

Evaluation and Summary of *CBCT @ Law* at Emory University School of Law, Fall 2016

Submitted to: American Bar Association, Law Student Division

Submitted by: Sei Yoshioka-Cefalo, Licensed Professional Counselor, Associate Director for Student Support, Emory University School of Law, Atlanta, GA

As the Associate Director for Student Support at Emory University School of Law, my primary responsibilities are to provide supportive individual counseling services and to conceive and deliver an array of activities that promote positive mental health amongst Emory Law students. It is a known and researched fact that depression, anxiety, alcohol and substance abuse, and, sadly, suicide ideation and attempts are notably high amongst law school students, and Emory Law is not an exception. I have been licensed as a mental health counselor for fifteen years, and I have been the in-house mental health specialist at Emory Law for about a year and a half. I find myself busy with back-to-back individual counseling appointments, and the range of issues that students discuss with me during our counseling meetings is astonishing. There does not appear to be a pattern or recurring theme to the issues that students are faced with, bring forth, and disclose to me. However, it is evident that the stresses of being a law school student, and law school students often having personalities where they have high expectations of themselves and of others, heighten their levels of depression and anxiety, and students are constantly seeking ways to cope with and manage these stressors.

CBCT (Cognitively-Based Compassion Training) was developed via the Emory-Tibet Partnership at Emory University in 2004 by Geshe Lobsang Tenzin Negi, Ph.D., Professor of Practice in the Department of Religion. A former monk, Dr. Negi has taken centuries-old Tibetan Buddhist traditions and methodologies and has developed a ten-week course focused on the cultivation of compassion for oneself and for others and greater wellbeing through reflective and meditative practices. The ten-week course is divided into six modules: Module I: Developing Attentional Stability and Clarity; Module II: Cultivating Insight into the Nature of Mental Experience; Module III: Self-compassion; Module IV: Cultivating Impartiality; Module V: Appreciation and Affection for Others; Module VI: Empathy and Engaged Compassion. Through these modules, each complimented with a set of progressive meditation and breathing exercises, one gains insight into how one's attitudes and behaviors support or hinder compassionate response for oneself and for others. Ultimately, the goal of CBCT is to increase the desire to help others, allowing compassion to naturally become part of one's everyday life and increase personal resiliency by grounding oneself in realistic expectations of oneself and of others.

CBCT @ Law, in conjunction with the Emory-Tibet Partnership and Emory University School of Law, Office of Academic Engagement and Student Success, facilitated by Timothy Harrison, Senior CBCT Teacher at the Emory-Tibet Partnership, was offered to all Emory Law students as a pilot program during the fall 2016 semester. The course did not have any requirements, did not offer any credits, and attendance and participation was strictly voluntary. The course met once a week on Friday morning in the student lounge at Emory University School of Law. The Office of Academic Engagement and Student Success provided partial financial sponsorship so meditation cushions

(*zabuton*), which participants used to sit on the floor during each course meeting, could be purchased.

