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My team of young lawyers (from left: Amalia, Isabella, and Luciano)

Walk On

By Lawrence F. Morizio, YLS Chair

When I joined the Young Lawyers Section (YLS) in 2001, I was already 29-years-old, which is rather a late start for a "rookie" on the executive committee. I attended my first YLS Retreat that summer where my co-chair and I decided to reintroduce the Workers' Compensation Committee and organize an event or two. The morning before my very first executive committee meeting in September of 2001, the world changed. I remember picking my dog up from the kennel and speeding off to work that morning. I was pulled over and got a speeding ticket around 8:30 a.m. By the grace of God, my aunt and uncle, working in the South Tower of the World Trade Center, survived. We all remember some particulars of the day.

On September 12, 2001, we held our first executive committee meeting. Less than three days later, the YLS had established a help line for those individuals in need of legal assistance on an urgent basis. I recall driving to a phone bank in Stamford to volunteer my time along with dozens of other members taking calls and logging information for people afflicted with issues ranging from life insurance policies to recovery of personal belongings.

This example sticks with me when I think

about what this section has accomplished in the near decade of service that I have been a part of it. But there are so many others. And most of these don't deal with measures of such high profile—brown bag lunches to discuss the most recent appellate cases of a substantive area of law, seminars dealing with courtroom anatomy, a food drive to support a local shelter for Thanksgiving.

Reflecting on this year, I took a recent peak at the home page on our Web site...

The YLS has as its primary goals: the promotion of justice, encouragement of public service, and the promotion of diversity and education of young lawyers and newly admitted practitioners. These goals are achieved through the educational, public service, and community programs that are produced by the section's twenty-plus statewide committees and the nine regional young lawyer organizations in the state. The section also serves a valuable social and networking role in introducing young lawyers to each other and assisting them in their transition into the Connecticut legal practice. The section includes all members of the CBA who are 37-years-old or younger, or have been admitted to the bar for less than six full bar years.

This group pretty much nailed it. By the time you read this, I encourage you to take a look at my Annual Report on the YLS home page (<http://www.ctbar.org/article/article-view/149>). I am sure you will understand why I could not list these events in summary fashion here. To say that the YLS was heavily involved in the items listed in the above-referenced mission statement is quite an understatement. The executive committee and those in the section supporting these efforts deserve to be commended and I hope you accept this as my token appreciation. There were times as an officer of this section where I truly missed the meat-and-potatoes aspect of organizing events for my committee. I am very thankful to the entire executive committee for bringing enthusiasm to your programs and harboring it within your respective committees, local units, and affiliations.

I came into this year as chair focused on educating young lawyers. We already had a mechanism in place—the Basic Practice Series. My expanded goal was to have each of our substantive committees organize (at least) one continuing legal education (CLE) seminar. At last count, nearly every committee has contributed towards accomplishing this goal. To my surprise (and delight), it

was not the quantity of the seminars that stood out. The quality of these presentations—from advertising to the guest speakers—was top notch. Attendance figures (and not to mention revenue) were record breakers. I extend a special thanks to Chris Nelson, director of the Basic Practice Series, and assistant director Matthew Lucarelli for their efforts to put together the mosaic for a successful campaign. They were essential and the Education Initiative would not have been much of an initiative without them.

I do realize at this point in the article, the music is playing just like in those Oscar award shows when the winner is thanking his agent and mother and God. I'm ready to be yanked out of here. Before doing so, I extend my gratitude to Officers Proloy Das, Jeffrey White, and Jonathan Weiner for their efforts in guiding this unit throughout the year. Incessant e-mails aside, each of you played a huge part in continuing the success of the group and I look forward to your efforts in the years to come. One of the challenges I would ask you to confront that was a difficult one for me to handle this year is the continued participation of young lawyers in this organization in light of the trying economic times. Larger firms should

recognize the value of having their young lawyers participate in public interest, pro bono, and educational efforts.

