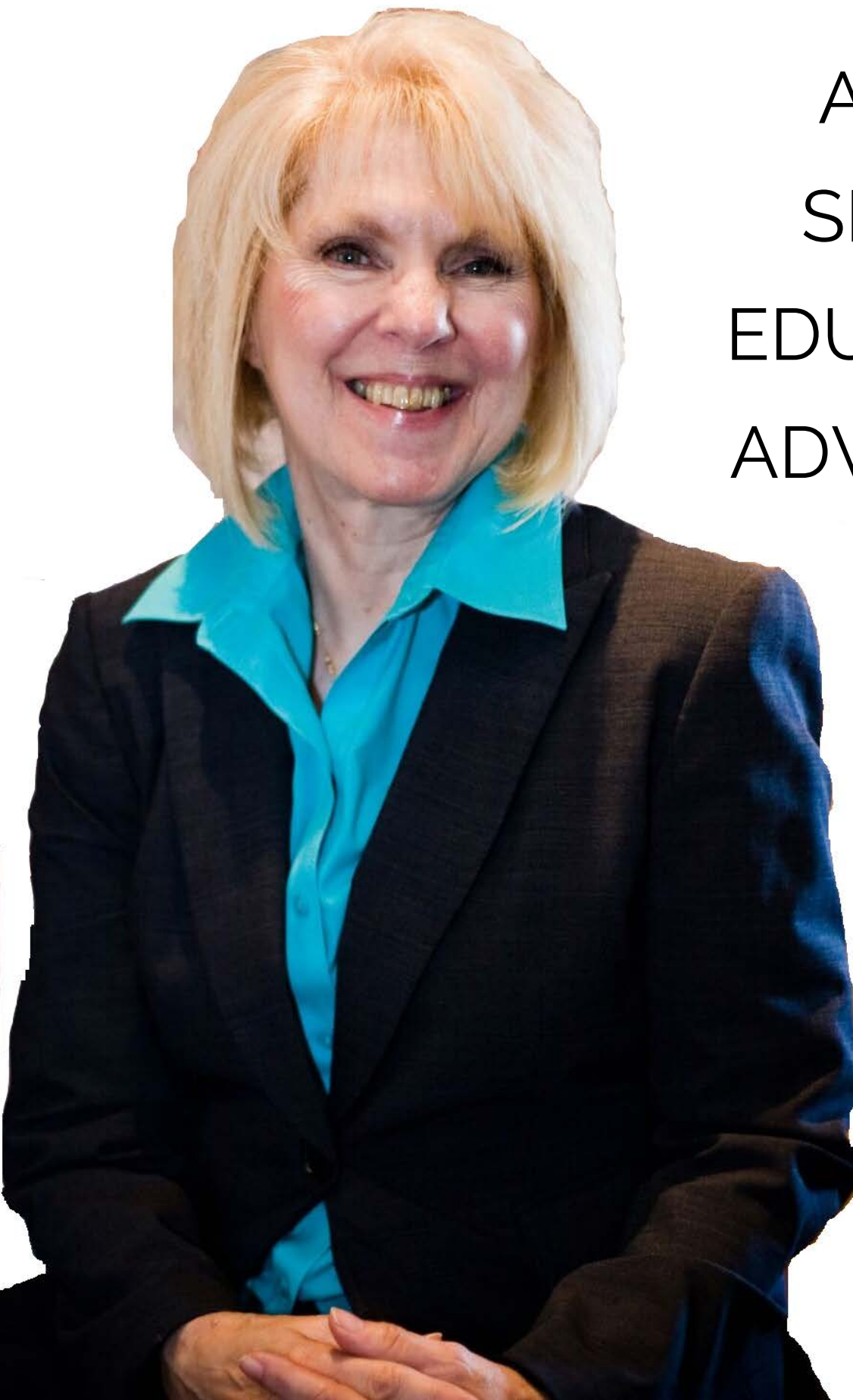


Dr. Karin Huffer

Equal Access Advocates



Press Kit



AUTHOR.
SPEAKER.
EDUCATOR.
ADVOCATE.

Dr. Huffer's Mission

Honesty and compassion set from a nurturing family and unbending expectations for quality of life, I strive to give everyone the dignity and optimism they deserve, regardless of their personal circumstances. With each new case and each new client, I continue to grow and learn to help my future clients even more. It is my personal mission to support those who are marginalized and to change the system from the inside out.