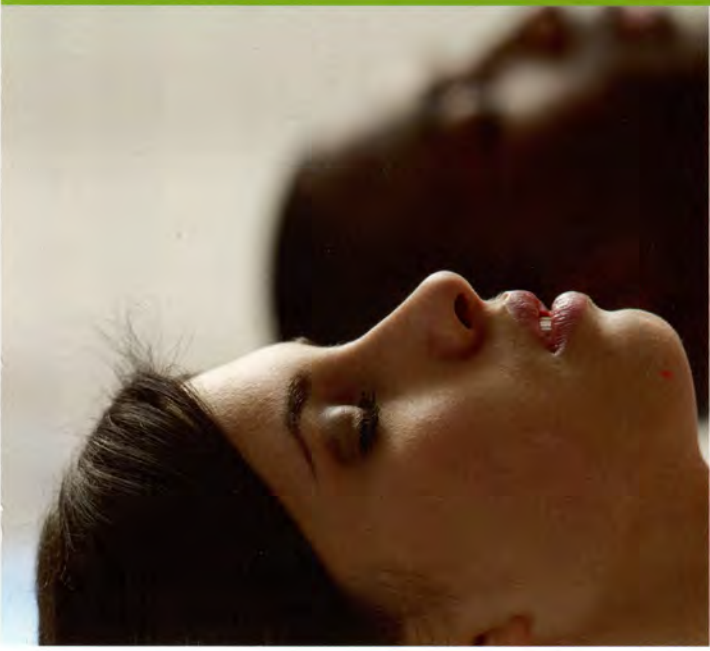
Initially, twelve participants expressed an interest in the course and were registered. Attendance during the beginning of the semester was steady, and whenever a student was going to be absent for whatever reason, students notified Timothy Harrison in advance that they would be absent. The week of midterms, and weeks to follow, however, presented abysmal attendance, as there were only three participants that continued to attend each week leading up through the end of the semester. At the end of the semester, only three participants had completed all six modules.

Timothy Harrison, who has been teaching CBCT at Emory University School of Medicine each fall and spring semester for a number of years now, has mentioned that participants' retention at the School of Medicine continues to be a challenge. Generally, he sees the same pattern at the School of Medicine as he saw at the School of Law. Students' interest and attendance is high at the start of the semester, but as the semester continues and as students become busier with their coursework and other school-related activities, including job interviews, in particular, for law school students, the number of participants becomes less and less.

There does, however, appear to be student interest in *CBCT @ Law*, as I, personally, have had a number of students who were unable to participate in the course during fall 2016 reach out to me directly asking whether the course will be offered during the spring 2017 semester. At this juncture, due to the student retention rate being so low during the fall 2016 semester, it is hard for me to justify having *CBCT @ Law* offered during spring 2017. The possibility of having *CBCT @ Law* offered as a one credit course, a pass/fail course, or providing some kind of incentive for full participation in the course are all currently being contemplated, as the school administration does see the value of CBCT and the importance of wellness programming offered to our students here at Emory Law.

Costs incurred:	\$1,075.80 for meditation cushions (<i>zabuton</i>)
Revenues received:	\$0.00

Attachments:	Approval of grant fund email, scanned image of CBCT brochure (front and back), information sent to students regarding course offering (via school e-newsletter -- scroll to page 5), order confirmation and receipt for purchased meditation cushions
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"If you want others to be happy, practice compassion. If you want to be happy, practice compassion."

— His Holiness the Dalai Lama

CBCT Teacher Certification

The Emory-Tibet Partnership also offers a rigorous, year long certification program to qualify individuals to teach CBCT. This program ensures that instructors from diverse cultural and professional backgrounds present the course in a consistent manner for research and other purposes.

For more information on this program, please visit our website, www.tibet.emory.edu



CBCT is a program of the Emory-Tibet Partnership (ETP) at Emory University. The Emory-Tibet Partnership is committed to bringing together the best of the Western and Tibetan Buddhist intellectual traditions for the creation, development and dissemination of knowledge and practices that will benefit humanity. Recognizing the tremendous potential in the cross-fertilization of ancient Tibetan wisdom and modern scientific understanding, ETP fosters the genuine interchange of people and ideas. By originating and facilitating innovative programs that investigate, bridge, and expand our knowledge of both the inner and outer worlds, ETP seeks to make a lasting contribution to human flourishing through the education of both heart and mind.

ETP's work takes many forms including the facilitation of Emory College's academic and study abroad programs related to Tibetan religion and culture. In addition to CBCT, ETP's other signature program is the Emory-Tibet Science Initiative (ETSI) – a landmark undertaking promoting the convergence of science and spirituality. ETSI designs and implements educational programs specifically created at the request of His Holiness the Dalai Lama to teach modern science to Tibetan monastics.

For more information about all of the Emory-Tibet Partnership's programs, please visit our website at tibet.emory.edu.

