leca and Silas also gave participants helpful frameworks through which to understand challenging emotions they may be processing at this time, and provided tools for coping with race based traumatic stress including mindfulness, progressive muscle relaxation, and the emotional freedom technique.

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