

Snohomish County Bar Member Monthly Newsletter



SCBA Calendar of Events

October

*2nd - Depositions in Family Law CLE
(Zoom only) at Noon - 2PM*

15th - SCBA Board Meeting

22nd - Swearing-in Ceremony



**SNOHOMISH COUNTY
BAR ASSOCIATION**

Inside this issue:

SCBA Events - 1

Letter from the President - 3

*Kari Petrasek is the New
WSBA President - 5*

*The Resilient Divorce
(Schedule)
- 8*

*The Cue Ball, Not the 8-Ball:
Empowering Clients with
Learned Agency - 12*

Announcements

There are two open seats on the Board for 2027 - Submission deadline is 11/10.

Nominations for Judge and Attorney of the Year are now open - Submission deadline is 12/10.

Be on the lookout for a member survey coming out this month!

Bar Calendar

SCBA Board Meetings, 5:00 PM

Link:

<https://us06web.zoom.us/j/81547773463>

Board Meeting Dates:

~~2/19~~	~~7/16~~
~~3/26~~	~~9/17~~
4/16	10/15
5/21	11/19
~~6/18~~	12/17

SCBA Team

Cynthia Daste' Executive Director
Gregory Altringer Office Manager

Snohomish County Bar Assoc. Board of Trustees

Aimee Trua President
Chelsea Sayles Vice President
Michael Lang Treasurer
Daniel Ehrlich Secretary
Alison Sheets New Lawyers Division

Amanda Effertz Jenna Lieske
Aaron Shields Min Kang
Rachel Hamar Tim George
Elizabeth Minish

About Bar News

All editorial material including editorial comment appearing herein represents the views of the respective authors and does not necessarily carry the endorsement of the Association or the Board of Trustees. Likewise, the publication of any advertisement is not to be construed as an endorsement of the product or service offered unless it is specifically stated in the ad that there is such approval or endorsement.

Bar News is published monthly by Snohomish County Bar Association, P.O. Box 5429, Everett, WA 98206.

Ads, articles, announcements and changes of address all go to service@snobar.org. Submissions are due by the 15th of the month.



Special
Master/Referee
Services

Robert N. Getz, P.S.
robertg@rgetzlaw.com
rgetzlaw.com

(425) 405-1300

Join Me in Leaving a Legacy of Justice

“ As a fifty plus year member of WSBA, there was no question in my mind about joining the Justice Society and naming the Endowment for Equal Justice in my will. I want to make sure that people who need legal representation at critical times in their lives can access it, no matter how meager their resources. The Endowment is working to take some of the stress out of their lives with civil legal aid. The Endowment provides support in perpetuity for the Legal Foundation of Washington in making our communities more equitable places to live, work and raise a family. Please join me. ”



— **DICK MANNING**,
EEJ Justice Society Member since 2003

ENDOWMENT for
**EQUAL
JUSTICE**

The only sustainable fund for
civil legal aid in Washington.

LFW
LEGAL FOUNDATION
OF WASHINGTON



legalfoundation.org/endowment



annie@legalfoundation.org

LETTER FROM THE PRESIDENT

Dear members:

Not only is the weather changing, but the court rules seem to change every few months as well. We have new rules and procedures about trials, Rule no 19 governing electronic filing requirements and exceptions, and changes to courtrooms for our judges due to remodeling and repairs.

The SCBA newsletter goes out monthly to include information about volunteer opportunities and changes at the courthouse and in our practices. It includes advertising for law firms and mediators, events and CLE opportunities. We continue to provide CLE classes for our membership so long as they purchase a CLE pass. Unfortunately, we anticipate raising dues slightly again this year to account for costs the organization incurs for accounting and tax filings, staff and costs for our space. Our newsletter also provides new case citations for our members to review to help their knowledge and practice. The membership benefits continue to include the up to date information in weekly email blasts, so that the current news is sent out timely to our members.

We want to offer more social interactions between members and seek feedback from our members for ideas and plans they might have to assist us in bench/bar interactions. Those events always result in us better understanding our bench, and sometimes even their rulings so that we can better prepare for litigation.

As we get closer to the end of this year we also anticipate losing Gregory Altringer, and needing to search for someone who can manage the momentous tasks that Greg now does on a daily basis. We are going to be very sad to see him move on with his career, but understand that all of his years at college need to start paying off for his life's journey.

Change is of course inevitable, but our involvement in this organization helps us keep track of changes and understand them, helps us fulfil those CLE requirements, and helps us be better attorneys due to getting the information and developing comradery with the bench and members of the bar.