If you have specific questions about CBCT, please email us at cbct@emory.edu

Cognitively-Based Compassion Training (CBCT) was developed at Emory University by Geshe Lobsang Tenzin Negi, PhD. All rights protected.

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A systematic method for gradually training the mind until compassion becomes a spontaneous response

EMORY UNIVERSITY

www.tibet.emory.edu

History & Overview

Cognitively-Based Compassion Training (CBCT) is a method for cultivating greater well-being through the use of reflective practices. Developed at Emory University in 2004 by Geshe Lobsang Tenzin Negi, PhD, CBCT is based on centuries-old techniques from the Indo-Tibetan Buddhist tradition. Negi drew from *lojong*, a set of meditative practices designed to bring about 'thought transformation,' to create this contemporary and secular method. CBCT is independent from—and in many ways supportive of—any faith or belief system.

Analytical mental exercises are used to progressively foster compassion through a process that begins with the stabilization of attention and awareness of mental activity. With increased calmness of mind, the practitioner can cultivate a greater sense of closeness and connectedness with others, strengthening compassionate concern while avoiding related distress from empathic fatigue.

CBCT offers tools to expand compassion toward wider and wider circles. The practices support the growth of a number of mental states and behaviors valued across cultures, such as kindness, gratitude, generosity, and warm-heartedness.

The fundamental premise is that compassion is a skill that can be developed and expanded. This view is supported by contemporary science as well as by most spiritual traditions.



Geshe Lobsang Tenzin Negi, PhD

Sequential Training

Cognitively-Based Compassion Training consists of a series of contemplative exercises. Practitioners begin by stabilizing attention and developing present-moment awareness (Modules I – II) and then use analytical practices to increase well-being and unbiased compassion toward others (Modules III – VI).

Module I: Developing Attentional Stability and Clarity
This practice trains mental stability by placing the attention on the breath and learning to notice and release distractions as they arise.

Module II: Insight into Mental Experience
Here the practice shifts to noticing how mental experiences unfold from moment to moment, neither pushing away such experiences or becoming overly involved in them. This practice improves calmness of mind and provides insight into habitual mental patterns.

Module III: Self-compassion
This self-care practice examines the basic nature of distress and dissatisfaction and cultivates more realistic and positive approaches. When done with kindness, these practices strengthen the determination to replace unhelpful attitudes with constructive ones, leading to realistic optimism and greater self-determination.

Module IV: Cultivating Impartiality
As innately social creatures, relationships are central to well-being, so the practice turns to examining habitual ways of thinking about others. Seeing that everyone, despite apparent differences, shares a fundamental desire to seek well-being and avoid distress and dissatisfaction, this practice leads to a greater capacity to see others as similar to one's self on the most basic level, opening the door to a more inclusive compassion.

Module V: Appreciation and Affection for Others
By examining how all things that are beneficial depend upon others, this module cultivates an appreciation for this basic kindness, intended or unintended. Considering the drawbacks of an unrealistic attitude of independence and isolation, the practitioner reflects on the daily and long-term gifts of the broader society, and a deepening affection is cultivated for others.

Module VI: Empathy and Engaged Compassion
Seeing each person as equally deserving of happiness and as having a precious value in their own right, practitioners focus on the difficulties and distress experienced by so many, which results in an empathic response. Supported by the inner calm and insights developed in earlier modules, this empathy is allowed to grow into an enduring compassionate wish for others to be free from their difficulties and distress.

Research & Programs

Research

An initial study with Emory undergraduates [Pace et al. 2009] indicated that participants experienced a healthier response to stress after taking the CBCT program. The effect was especially pronounced in those participants who spent the most time doing meditation practice during the program.

A subsequent study with children in the Atlanta foster care system further demonstrated a reduction in inflammatory bio-markers after the practice of CBCT (Pace et al. 2012). With these promising results, the National Institutes of Health (NIH) funded a five-year longitudinal study, the data for which is currently being analyzed.