In my next life, I plan on being a rock star. My brother, an unmarried pulmonologist roaming Miami, Florida, has been pushing me to pick up the guitar he bought for me one Christmas and strum for my wife and kids. I might just do that with some of the free time I'll have not having to write these monthly articles. In the interim, I leave you with some words about taking a journey of faith from the band U2:

You're packing a suitcase for a place none of us has been

A place that has to be believed to be seen

You could have flown away

A singing bird in an open cage

Who will only fly, only fly for freedom

Walk on, walk on

What you've got they can't deny it

Can't sell it, can't buy it

Walk on, walk on

Stay safe tonight

And I know it aches

And your heart it breaks

And you can only take so much

Walk on, walk on

Ok. I probably will stick to workers' compensation litigation. But the message is a good one. The journey continues. I started this trek many articles ago telling you about my trip on the *Amistad* during my rookie campaign. Now I leave you with a tune from an Irish band about Daw Aung San Suu Kyi, a Burmese activist who was sentenced to house arrest in 1989 for protesting her government. Earlier that year, while walking with some of her supporters, soldiers blocked their path and pointed rifles at them. Suu Kyi kept walking, despite orders to stop. The soldiers threatened to shoot her, but didn't. Her actions have been closely monitored by the government, but she remains an influential leader and won the Nobel Peace Prize in 1991.

U2 also played this song, "Walk On," during the Tribute to Heroes Telethon following the September 11, 2001 terrorist attacks to assist the victims of that day and their families. It was a brilliant and uplifting performance. Maybe I'm stretching by drawing a comparison from the performance of U2 to a YLS hotline to help victims of a terrorist attack with legal assistance. As members of the YLS, we may not be rock stars (yet). But we have and will continue to make a difference. Now where is that guitar? CL

FIRST AID FOR YOUR NERVOUS SYSTEM

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for the fight-or flight-response is often referred to as the "reptilian" brain, due to its development early in our evolutionary history. It can be helpful to remember that reptiles move v...e...r...y.....s...l...o...w...l...y. Allow a lot of time for your body and nervous system to recover after a stressful event and for baseline resilience to be restored. Don't rush to get up and move around after an activating event. It's better to allow the discharge cycle to complete immediately than to have to go back later to try to let the discharge occur.

4. Don't dismiss your physical reactions. Especially if you're not practiced in noticing your body sensations, they can seem subtle or hard to identify. Stomach butterflies, electric sensations, urges to move your legs or arms, all need respect

and attention. Take time to notice these kinds of sensations and follow them until they dissipate.

Resources:

- *Belleruth Naparstek's Meditations to Relieve Stress*, a guided imagery CD set, contains four powerful stress-reduction exercises. Ms. Naparstek, a psychotherapist, is an internationally recognized innovator and leader in guided imagery, healing, and intuition.
- *Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body*, by Peter Levine, Ph.D. This short, simple book contains an excellent series of exercises based on Dr. Levine's technique of Somatic Experiencing™ to release stored tension and to discharge activation from the nervous system. A CD that guides you through the exercises is also included. To learn more about Somatic Experiencing™ you can visit www.traumahealing.com, the Web site of the Foundation for Human Enrichment,

Levine's non-profit, educational, and research organization dedicated to the prevention and treatment of trauma.

- *Trauma Through a Child's Eyes: Awakening the Ordinary Miracle of Healing*, by Maggie Kline and Peter Levine. Although this book was written with children in mind, it provides a beautiful detailed description of the beliefs, body sensations, and solutions that are involved in both the creation of stress reactions held in the body (trauma) and its resolution. CL

Attorney Karen Caffrey, LPC, JD, is a licensed professional counselor and former practicing attorney with a private psychotherapy practice in Hartford, Connecticut. She enjoys helping her clients tap into their own unique sources of internal wisdom and strength, so they can create better and more fulfilling lives. Copyright © 2008 Karen Caffrey