We wish Gregory the best, and we hope that as we head into the wet cool weather, we look on the bright side of life, attend CLE's, interact better with our peers, stay calm and focused on the best interests of our clients, stay healthy and maintain our own physical and emotional health in spite of giving so much emotional support and time to our clients.

Sincerely,

Aimee Lou Trua 2026 SCBA Board President



30 STRONG. A FIRM RECORD.

Congratulations to
McKinley Irvin's 2026
Super Lawyers & Rising Stars
Honorees in Washington
and Oregon



McKINLEY IRVIN
FAMILY LAW

WALTHER
LAW FIRM

STANDING STRONG *for the* INJURED

SINCE 1930

Thank you for your Workers' Compensation
referrals and the trust you put in us.

Walthew.com | Seattle & Everett | 206-623-5311 | Se Habla Español



Contact: Sara Niegowski, Chief Communications and Outreach Officer
206-733-5930; media@wsba.org

Kari Petrasek Sworn in as President of the Washington State Bar Association

Mukilteo attorney, the first woman from District 2 to hold the role, will prioritize trust and service

SEATTLE [Sept. 29, 2026] — Long before she was sworn in as president of the Washington State Bar Association (WSBA), Kari Petrasek was showing up. Her entire career, she has represented dependent children, including 15 years as a Snohomish County Court Appointed Special Advocate (CASA) Program attorney; and she has continuously served the WSBA in roles from the Young Lawyers Division to its Board of Governors. Now she brings that experience to the WSBA's highest volunteer role.

"So much of what makes our legal system work happens quietly: a legal-aid attorney helping a family stay in their home, a volunteer reviewing court rules on a Tuesday night, a solo practitioner who is the only attorney for miles," Petrasek said. "That work rarely makes headlines, but it's how we earn, and re-earn, the public's trust. This year is about protecting that trust, bringing our profession together, and honoring the people who keep this system running."

Washington Supreme Court Chief Justice Steven C. González administered the oath of office during the September meeting of the WSBA Board of Governors in Spokane. As president, Petrasek leads the Board and will oversee continued work on the associations' four strategic priority areas: advancing access to justice, guiding ethical and optimal technology use for legal professionals, fostering a legal culture of inclusion and wellness, and enhancing the WSBA's governance structure. The seventh woman to serve as WSBA president, Petrasek will hold the office through September 2027. Francis Adewale, a Spokane public defender, now serves as immediate past president, and the Board thanked him for his leadership over the past year.

Petrasek will continue her work on the rural attorney shortage, which she has seen firsthand from her home in Eastern Washington. She will also focus on strengthening public confidence in the courts and supporting an independent judiciary and the people who serve in it. And she wants members to know that every voice deserves to be heard, whether in the majority or the minority.

"I've been a Mariners season ticket holder for 25 years, so I know something about showing up through the tough seasons," Petrasek said. "Our profession and our courts are going through one of those seasons right now. You don't stick with something because every year is a championship year. You stick with it because you believe in it, and I believe in this profession and the people in it."

Petrasek founded Petrasek Law in Mukilteo in 2015, where she practices juvenile law, estate planning, guardianships, and family law, and has served as a judge pro tempore for Snohomish County Superior Court since 2010. She was elected to the Board of Governors in 2022 and reelected in 2025, serving as treasurer and then president-elect. Her WSBA service began on the Washington Young Lawyers Division Board of Trustees, which she later led as president. A West Seattle native, she earned her law degree at Seattle University School of Law.

“Kari brings the perspective of a solo practitioner, a children’s advocate, and someone who knows rural Washington firsthand,” said WSBA Executive Director Terra Nevitt. “She understands what our members are facing and what it takes to earn the public’s confidence. She also sets the example as a volunteer—Kari shows up for her colleagues and her profession.”

Read more about Petrasek’s vision for the year and her path to the law in a Q&A in the October issue of *Washington State Bar News*: www.wabarnews.org

President’s Priority: Volunteer Service

Throughout her term, Petrasek will recognize the volunteers, including members and members of the public, who give their time to further the WSBA mission and invite more to join them. Today, more than 1,500 individuals serve on WSBA committees, boards, councils, sections, task forces and projects. In 2025, 3,749 legal professionals reported 244,148 hours of pro bono service, providing free legal help to people who couldn’t otherwise afford it. Members with inactive, honorary, or pro bono status are now eligible to serve on most WSBA committees and councils.

