



After practicing law for over a decade at a large corporate defense firm, a small plaintiffs' litigation boutique, and the Department of Justice, and recognizing the need for greater awareness about and attention to the mental and physical health and wellness of attorneys across both the public and private sectors, Bonnie returned to school for a Masters of Social Work, with a concentration in Behavioral Health/ Employee Assistance Programs, and a Certification as a Master Life Coach. Drawing upon her experience as a litigator, she now promotes education and awareness within the legal community about mental health and substance abuse issues, resources, and stress

management techniques. She also is launching a practice to provide mental health counseling to legal and other professionals and to assist firms with the development of wellness initiatives and evaluation of policies and procedures, with an eye toward enhancing mental health and wellness throughout the legal community. Bonnie's areas of expertise include workplace stress and anxiety, substance abuse, depression, grief, relationship issues, life changes and transitions, and other mental health and wellness concerns impacting working-age adults.