


***Connection to Purpose,  
Law in the Service of Human  
Needs:  
Social Justice and  
Contemplative Practice***



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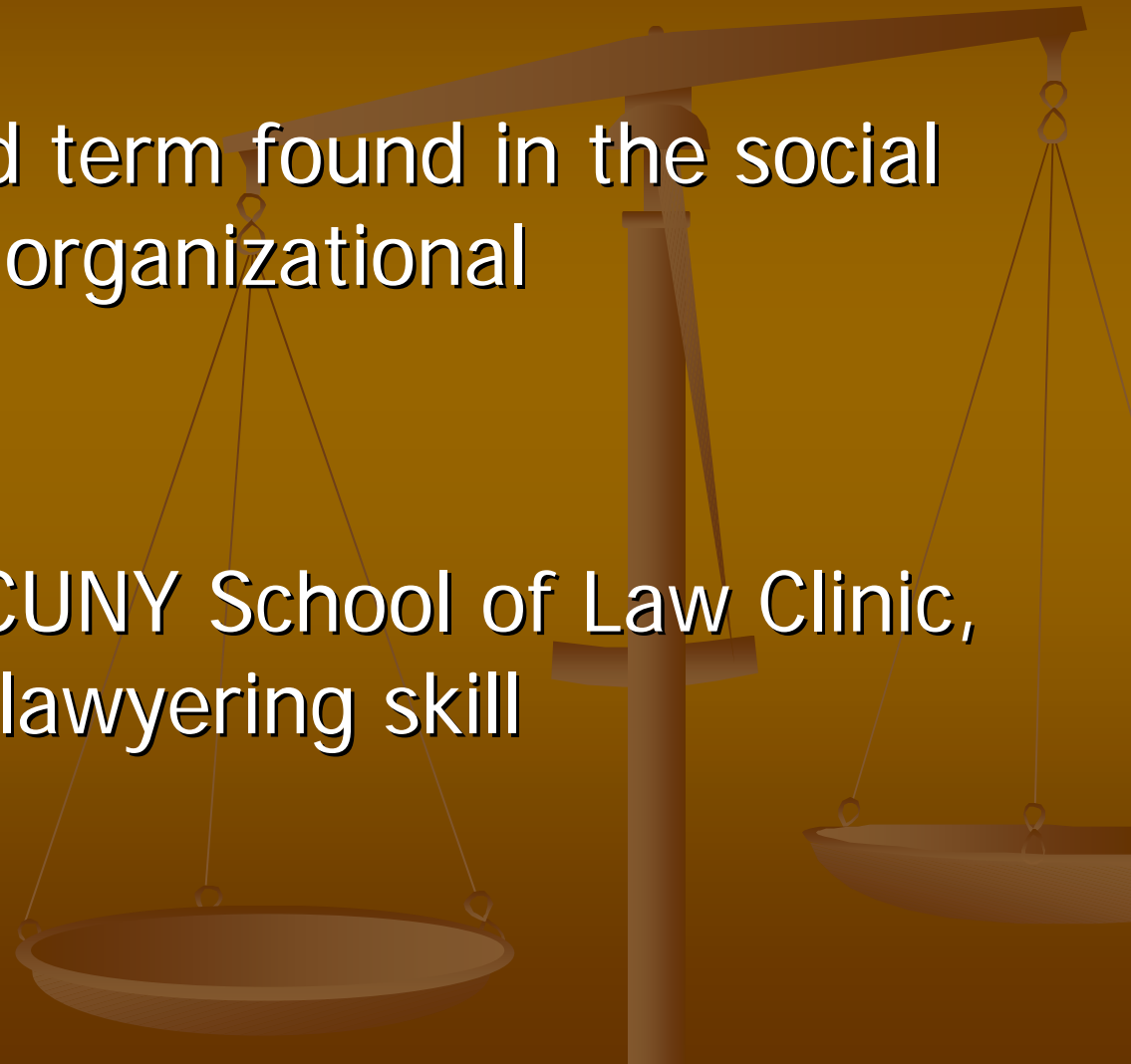


# **Therapeutic Presence (TP)**

**A Contemplative Lawyering Skill  
for Sustaining One's Centered  
Presence in Challenging  
Circumstances**

# Therapeutic Presence (TP)

- is a practice and term found in the social sciences and in organizational development.
- As used in the CUNY School of Law Clinic, TP is seen as a lawyering skill



# TP assists students and attorneys to bring a

- centered
- grounded
- open
- aware
- active
- concerned connection

with one's self, one's client and the environment.