Find Your Place to Serve

President Petrasek invites every member to get involved this year:

- **Serve now.** Open seats include the Council on Public Defense, Court Rules and Procedures Committee, Board of Bar Examiners, Character & Fitness Board, Limited Practice Board, and Washington New Members Committee. Learn more: www.wsba.org/connect-serve/committees-boards-other-groups/join-a-wsba-committee-board-or-other-group
- **Not sure where you fit?** Complete the Volunteer Interest Form and WSBA staff will reach out, or schedule a chat with Manager of Volunteer Engagement Paris Eriksen: www.wsba.org/connect-serve/volunteer-with-wsba
- **Nominate a volunteer who inspires you:** www.wsba.org/connect-serve/volunteer-with-wsba/volunteer-recognition

About the Washington State Bar Association

The WSBA operates under the delegated authority of the Washington Supreme Court to license the state’s more than 42,000 lawyers and other legal professionals. The WSBA’s mission is to serve the public and the members of the Bar, to ensure the integrity of the legal profession, and to champion justice. For more information, visit www.wsba.org.

###

BERESFORD ♦ BOOTH

LAWYERS

Since 1946

Beresford Booth has proudly served clients throughout Snohomish County and the Pacific Northwest. With 21 lawyers and growing, we continue to serve from our home office in Edmonds and our newest location in Bothell. We offer a full range of services to clients including startups, large corporations, families and individuals. Our practical, creative and timely solutions help clients address their most important legal needs and solve their most complex challenges.



BERESFORDLAW.COM



(425) 776-4100



36 Family Law
Attorneys
Recognized in
*Best Lawyers® &
Best Lawyers:
Ones to Watch®
2027*



McKINLEY IRVIN
FAMILY LAW

THE RESILIENT DIVORCE

A 10-Monthly Article Educational Series for the
Snohomish Bar Association Newsletter

Dates: September 2026 through June 2027

From: Jorge Manzanera, Founder and Director of Successful Co-Parenting.

The Resilient Divorce will be a series of ten scholarly, practice-oriented articles explicitly designed for publication in the monthly newsletter of the **Snohomish Bar Association**. Each article bridges the gap between state-of-the-art neuro-psychology—specifically the pioneering positive neuroplasticity and evolutionary brain models of Dr. Rick Hanson—and the daily realities of family law practice in Washington State.

Family law practitioners are uniquely positioned to help clients overcome the often severe trauma of divorce or separation. Under Washington law and Snohomish County Local Rules (including the mandatory and approved parenting seminars like “Successful Co-Parenting”), parents are legally compelled to cooperate and shield their children from conflict.

Severe stress frequently hijacks the human threat-detection systems, making cooperation and collaboration biologically difficult. This series provides family lawyers with both neuro-psychological theories behind high-conflict parenting & co-parenting and highly practical, actionable 'Parent Handouts' that can be distributed directly to clients to help them and their children heal, adapt, and cooperate.



ROUND 2

**WHEN THE DEFENSE WON'T STAY DOWN,
TAG IN PCVA FOR THE KNOCKOUT.**



In the boxing ring that is the court of law, a victory is only the beginning of the fight. Oftentimes, opposing counsel will do whatever it takes to steal the win back, whether that means filing motions post-judgment or taking the case to the appellate level.

PCVA's Appellate Practice Group attorneys are skilled at taking on defendants for "round two." Their unique experience and know-how make

a great difference in successful post-trial procedures, motions, and judgment collections. They excel at developing strategies and will aggressively and fearlessly take on large corporations and insurance giants in complex appeals.

**Post-trial and Appellate
Catastrophic Injury • Medical Malpractice • Sexual Abuse**

800.349.PCVA

www.pcva.law



Seattle • 701 Fifth Avenue, Suite 4300 • Seattle, WA 98104
Tacoma • 909 A Street, Suite 700 • Tacoma, WA 98402
New York • 31 Hudson Yards, 11th Floor • New York, NY 10001

Table of Contents

Article 1: **September 2026**

— From Reaction to Response:

Article 2: **October 2026**

— The Cue Ball, Not the 8-Ball: Empowering Clients with Learned Agency

Article 3: **November 2026**

— Tending Your Side of the Log: The Power of Unilateral Virtue

Article 4: **December 2026**

— Resizing the Relationship: Scaling Agreements to Real Foundations

Article 5: **January 2027**

— Speaking from the Heart: Experience Talk in Co-Parenting Communication

Article 6: **February 2027**

— Safety, Satisfaction, Connection: Meeting the Core Needs of the Transitioning Child

Article 7 : **March 2027**

— The Two Darts of Divorce: Protecting Children from Secondary Suffering

Article 8: **April 2027**

— Silencing the 'Inner Attacker': Self-Compassion for the Transitioning Parent

Article 9: **May 2027**

— The Two Kinds of Forgiveness: Unlocking Your Future After Betrayal

Article 10: **June 2027**

— HEALing the Family: How Positive Neuroplasticity Rebuilds Young Lives

WA State Court Approved Parenting & Co-Parenting Classes



Realtime - Online - Interactive - Engaging

- Easy Online registration and payment
- Sliding Scale for low-income participants
- One 4-hours online workshop.