Research is currently being conducted at Emory and other universities to examine the benefits of CBCT for a variety of populations including medical students, nurses, cancer survivors, veterans with PTSD, HIV+ individuals, school children, and parents of autistic children.

Public Offerings

The developer of CBCT, Geshe Lobsang Tenzin Negi, PhD, regularly offers both ten-week long and intensive versions of the CBCT program for the general public in Atlanta and at other locations. Please see our website for details.

Community Programs

The Emory-Tibet Partnership works with numerous organizations including community groups, counseling centers, businesses, faith-based congregations, and social and educational service programs to offer CBCT to diverse populations. Many of our certified teachers donate their time to teach CBCT to vulnerable groups including incarcerated individuals, Native American youth, adolescents in foster care, and women and children in transition from abusive situations. ETP also offers CBCT to Atlanta-area veterans through the Wounded Warrior project and to teachers in the Atlanta public school system.



From: ELS Staff Mailing List <Alyssa> > on behalf of Ashdown,
Sent: Monday, August 22, 2016 10:00
To:
Subject: On The Docket



Monday, August 22, 2016

On The Docket

This Week's Events

Jackson Lewis OCI

Monday, August 22, 2016
2nd-Floor Prow, MacMillan Library

Public Interest Orientation for JD Students

Monday, August 22, 2016, 12:15 - 1:30pm
Room 1B

Study Smarter - Briefing Cases: How and Why to Do It

Monday, August 22, 2016, 12:15 - 1:45pm
Room 1E

Christian Legal Society Speaker - Jon Morris 2L

Monday, August 22, 2016, 1 - 2pm
Room 1F

ANTIC Event

Wednesday, August 24, 2016, 12 - 2pm
Room 5F

"Public Corruption as a Threat to the Rule of Law"

Wednesday, August 24, 2016, 12:15 - 1:15pm
Room 5F

Student Activities Fair

Wednesday, August 24, 2016, 12:15 - 1:45pm
Student Commons

Animal Law Mixer

Wednesday, August 24, 2016, 6 - 8pm
Hotel Indigo Midtown

My Father and Atticus Finch - Author Visit & Book Signing

Thursday, August 25, 2016, 12:15 - 1:15pm
Hunter Atrium

Emory Christian Fellowship Welcome Dinner

**Thursday, August 25, 2016, 6 - 8pm
Brooks Commons, Cannon Chapel Building**

Post-Graduate Fellowship Opportunities

**Friday, August 26, 2016, 9 - 10am
Room 1B**

LLM Orientation: Center for Public Service

**Friday, August 26, 2016, 1:30 - 2:30pm
Room 5F**

Bass Career Summit 2016

**Friday, August 26, 2016, 1:30 - 6:30pm
Hunter Atrium**

SBA Announcements

Join the SBA on **Thursday, August 25, at 3:45 p.m. in Bacardi Plaza** for the student/faculty mixer. The next SBA General Body meeting will be held on **Wednesday, August 31, 12:15 - 1:15 p.m. in Room 1B.**

As many of you are aware, there has been massive flooding in Baton Rouge and the surrounding areas over the past few days. The floods have reached catastrophic levels, and thousands of residents have been forced to evacuate their homes. Some of those affected by this awful tragedy are our very own Emory students from Louisiana, their families and other members of our legal community whose roots reach back to Louisiana. As a legal community, we are committed to not only serving our communities in difficult times, but we also are a profession that is based on service to others.