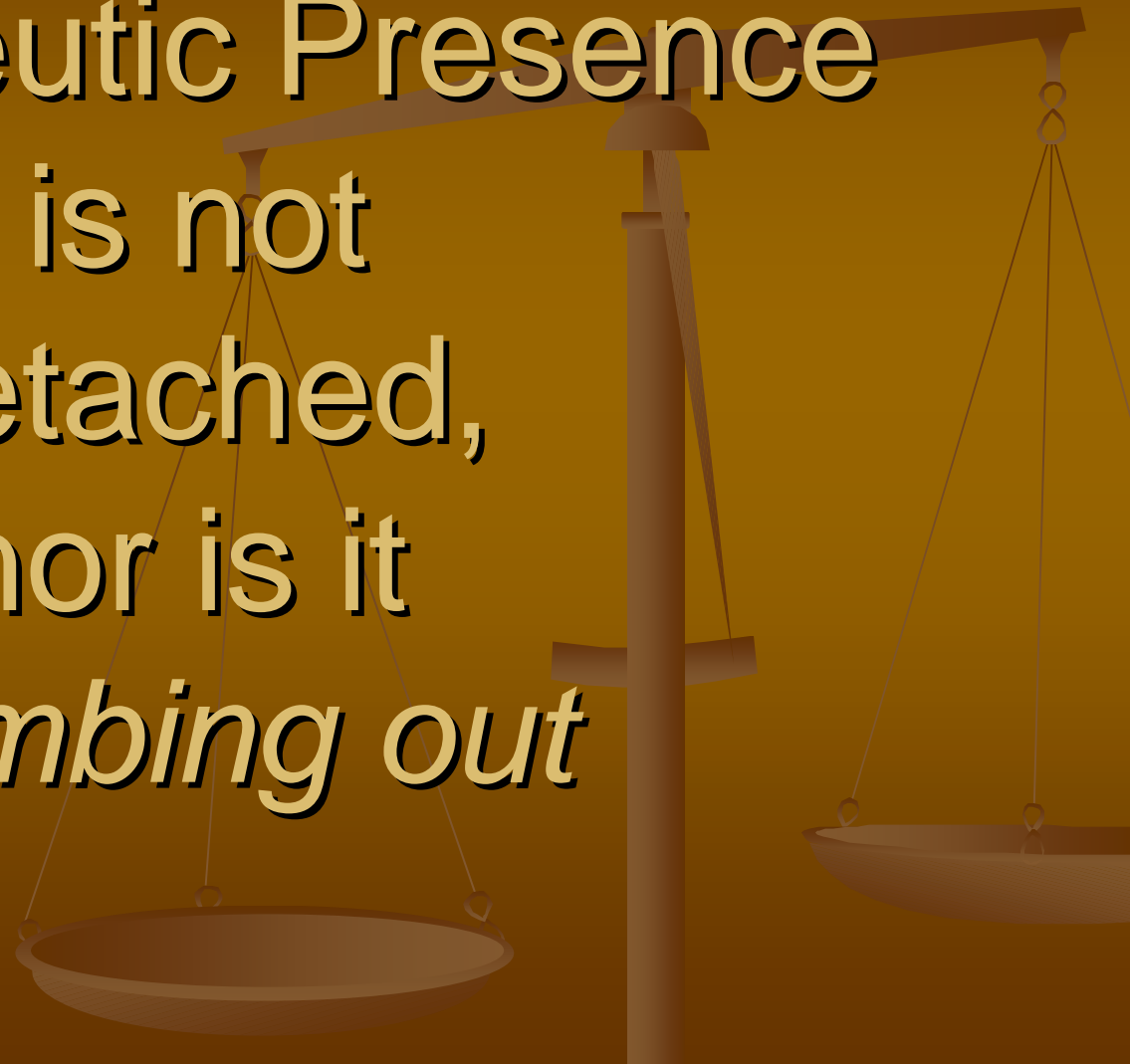
Therapeutic Presence

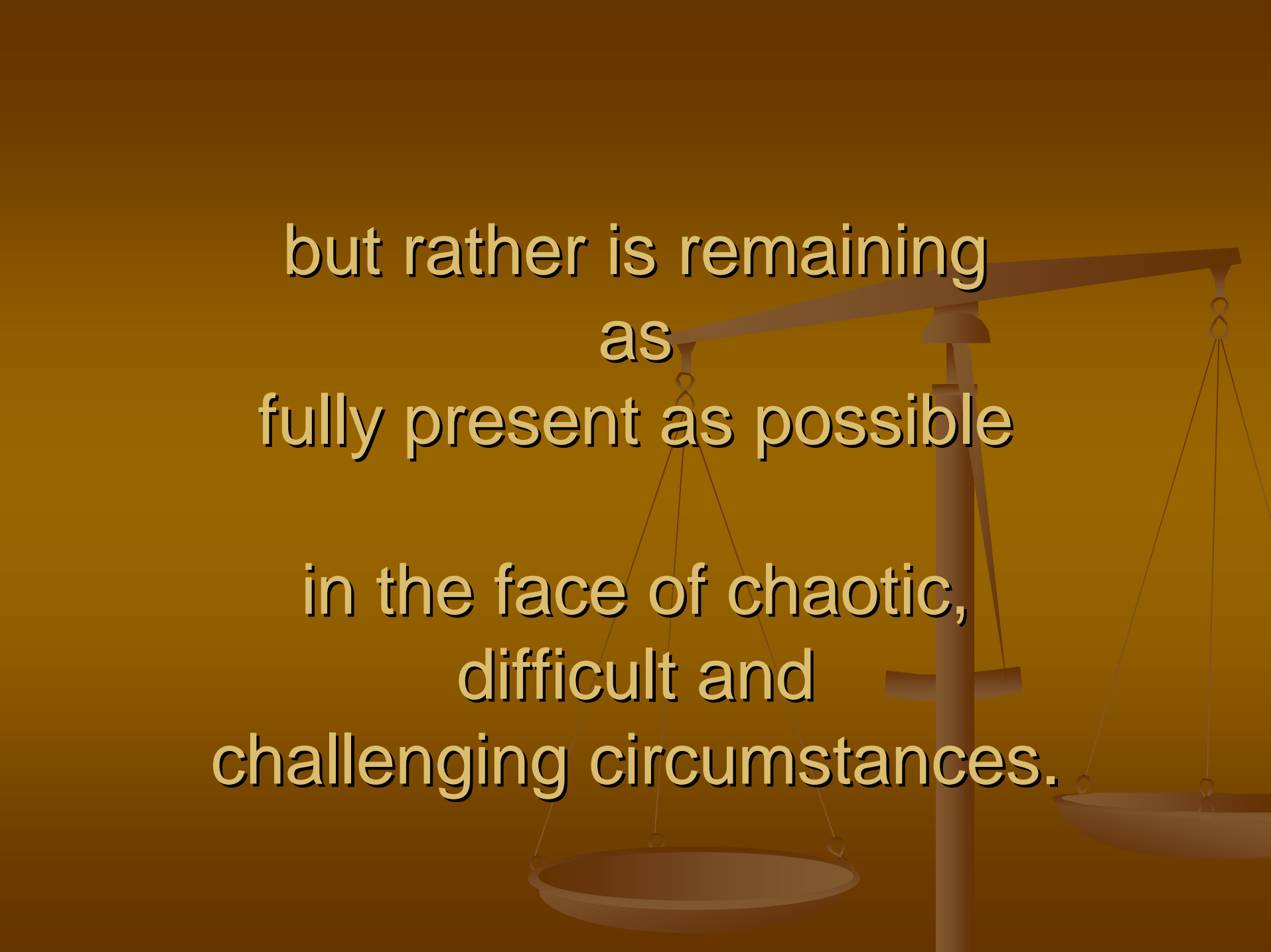
