



NEAL
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Event

04/21/2025

NGE Hosts Program About Fostering Resilience in Times of Overwhelm

Last week, NGE hosted licensed clinical psychologist Dr. Caroline Adelman, PhD, clinical director and founder of Chicago Psychotherapy, for an insightful program entitled Fostering Resilience in Times of Overwhelm.

Dr. Adelman discussed the impact that times characterized by vast change may have on the human stress response. She shared useful coping strategies and methods for recharging in meaningful ways, such as engaging in values-aligned activities and practicing community care.

At NGE, we are committed to fostering an environment that promotes the well-being of all attorneys and staff.

[Click here](#) to learn more about our commitment to wellness in the workplace.