Equal Access Advocates Mission

Equal Access Advocates aspires to create a pool of educated, trained, and certified Americans with Disabilities advocates throughout the legal system. We recognize, understand, and implement accommodations for persons with invisible disabilities. Civil rights are ensured by certified advocates enforcing a standard of care.

Equal Access Advocates Vision

Educating toward greater empathy, less trauma, and stigma for persons with invisible disabilities. The Americans with Disabilities Act updated regulations provide the mandate ensuring every person with both invisible and visible disabilities are treated with parity within the judicial system. Inclusion, safety, fairness, and justice will become a reality.

Meet Dr. Huffer...

Dr. Karin Huffer is best known for coining the term **legal abuse syndrome**, arising from her observations in private practice as a marriage and family therapist for 40 years. She noticed that patients involved in the legal system (litigation in particular) suffered from a traumatic stress preventing them from benefiting from therapy.

Through her work at a psychiatric hospital, speaking at conferences, peer research, and personal experience, Dr. Huffer developed an 8-step protocol designed to help victims overcome the pain caused by their psychological reaction to profound and prolonged injustice.

Dr. Huffer authored and teaches a certified American's with Disabilities Act Advocacy program through John Jay College of Criminal Justice. She has authored two books: *Unlocking Justice* and *Legal Abuse Syndrome* (reissued 12/2017), is a sought-after keynote speaker and educator on equal access and invisible disabilities, appears on radio and podcasts, speaks on behalf traumatized clients, and continues to work toward her goal of preventing courts from being a source of trauma, resulting in a public health problem.



The 8-step protocol in use today heads off the kinds of abuses of the court powers. Typically, Dr. Huffer observed the legal system being used as a weapon, i.e., one spouse using the court to punish the other in

divorce proceedings; court used for takings and transfers of property or assets unlawfully; lying to the extent of committing fraud on the tribunal; and/or, the court used to bully, intimidate, harass, and purposefully create stress to win by attrition. These methods destroy equal access and fairness especially for those who suffer from disabilities.

Ironically, firsthand, in the 1990's, Dr. Huffer's husband's business was embezzled by a contractor and a bank who, through the courts, took all properties he was developing and all personal holdings. The actions were unlawful in a scheme to eliminate his project as a competitor for a planned development in which the senior level bankers had an interest. This brought 'legal abuse syndrome' home. The now homeless family moved through years of courtroom confrontations, lies, power differentials, and irrational judgments. This was not an accident, a war, an isolated event: it was their judicial system at work. They were now victims of a preventable, homegrown trauma.

An unpublished 10-year longitudinal study with a nonprofit organization called Redress ended in, in 2007, resulting in the confirmation that there is a pattern of preventable stressors in the legal system causing an epidemic of PTSD. The depth of physical and emotional damage done to victims was indisputable. If it is preventable, it can be corrected. Simultaneously, the millions of disabled Americans ignored and fed up were trying to gain an identity and a voice in society.

"How do you address and rectify this tactic?" queried Dr. Huffer.

In 2008, the answer came with the Americans with Disabilities Act Amendments Act passing and taking effect in 2009. Congress overturned four Supreme Court decisions to accomplish equal access for those suffering from disabilities. PTSD and the other conditions are now diagnosable. The burden is on the institution to accommodate

these litigants and attorneys so they have equal access in the court. The federal mandate now exists. It is continually improved, corrected, and enforced by the Dept. of Justice. Each case is a tedious process but a legal game changer for vulnerable citizens and disabled lawyers. Even though mental and other non-apparent disabilities are covered by the ADAAA, they are routinely challenged and are not addressed equally with high profile physical disabilities such as blindness and deafness. "How do you get protection into the courtroom for these disabilities?" asks Dr. Huffer.

Now, as of 2016, Dr. Huffer is an adjunct professor at John Jay College of Criminal Justice where she authored and teaches certified ADA advocacy. Graduates of this course are putting Dr. Karin Huffer's groundbreaking insights to work through requesting and filing for accommodations through the ADA coordinator online or in court buildings across America. She assists those with mental and other non-apparent disabilities during stressful judicial situations.

