

# Court Review

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## EDITOR'S NOTE

**W**e 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



*Court Review*, the quarterly journal of the American Judges Association, invites the submission of unsolicited, original articles, essays, and book reviews. *Court Review* seeks to provide practical, useful information to the working judges of the United States and Canada. In each issue, we hope to provide information that will be of use to judges in their everyday work, whether in highlighting new procedures or methods of trial, court, or case management, providing substantive information regarding an area of law likely to be encountered by many judges, or by providing background information (such as psychology or other social science research) that can be used by judges in their work. Guidelines for the submission of manuscripts for *Court Review* are set forth on page 94 of this issue. *Court Review* reserves the right to edit, condense, or reject material submitted for publication.

Advertising: *Court Review* accepts advertising for products and services of interest to judges. For information, contact Shelley Rockwell at (757) 259-1841.

The cover photo is of the Prowers County Courthouse and Windmill in Lamar, Colorado. This courthouse was built in 1929 and designed by the architect Robert K. Fuller. The little Dutch windmill was built on the courthouse grounds to commemorate the new found wind energy potential in Prowers County. Photo by Mary Watkins.

The cover of vol. 54, no. 1 of *Court Review* was a photo of the Lake Country Courthouse in Minnesota, which was incorrectly identified as the Lafayette County Courthouse in Oxford, Mississippi. The photo was by Mary Watkins. The editors of *Court Review* regret the error.

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