



IN SIGHT

for Oregon Lawyers

IMPROVING THE QUALITY OF YOUR PERSONAL AND PROFESSIONAL LIFE

December 2006

Issue No. 64

Triggers

Page 1

Welcome Doug!

Page 1

Managing Your Anger

Page 3

Coping With Angry Opposing Counsel

Page 3

A "Fixer" Finds Happiness

Page 5

Health Insurance Today, at Sixty-five, and in Retirement

Page 6

Aging and Addiction

Page 7

Lawyers in Transition Calendar

Page 8

OREGON ATTORNEY ASSISTANCE PROGRAM

503-226-1057
1-800-321-OAAP
www.aaap.org

Lawyers Helping Lawyers

- Alcohol & Chemical Dependency
- Career Change & Transition
- Gambling Addiction
- Mental Health
- Procrastination & Time Management

A free, nonprofit, confidential program for you.

WELCOME DOUG!

The OAAP is happy to announce that Douglas S. Querin, JD, MA, joined the OAAP as an attorney counselor on December 1, 2006.

Doug is a graduate of George Fox University (MA in Counseling 2006) and the University of Oregon (JD 1971). An active member of the Oregon State Bar, he was in private practice for almost 30 years at Bricker, Zakovics & Querin, PC. Doug worked as a counseling intern and volunteer counselor at the William Temple House from 2005 to 2006. He is currently working toward certification as a Certified Alcohol and Drug Counselor (CADC) and meeting his professional counseling licensure requirements.

Doug has been in recovery since 2002. He will assist lawyers, law firms, and law-related organizations throughout the state with issues related to alcohol and chemical dependency, Adult Children of Alcoholics, co-dependency, stress, burnout, career satisfaction, and procrastination.

Doug brings excellent experience to the OAAP. He joins our four other attorney counselors, Shari R. Gregory, MSW, JD; Mike Long, JD, MSW; Meloney Crawford Chadwick, JD, CADC III, NADC II; and Michael Sweeney, JD, CADC III.