Her goal is to bringing together the disabilities, the ADAAA in the courtroom and exposing and lessening abusive behaviors contributing to the prevention of the court being a public health problem. With the use of Huffer's 8-steps outlined again in her second book, *Unlocking Justice*, 2011, the judicial experience is improved for all who are involved in the court system. The risk to the health of the litigants with disabilities motivates Dr. Huffer to continue her work.

What is Legal Abuse Syndrome?

Legal Abuse Syndrome (LAS) is a term coined by Dr. Huffer, and now studied for more than 30 years. LAS which references diagnosable traumatic stress disorders resulting from the bullying, intimidation, and harassment tactics deliberately used against litigants during foreclosures, health-related bankruptcies, family court battles, probate, guardianship issues, as well as other issues brought before a court.

Legal Abuse Syndrome is a chronic "psycholegal" Post Traumatic Stress Disorder which complicates the victim's ability to adequately defend himself or herself against further assaults or to effectively fight for rights at a moment when victims most need their creative powers. LAS is the obscure factor that is exploited by unscrupulous attorneys, white-collar criminals, and abusers of authority.

Legal Abuse Syndrome is a normal reaction to protracted litigation wherein extreme stress is caused by feeling jeopardized and helpless at the same time. It is a psychiatric injury that is invisible except for symptoms reflecting the loss of functionality. The litigant with this disability is often distressed knowing something is wrong, but they and often their medical teams do not put together the scenario that keeps this patient hamstrung with symptoms of PTSD without the usual catastrophic events that cause the disorder.

Too often books, TV, and film glorify the tactics used in a courtroom to diminish or subdue an 'opponent' verbally, physically and emotionally. But in reality, when the legal system is used as a weapon it violates that person, creating trauma that may not immediately manifest, but eventually results in debilitating mental, emotional, and physical symptoms, often progressing into permanent disabilities.



“Courts are being weaponized and what has often been called mental illness is a preventable psychiatric injury. I coined the term Legal Abuse Syndrome pointing out the cause of such traumatic stress injuries. It is escalating into a public health crisis. Let’s solve this psycho-bio-legal dilemma now.”

– Dr. Karin Huffer

[Dr. Huffer Speaks About the Certified ADA Advocates Program](#)

What is a Certified ADA Advocate?

An advocate ensures that the functionality of a client in a legal setting is protected under the ADAAA against all harassment, retaliation, and false accusation. Advocates act on behalf of their loved ones or clients, not by practicing law, but by arranging accommodations to offset symptoms, alerting the court to deliberate abuses, and providing much-needed support to the litigant.

A Certified ADA Advocate has completed an accredited program through John Jay College of Criminal Justice.

They can then:

- Come onto a case as a consultant and expert witness
- Review each case determining accommodations
- Arrange evaluations to assess additional needs
- Prepare a confidential request submitted to the court requesting accommodations

Anyone can apply to become a certified advocate and can practice in any state. Professionals in both the legal and medical fields especially benefit from certification, ensuring they are in compliance with the new ADA regulations established on 10/11/2016 as well as adding a new level of competency to their practice.

[Equal Access Advocates Certification Course](#)

Topics to Discuss with Dr. Huffer:

- **Courtroom Drama is NOT Entertainment – It's Abuse**

Too often books, TV, and film glorify the tactics used in a courtroom to diminish or subdue an 'opponent' verbally, physically and emotionally. But in reality, when the legal system is used as a weapon and the court is used to bully, intimidate, harass, and deliberately induce stress to win by debilitating a litigant, it violates that person, creating trauma. Learn how to address and remedy this tactic.

- **What are Invisible Disabilities?**

Invisible Disability, or hidden disability, is a collective term that captures a whole constellation of hidden disabilities or challenges that are primarily neurological or not. Learn how to identify invisible disabilities, and know what rights you, your loved one, or clients have in court.

- **What You Can Do Now to Stop Legal Abuse**

Dr. Huffer's 8-step program shares therapeutic methods customized to address the unique trauma imposed by our justice system. Learn more about the program and learn how you can become an advocate for someone else who is suffering from Legal Abuse.

