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We are pleased to bring you a special issue addressing wellness from the judge’s perspective. We start the articles with an overview of judicial well-being and discussion of the importance of finding meaning in one’s work. This article comes to us from Anne Brafford and Robert Rebele, two leaders in the field of positive psychology with substantial experience in the legal profession. Next, my essay describing my own search for meaning in our work.

We explore mindfulness practices tailored for judges with an internationally acclaimed team led by Prof. Amishi Jha from the University of Miami. If you find the article interesting, you will want to check out her TedTalk. You should find the link to resources for judges on page 83 particularly helpful.

We then have a collaboration between academics and judicial professionals to provide us with excellent insights into tactics and strategies judges can use to counter the deleterious effects of the stresses inherent in our roles. This article draws the best from the worlds of research and hard-knocks practicality.

Our final article proposes the value of researching and developing compassion training for judges. Two pioneering judges, Jamey Hueston and Miriam Hutchins of Maryland, bring their experience and insights to an intriguing new concept.

We hope you will find our other regular features of interest and help as well. In this issue, Judge Wayne Gorman’s column addresses intriguing practices under Canadian criminal sentencing law related to the unique circumstances and history of Indigenous Peoples. We also have the first installment of our new regular column on judicial ethics from Cynthia Gray. Consistent with our theme, Ms. Gray discusses dealing with an impaired professional. You will enjoy the President’s Column and the crossword puzzle. Our Resource Page will provide you with some helpful tools for case management from the Institute for the Advancement of the American Legal System and for criminal pretrial assessment and monitoring programs from the National Center for State Courts and the Pretrial Justice Institute. —David Prince