How You Can Help

Donations: Emory Law Students have set a \$1000 goal to help assist the Red Cross with purchasing toiletries and paper goods for the victims. Though the goal is set only at \$1000, please feel free to give whatever is on your heart as we aim to exceed this goal. [Donate here >>](#)

Flood Assistance:

1. If you know anyone who received any flood damage, call FEMA 800-621-3362; you can also apply for assistance at www.disasterassistance.gov
2. Baton Rouge City Assistance 225-389-2100

Volunteers:

1. The Red Cross is seeking volunteers, so please call 855-489-2528 or sign up online at volunteerlouisiana.org

If you have any questions, please feel free to reach out to Marcus Sandifer at marcus.sandifer@emory.edu

Add/Drop/Swap Period Ends Tonight

Students wishing to add, drop, or swap classes have until 11:59 p.m. tonight, August 22, to do so via OPUS. Classes dropped after today will appear as a "W" on the transcript.

As a reminder, if you have recently added a class to your schedule, please check with the professor for any assignments you may have missed.

Check Blackboard & Canvas

Emory Law faculty are using both Canvas and Blackboard this semester. Please check with your instructor to determine which system is used for your class, or visit <http://classes.emory.edu> which has login pages for both systems.

1Ls: Professionalism is in Canvas. Be sure to log in to Canvas.

Get Help with Canvas

If you use Canvas, you can now get help around the clock. Some law classes are using Canvas this fall. If you're a student in one of those classes, just [click on the question mark/help icon in the lower left-hand corner](#) to get chat or phone help from a Canvas support specialist.

Participate in the Public Interest Dinner Series!

Attention 1Ls and transfer students:

The Public Interest Dinner Series is an intimate gathering of Emory Law students and faculty, with one or more invited guests, to talk about public interest career paths and current events in an informal dinner setting. Students must complete an application for consideration for an invitation to attend the Public Interest Dinner Series. Applications must be received by Sunday, August 28, 2016, for consideration. We are only accepting applications from incoming 1L and transfer students. 2Ls and 3Ls who were approved in previous years, **do NOT** need to complete an application and will continue to receive invitations to dinner events.

My Father and Atticus Finch - Author Visit & Book Signing

Thursday, August 25, 2016, 12:15 p.m. in Hunter Atrium

My Father and Atticus Finch By Joe Beck 65C, Emory Medal Winner and Adjunct Faculty Member at Emory Law. Books will be available for purchase. Book signing will follow remarks. To help in planning refreshments, [RSVPs are requested >>](#)

Presented by Emory Law's National Lawyer's Guild and the Emory Alumni Association

Have You Checked Out the Library Yet?

Head over to the MacMillan Library for a brief tour this week to learn more about what the library has to offer, and find your favorite study space. If you would like to join the tour, meet at the second-floor service desk during the following dates:

- Monday, August 22, at 3:30 p.m.
- Tuesday, August 23, at 12:15 p.m.
- Thursday, August 25, at 1:00 p.m.

Hope to see you there!

Lose Something?

You can also head to the library if you ever need to check the law school's lost and found. It is located on the second-floor circulation desk.

Bass Career Summit

Friday, August 26, 1:30 - 6:30 p.m. in Tull Auditorium

1Ls, 2L AJDs, and 2L transfer students are invited to this afternoon of professional development that you don't want to miss!

Learn about:

- Choosing the right career path for you
- Using social media to your advantage
- The difference between litigation and transactional law, and which is the best fit for you
- How to make a great first impression at a networking event

Space is limited, so register now to reserve your spot. As a bonus, students who attend the summit will be given priority career advising appointments after October 15. [Register today >>](#)

Center for Public Service - Orientation Events

Monday, August 22, 12:15 - 1:30 p.m. in Room 1B

The Center for Public Service will provide an overview of services offered to **Emory Law JD students**. This session is open to 1L JD students only. Lunch will be provided.

Friday, August 26, 1:30 - 2:30 p.m. in Room 5F

The Center for Public Service will provide an overview of services offered to **Emory Law LLM students**. Please plan to attend on Friday, August 26, at 1:30 p.m. in 5F. Lunch will be served to those who RSVP. [Sign-up here >>](#)

The Real Houses of ATL

Get to know your Atlanta neighborhoods by participating in The Real Houses of ATL! During the week of **Sunday, August 28, through Saturday, September 3**, each house will have a social activity in the neighborhood their house is named after or at a favorite Atlanta local hangout. You don't have to be a member of that particular house to participate -- just show up and get to know The Real Houses of ATL!

