

How Could a Law Student Benefit from Executive Coaching?

I devoted much of the research work I have done to the stresses experienced by law students. In recent years, law schools have become much more aware of the negative impact the Socratic Method can have on students. One result has been that many law schools make psychotherapy and counseling services available to their students. I offer law students the opportunity to work with a licensed psychologist who has personally experienced both law school stress and the stress associated with the professional practice of law. In addition, I utilize methods as a psychologist that are particularly well-suited to helping law students.

Law school can be very intimidating. Law students often enter law school after having been very successful undergraduate college students. In law school many students who had performed exceptionally at the undergraduate level—or even in other graduate programs—confront academic and intrapersonal challenges unlike any they had previously confronted. As a result, law school can be extraordinarily stressful. It is common for law students to question their abilities, despite their previous successes. Law students sometimes become hesitant prior to speaking. At the heart of their behavior is a newly-developed lack of self-confidence. This can lead law students to experience high levels of anxiety over extended periods. Some law students exhibit symptoms of depression. In this state, relationships with friends and relatives can suffer. It is also frequently the case that students experience periods during which they question their decision to enter law school. Many students who do question their desire to continue in law school experience high anxiety at the thought of trying to find a different direction for their life.

Effective psychotherapy can help the law student cope more effectively with the law school environment. Law students can learn new ways of viewing their classmates and of viewing the challenges that they confront in law school. Like lawyers, the benefits that effective psychotherapy brings to law students can have an impact that extends far beyond the classroom. There is so much to say about all of the ways law students can overcome these challenges, with the right kind of assistance. Thousands of law students matriculate each year. Many of them leave law school because of these stresses. In so many cases, the departing students had great potential of which they had somehow lost sight. Short-term psychotherapy really can help an individual regain a clear vision of the present and of the future.