A Few Keynotes Delivered:

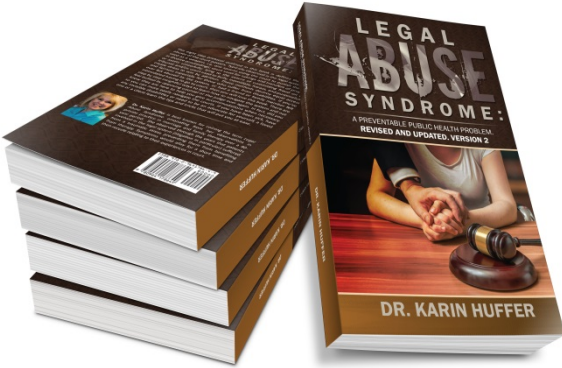
- **The Rule of Law in an Era of Change: Security, Social Justice, and Inclusive Governance**
- **Including Disability: How Legal Discourse Can Shape Life's Transitions**
- **Ethical Obligations of the ADA**

(Keynotes are designed for the receiving audience)

Dr. Huffer's Eight-Step Protocol

1. **Reframing** – repairs and relieves emotional trauma.
2. **Debriefing** – graphs your data creating two distinctly dissimilar courses – emotional issues versus legal issues.
3. **Grieving** – addresses the natural reaction to loss. Extreme grief is a new research topic that relates closely to losses forced by unbearable court orders and denial of equal access to justice.
4. **Deshaming** – discusses motivation toward either conscience or power. Abuse of power is self-serving. The majority of the population is motivated by their conscience and uses power to benefit society.
5. **Obsessive-Compulsive Hypervigilance – Regaining Creative Control** – Looks like obsessive-compulsive disorder and paranoia but is a normal reaction to the loss of control of one's life.
6. **Blaming** – uses imagination and brings an inevitable and necessary sense of affordable justice.
7. **Empowerment** – teaches techniques to be used during stresses of litigation, self-protects, and confronts ethical challenges.
8. **Recovery** – orchestrates the healing protocols into a rhythm of self-assertion and skilled management of trauma in the face of abuse, injustice, anywhere at any time.

Dr. Huffer's Books...



Legal Abuse Syndrome:

A Preventable Public Health Problem

Revised, 3rd Edition, December 2017

Dr. Karin Huffer shares the eight-step protocol she developed as a family therapist with more than 30-years experience, after witnessing the devastating effects court experiences had on her clients. These steps empower readers to

self-protect, heal from trauma and regain their rights during prolonged court proceedings such as foreclosure, divorce, child custody, bankruptcy, and other traumatic life events.

Using real-life case studies, this book exposes the preventable public health crisis resulting in the psychic injury inflicted upon victims of the bullying, intimidation and harassment tactics used during court proceedings.

Unlocking Justice

Lawyers, health professionals, and aspiring ADA advocates must understand their legal, moral and ethical obligations under the ADA mandates. This book sets forth not only material required for re-licensing but also a standard of care to ensure equitable treatment for Litigants with Disabilities.

Unlocking Justice is also used as a required textbook for certifying ADA Advocates through John Jay College of Criminal Justice,



A Few Conversations with Dr. Huffer...



[Iowa Family Prevention Project Online Radio: Advocate Intervention](#)

[Wealth Money Radio Show: Dr. Karin Huffer and Legal Abuse Syndrome](#)

[3 Women 3 Ways: Is it Truth, A strategy or a Dirty Trick?](#)

[MyNDTALK: Legal Abuse Syndrome with Dr. Karin Huffer](#)

[3 Women 3 Ways: PTSD, Disabilities and the Courts: Equal Access for All?](#)

[Holistic Survival Podcast: Overcoming the Devastation of Legal Abuse Syndrome and Unlocking Justice](#)

Interview Brief Bio...

As a marriage and family therapist with over 30 years of experience, Dr. Karin Huffer identified, in 1995, that extreme stress caused by our adversarial courts of law exacerbates health problems and can even cause PTSD and anxiety disorders. In response, she developed a healing 8-step protocol tackling prevention and recovery. Dr. Huffer is a trusted speaker, writer, and researcher on the topic of legal abuse syndrome and conducts webinars certifying advocates to put the protocols to work actively – right in the courtroom – to help disabled litigants that have nowhere else to turn.



Sample Interview Questions...