**Note that if you wish to participate in some of The Real Houses of ATL activities, there will be a cost, which you'll be responsible for paying out of your own pocket, and/or presentation of your I.D. may be required.*

- Sunday, August 28: Kirkwood House - [SweetWater Brewery & Tour](#), 2:30 - 4:30 p.m.
- Monday, August 29: Morningside House - BBQ at [Fat Matt's Rib Shack](#), 5:00 - 7:00 p.m.
- Tuesday, August 30: Druid Hills House - Pizza & Beer at [Slice & Pint, Emory Village](#), time: TBA
- Wednesday, August 31: Virginia Highland House - Team Trivia at [Hand in Hand](#), 8:00 - 10:00 p.m.
- Thursday, September 1: Midtown House - Happy Hour & Sushi at [RA Sushi](#), 5:00 - 7:00 p.m.
- Friday, September 2: Sweet Auburn House - Explore [Ponce City Market](#), 6:30 - 8:30 p.m.
- Saturday, September 3: Decatur House - Ice Cream Afternoon @ [Butter & Cream](#), 12:00 - 2:00 p.m.

Social Enterprise at Emory Law

Join the new student organization Social Enterprise as they host their kick-off event during community hours on **Wednesday, August 31, from 12:00 to 2:00 p.m. in Room 5B**. Speakers include Sarah Bennah, director in the Emory Law Career Center; Brian Goebel, managing director for Social Enterprise at Emory's Goizueta Business School; Anthony Flynn, CEO of Execution Pipeline, and Jeff Woodward, partner at Taylor English and Duma. Lunch will be provided.

Along with their kick-off event, below are upcoming events for the school year.

- Idea Night - Recidivism, Thursday, September 8, 6:00 - 9:00 p.m., in the Student Commons (next to Bacardi Plaza)
- Start Change Skills Workshop, Spring 2017

- Social Enterprise seminars and panels, throughout the academic year

Pro Bono Opportunity: Atlanta Legal Aid Intake Project

Wednesday, August 31, 12:15 - 1:45 p.m. in Room 1E

Looking for volunteer work for pro bono credit? Attend the Atlanta Legal Aid training session for the Intake Project. Help Legal Aid service its clients by volunteering for 2–3 hour shifts at Atlanta Legal Aid to assist with the intake of general and domestic relations cases. A light lunch will be provided to those who RSVP. [Sign-up here >>](#)

Love Wins - A Panel Discussion with Jim Obergefell

Friday, September 2, 4:00 - 5:00 p.m. in Tull Auditorium and Hunter Atrium

Author Talk & Panel Discussion – *Love Wins: The Lovers and Lawyers Who Fought the Landmark Case for Marriage Equality*

Featuring:

- Jim Obergefell, author and activist
- Debbie Cenziper, author and journalist
- Tara Borelli, senior attorney at Lambda Legal.

A book-signing will follow the discussion.

New! Wellness Program for Emory Law Students

The fall semester has only just begun, but are you already feeling stressed about your courses, anxious about final exams, and worried about your job search?

The [Emory-Tibet Partnership](#) in collaboration with the [Office of Academic Engagement and Student Success](#), with the support of the [Center for the Study of Law and Religion](#) and the School of Law Office of the Dean, bring to you a new wellness program for cultivating greater well-being: CBCT @ Law. Through progressive exercises (beginning with the development of attentional stability and progressing through various analytical meditations), [Cognitively-Based Compassion Training](#) (CBCT) works to cultivate compassion allowing one to gain insight into how one's attitudes and behaviors support or hinder compassionate response. Through a 10-week workshop series, CBCT helps increase personal resiliency by grounding one in realistic expectations of self and others. CBCT @ Law will be facilitated by Timothy Harrison - assistant director and certified CBCT teacher.