is not

detached,

nor is it

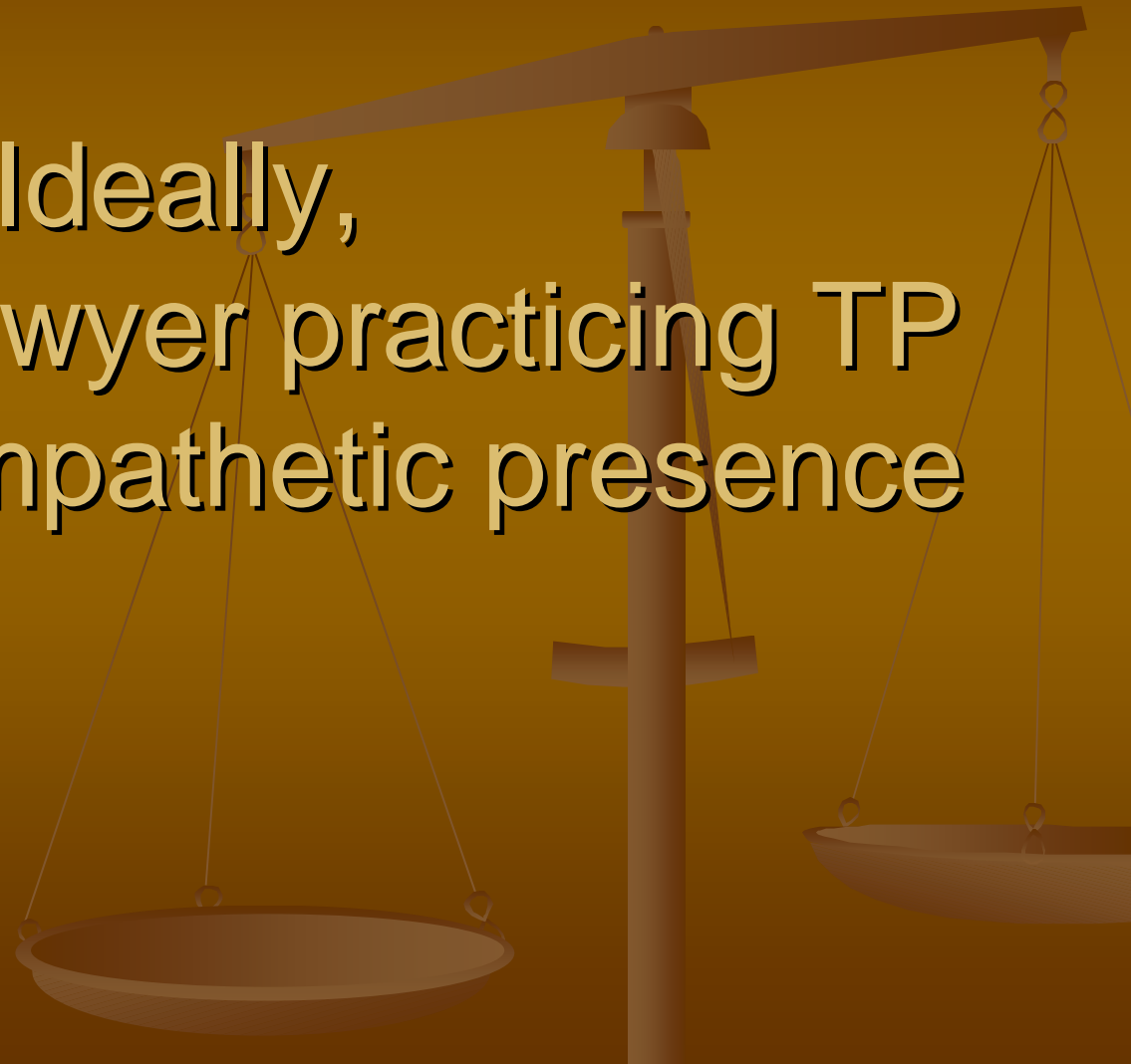