- What harm does the term 'crazy' do within a courtroom environment?
- You use the term Legal Abuse Syndrome, is it a diagnosis or a cause of something?
- What are Invisible Disabilities? How does the court improve from knowing this information?
- Do people have equal access to their civil rights? If they do, what would it affect?
- How do you begin the process of arranging accommodations? What is an ADA access coordinator?
- Why isn't the ADA used more often when it seems like it is needed?
- What does the ADA advocate bring that the court and the lawyers are not already doing?
- Who concerns you the most about bringing this information to the people that need it and are not getting it?
- What would be the top 3 suggestions you like to see done to make sure those that need assistance receive accommodations?
- You mention the need for a Social Model, what does that mean?
- Why become an ADA advocate?

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“Karin Huffer’s book, in my opinion, is a most timely and worthy effort to explain the trauma and pain suffered by those who have been victimized by legal abuse.”
-Anthony G. Sousa, Esq.

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“In over thirty years of practicing psychiatry, I have seen numerous patients who have been traumatized while attempting to survive in society and whose damage has been made worse by the practice of law. Karin Huffer brings attention to this public health hazard in which victims are re-victimized, and justice miscarried, and provides insight and procedures to help level the playing field.” –John Waite, MD

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“ADA Advocates help to make our adversarial judicial system more fair for those (over 75% of us) who become trapped in courts that more often than not listen only to the overly aggressive and corrupt lawyers who want to steal our homes, children, and liberties and don’t give the unrepresented litigant the time of day.” –Scott E. Stafne, Attorney

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“Legal Abuse Syndrome is a subcategory of Post Traumatic Stress (Syndrome/Disorder). It is a natural and normal response to cumulative trauma caused or worsened by the legal (not necessarily lawful) industry itself. Considering how "normal" legal abuse is amidst the modern de facto corporation-state(s) and its legalized injustices, this valuable book may change your life!”

””

“Dr. Karin Huffer's lifetime work deserves the highest recognition and support by the entire legal system. I have been validated with all of the PTSD and Legal Abuse Syndrome disabilities I suffered over 10 years from her award-winning work. Now, I feel hope and have a path to recovery and possible future career as an ADAAA advocate both helping myself and hopefully, others moving forward with hope found here in these pages of massive studies that support and sustain all victims of the U.S. injustice system. This is the get out of psychological jail must read for everyone involved with the law.” –Mary B.

””

No one believed me when I told them I felt like I had PTSD from the way I'd been treated by the prosecution team that was assigned to the assault case I filed. This book gave me the validation and support I needed. First time I've been able to breathe deeply in years. What a wonderful relief it was to find this book in my mailbox. Definitely, process each step as you read, if you truly want to recover from the legal trauma which plagues you. You'll be an LAS veteran by the end.

Programs and Courses

ADA Advocate Certification Program from John Jay College of Criminal Justice



Real cases and new ADA regulations empower you with the tools needed for a fair day in court. Become a certified ADA advocate and learn how to advocate for litigants with invisible disabilities. This course is ideal for social workers, counselors, healthcare practitioners, attorneys, and any other profession that interacts with persons with disabilities. Participants will become skilled at ethically advocating for persons with impairments using combined medical/legal/coaching skills.

Ethical obligations and psychological and physiological realities of persons with disabilities when under stress are emphasized. Participants learn recommendations for legal and social improvements needed to be in compliance with laws regarding civil rights, disability rights, and social responsibilities.



How the Americans with Disabilities Act (ADA) Supports Traumatized Clients in Court – Accredited Course

PART OF THE ABUSIVE RELATIONSHIPS BUNDLE – If your client suffers anxiety, depression or PTSD, and must face the person who likely caused it in court, this federal law may help tremendously. Learn how to refer your client to court administration for accommodations that may improve his or her executive functionality during legal proceedings.

Surviving Court When You're Traumatized, Part 1: How to protect yourself when facing a coercive controller.

Your opponent doesn't just want to win the case – the objective is to crush you. Here are the tools you need so you can stay focused and fight for your rights. Protect yourself, deflect verbal attacks in court and stay mentally tough during the litigation.

Surviving Court When You're Traumatized, Part 2: How the Americans with Disabilities Act (ADA) can support you.

If you've been diagnosed with anxiety or PTSD, this federal law **DEMANDS** that courts accommodate you. You can request appearances by telephone or video, breaks when you become overwhelmed, and more. Learn how to use the ADA so you can get a fair hearing.

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