There is no cost for participation in CBCT @ Law for current students; however, attendance at all 10 workshops will provide students with maximum results and benefits. Recordings will be provided to support guided practice of 5-10 minutes daily throughout the course.

Meeting dates are the following Fridays from 10:45 a.m. to 12:00 p.m. in Room 5G:

- September 2
- September 9
- September 16
- September 30
- October 14
- October 21
- October 28

- November 4
- November 11
- November 18

CBCT @ Law is limited to the first 15 students who register. [Register today >>](#)

International Law Society Kick-Off Event

Wednesday, September 7, 12:15-1:30 p.m. in Room 1D

The International Law Practice Society invites all interested students to attend its first kick-off event of 2016! Join us for lunch and learn about events planned for this semester, opportunities to get involved with international projects at Emory and Atlanta, and to elect your new 1L, AJD, and LLM officers.

Dialogue with the Dean

Wednesday, September 7, 12:00 - 1:00 p.m. in the Student Commons

Join Dean Schapiro, administrators, and the SBA for coffee, bagels, and conversation. Bring any questions you may have, or just come enjoy the company and the conversation!

CSLR Open House

Monday, September 19, 12:00 - 2:00 p.m. in Hunter Atrium

The Center for the Study of Law and Religion will share information about its work and student opportunities, including Moot Court and the Journal of Law and Religion. Appetizers will be served. No RSVP is necessary. This is a drop-in event.

The Center for International and Comparative Law Speaker Series

Join the Center for International and Comparative Law as they host their speaker series throughout the semester.

- **Monday, October 17, 12:30 - 2:30 p.m. in Tull Auditorium:** Judge Navanethem Pillay (South Africa), former High Commissioner for Human Rights.
- **Wednesday, November 2, 12:00 - 2:00 p.m. in Room 5B:** Ruti Teitel (USA), Ernst C. Stiefel Professor of Comparative Law, New York Law School
- **Monday, November 14, 11:30 a.m. - 2:30 p.m. in Tull Auditorium:** Ambassador Pierre-Richard Prosper (USA), lead prosecutor in the Rwanda War Crimes Tribunal and as the second US Ambassador-at-Large for War Crimes Issues.

Study Smarter

Come hear from Dean Brokaw, the Dean's Teaching Fellows, and the Office of Academic Engagement & Student Success on how to succeed academically, talk to professors, and get the best grades you can.

Upcoming Study Smarter sessions in Room 1E from 12:15 - 1:45 p.m.:

- Aug. 22 - Getting Off to a Strong Start & Briefing Cases
- Aug. 31 - Law School Class Notes: Foundations of Success

- Sept. 14 - Outlining: What It Is & How to Do It
- Sept. 28 - Getting Ready for Exams: The Practice Exam
- Oct. 12 - Time & Stress Management: Think Marathon, Not Sprint
- Oct. 26 - Getting Ready to Succeed on Exams

**FREE SPEECH
& TERRORIST
INCITEMENT OVER
THE INTERNET**

**WEDNESDAY,
AUGUST 31
12:15 P.M. IN ROOM 1D**

Join the Louis D. Brandeis Center for Human Rights Under Law as they welcome Alex Tsesis of Loyola University for their first event of the semester

This event is co-sponsored with the Communications & Media Law Society and the IP Society



**FOOD!
COCKTAILS!
PUPPIES!**

**HOTEL INDIGO
MIDTOWN
Aug 24, 2016**

**ANIMAL LAW
MIXER**

Attorneys and law students interested in animal law are invited to join the Animal Law section of the State Bar of Georgia and the student chapters of the Animal Legal Defense Fund at Emory and Georgia State for a dog-friendly happy hour. Cash bar and complimentary appetizers.




Submit Your News for On the Docket
Deadline: Thursdays @ 1pm

Emory Law

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