

Laura Day DelCotto is a Kentucky attorney in private practice for over thirty-five years. Working with hundreds of clients facing financial distress, she has witnessed firsthand the negative emotional, mental and physical impacts of stress. Counseling clients through their unique difficulties led her into a personal search for better answers to today's stressful lifestyles. Her latest work has been advocating for attorney well-being and bringing greater awareness to cultural issues inherent in the legal profession.

Laura Day received her law degree, with distinction, from the University of Kentucky College of Law. She grew up in Glasgow, Kentucky, where her father and grandfather were attorneys. She is the founder and co-owner of DelCotto Law Group PLLC in Lexington KY and the current Chair of the Kentucky Bar Association Wellbeing Committee. She is passionate about instilling pillars of well-being into everyday life to strengthen resilience and emotional intelligence.

Having practiced yoga for many years, Laura Day is certified to teach yoga (RYT200), Ayurvedic Lifestyle, and holds a holistic health coach certification. She has led attorney wellness workshops focusing on individualized strategies to lead to personal success. She believes that the philosophies and practices of the ancient wisdom teachings offer clarity and common-sense answers for modern times, to create balance, integrity and self-awareness through all of life's ups and downs.





Sandra Hough is a licensed counseling psychologist. She has been in private practice for 37 years. Her educational background includes a B.S. in Nursing (University of Virginia), an M.S. in Family Studies (University of Kentucky) and a Ph.D. in Counseling Psychology (University of Kentucky).

In addition to private practice, her work experiences include working as a psychologist for an EAP provider company, serving as consulting psychologist for Social Security Disability Determinations, and teaching graduate level courses in child development and counseling psychology.

She has experience working with individuals, couples, families, and groups with a wide range of life challenges. She has worked with clients from age 4 to 90 years of age.

She and Steven Smith, Ph.D. founded the Woodland Wellness Group, LLC which administers wellness services to the Lexington Medical Society, the University of Kentucky Fellows, Residents, and Medical Students, the Kentucky Medical Association for Rural Physicians, Transylvania University, and the Fayette County Bar Association.

Having spent her professional life working in healthcare, she values a focus on wellness, and she views therapy as a partnership with her clients.

**Steven Smith** is a licensed counseling psychologist. He received his doctorate from the University of Kentucky and has been in private practice for 37 years with The Woodland Group in Lexington.

He has been a strong proponent of physical, mental, and emotional wellness throughout his career. Steven has partnered with Sandra Hough, Ph.D. to form the Woodland Wellness Group, LLC that currently provides wellness services to the Lexington Medical Society, University of Kentucky fellows, residents, and medical students, Kentucky Medical Association for Rural Physicians, Transylvania University, and Fayette County Bar Association.

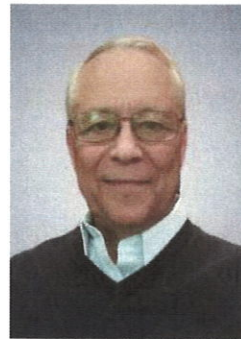
He is the author of “*Living Your Best: A Powerful Blueprint for Personal Transformation.*” His current project is creating short videos for personal empowerment that are titled, “*Life Hacks for Body/Mind/Spirit.*”

Steven has long sought to de-stigmatize the concept of “therapy,” reframing the process as a unique opportunity to assess personal strengths, gain new perspectives, release ineffective patterns, and increase a personal sense of self-empowerment.

Steven Smith, Ph.D.

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**Eric Y. Drogin** is a Fellow of the American Psychological Association (APA), a Fellow of the American Academy of Forensic Psychology, a Diplomate of the American Board of Professional Psychology, and a Diplomate and former President of the American Board of Forensic Psychology. Dr. Drogin currently holds faculty appointments with Harvard Medical School, the Harvard Mass General Brigham (MGB) Forensic Psychiatry Fellowship Program, the Brigham and Women's Hospital (BWH) Harvard Medical School Psychiatry Residency Training Program, and the Beth Israel Deaconess Medical Center (BIDMC) Harvard Psychiatry Residency Training Program. He is the Affiliated Lead of Psycholegal Studies for the Psychiatry, Law, and Society Program (at BWH), serves on the training faculty of the Clinical Psychology Internship Training Program (at BWH), and participates in the Forensic Psychiatry Service (at BIDMC) and the Program in Psychiatry and the Law (at Massachusetts Mental Health Center). Additional positions have included Chair of the APA's Committee on Professional Practice and Standards, Chair of the APA's Committee on Legal Issues, Chair of the APA's Joint Task Force with the American Bar Association (ABA), and President of the New Hampshire Psychological Association. Dr. Drogin received his Doctor of Philosophy (Ph.D.) degree in Clinical Psychology from Hahnemann University.

Dr. Drogin is a Sustaining Life Fellow of the American Bar Foundation. He serves as an Instructor for the Harvard Law School Trial Advocacy Workshop and as an Adjunct Professor of Law and Mental Health for the University of New Hampshire Franklin Pierce School of Law, having also served as an Honorary Professor of Law and as an Honorary Professor of Psychology for the *Prifysgol Aberystwyth* (formerly the "University of Wales"). Dr. Drogin is currently the Chair of the ABA's Center for Excellence in Elder Law and Dementia, and Commissioner of the ABA's Committee on Law and Aging. Additional positions have included Chair of the ABA's Science and Technology Law Section, Chair of the ABA's Life and Physical Sciences Division, Chair of the ABA's Committee on Behavioral and Neuroscience Law, Chair of the ABA's Committee on the Rights and Responsibilities of Scientists, Co-Chair of the National Conference of Lawyers and Scientists (a joint standing committee of the ABA and the American Association for the Advancement of Science), and Commissioner of the ABA's Commission on Mental and Physical Disability Law. Dr. Drogin received his Juris Doctor (J.D.) degree from the Villanova University School of Law.

Currently serving as an Associate Editor of the *International Journal of Law and Psychiatry*, and formerly serving as the Editor in Chief of the *Journal of Psychiatry & Law* and as the Co-Editor in Chief of *Psychological Injury and Law*, Dr. Drogin has authored or co-authored over 300 legal and scientific publications to date, including the *Criminal Law Handbook on Psychiatric and Psychological Evidence and Testimony* (2000), *Civil Law Handbook on Psychiatric and Psychological Evidence and Testimony* (2001), *Mental Disability Law, Evidence, and Testimony* (2007), *Science for Lawyers* (2008), *Evaluation for Guardianship* (2010), *Handbook of Forensic Assessment* (2011), *The Mental Health Professional in Court* (2013), *Mirandized Statements* (2014), *Conducting Miranda Evaluations* (2019), and *Ethical Conflicts in Psychology* (5<sup>th</sup> ed., 2019). He has lectured extensively throughout North America and in Europe, Asia, and Australia, and regularly presents training seminars for attorneys and mental health professionals on such topics as forensic assessment, ethics, and professional development. Dr. Drogin's multidisciplinary practice encompasses mental health law, expert witness testimony, and trial consultation.

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