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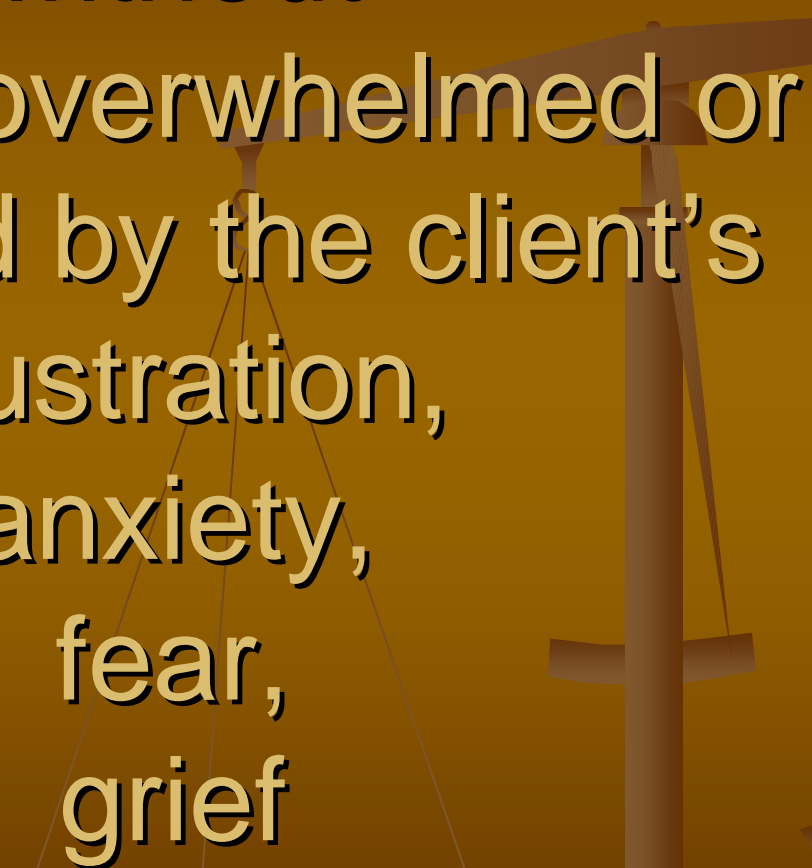


but rather is remaining  
as  
fully present as possible  
in the face of chaotic,  
difficult and  
challenging circumstances.

Ideally,  
a student/lawyer practicing TP  
offers an empathetic presence



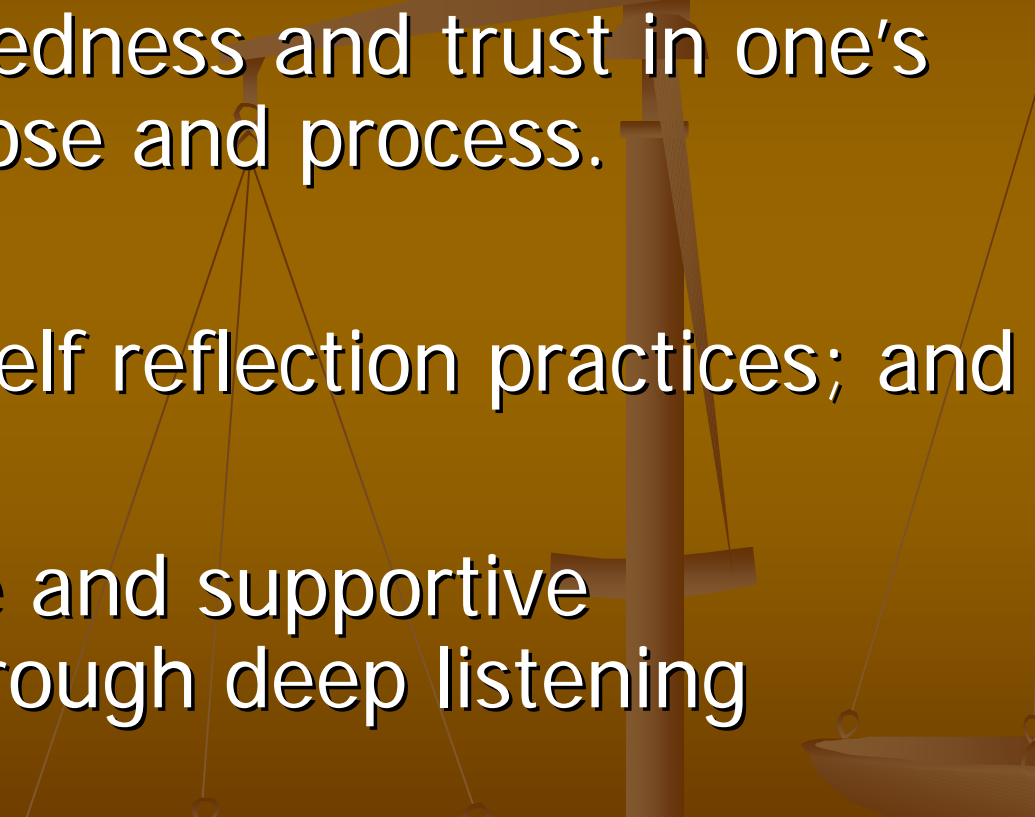
without  
getting overwhelmed or  
deterred by the client's  
frustration,  
anxiety,  
fear,  
grief



or  
by the environmental  
circumstances.



# TP requires that the student/lawyer develop:

- 1) Inner connectedness and trust in one's own inner purpose and process.
  - 2) Self care and self reflection practices; and
  - 3) Creating a safe and supportive environment through deep listening practice.
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# Steps for Therapeutic Presence

- **Center:** Connect to one's intention for the interaction and one's deeper commitment;
  - **Breathe:** Evaluate one's personal and professional resources in the moment;
  - **Ground:** Place one's feet on the floor, drop the breath and center of gravity to the lower abdomen; and
  - **Practice Deep Listening:** Compassionate Listening to understand the person without judgment.
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