4.9 ★★★★★ 311 Google reviews



Tyler Beck

★★★★★ 20 weeks ago

I learned a lot during this parenting seminar and would definitely recommend joining it even if you think you don't need it

www.SuccessfulCo-Parenting.com

(360) 399-6429 (voice/text)

admin@SuccessfulCo-Parenting.com



RICO TESSANDORE

**FORMER INSURANCE DEFENSE ATTORNEY
WELCOMES YOUR REFERRALS**

**PERSONAL INJURY LITIGATION
SETTLEMENT GUARDIAN AD LITEM**

SERVING WHATCOM, SKAGIT, SNOHOMISH, ISLAND COUNTIES
Licensed in Tulalip Tribal Court

legal@ricotessandore.com

2707 Colby Avenue, Suite 901, Everett, WA 98201
19000 33rd Avenue West, Suite 100, Lynnwood, WA 98036
1200 Old Fairhaven Parkway, Suite 203, Bellingham, WA 98225



Article 2: October 2026

— The Cue Ball, Not the 8-Ball: Empowering Clients with Learned Agency

One of the most debilitating psychological side effects of divorce is a profound sense of helplessness. As marriages dissolve, parents find their daily routines, finances, and parenting schedules completely upended. When faced with an uncooperative, hostile ex-spouse, clients often feel entirely at the mercy of forces beyond their control. In Rick Hanson's neuro-psychological framework, this state is recognized as 'learned helplessness.' To guide clients through this painful transition, family lawyers must help them cultivate 'learned agency'—shifting them from feeling like the helpless '8-ball' on a pool table to acting as the decisive, self-directed 'cue ball' in their own lives.

The Neuro-Psychological Model: Learned Helplessness vs. Agency

In his lectures on the Vitality Pillar, Dr. Rick Hanson defines agency as 'the sense that you can make something happen, the experience of being a cause rather than an effect, and the opposite of helplessness.' When we feel a sense of agency, we feel like the 'cue ball' rather than the '8-ball,' or the 'hammer' rather than the 'nail.' Evolutionary biology shows that animals, including humans, are highly vulnerable to acquiring 'learned helplessness.' A few experiences of being trapped, defeated, or unable to influence an outcome can quickly train the brain into a state of passivity and defeat. Conversely, it takes many times more counter-experiences of successful efficacy and active choice before the brain unlearns helplessness and reclaims its agency.

Learned helplessness is a major risk factor for poor coping, severe anxiety, and clinical depression. Cultivating agency, however, leads to improved personal health practices, increased optimism, a greater sense of personal worth, and ultimately, healthier and more fulfilling relationships. Because the brain's negativity bias makes it so easy to slide into helplessness, individuals must actively practice 'learned agency' by consciously noticing and registering small, daily experiences of efficacy and choice.

A central metaphor in Hanson's model is 'watering your fruit tree.' A person can buy a fruit tree, plant it carefully, fertilize it, and water it diligently. However, they cannot actually *make* the tree produce an apple. Tending to the causes is within our control; controlling the results is not. When we realize that all we can do is tend to the causes, we find a deep sense of peace, while remaining fully committed to our personal responsibilities. This requires distinguishing between our Circle of Concern (everything we worry about) and our Circle of Influence (the things we can actually affect). The sweet spot of mental health and responsive coping is where our concern and our influence overlap.



Bring a Seasoned Mediator to the Table

Kenneth E. Brewe

Facilitating settlements in family law matters from Mt. Vernon to Seattle... and everywhere in between.

206.971.5555 **Seattle**
425.252.5167 **Everett**
360.419.9191 **Mount Vernon**

BREWE LAYMAN P.S.

Attorneys at Law | Family Law

brewelaw.com



Visit brewelaw.com/mediation
or contact us for a brochure

PACIFIC MEDIATION

**James D. Shipman is now
conducting his mediation practice as
Pacific Mediation, P.S.**

- + Twelve years of mediation experience
- + Conducted over 1500 mediations in all aspects of family law
- + Thousands of decisions made as a pro tem commissioner or arbitrator on family law cases
- + Available for mediations in Snohomish, King, Skagit or Island Counties
- + A Fellow of the American Academy of Matrimonial Attorneys

james@pac-mediation.com | www.pac-mediation.com





Family Law Mediation & Arbitration

Wayne Pellegrini

Third Street Mediation

PO Box 246

Silvana, WA 98287

360-386-2047

Mr. Pellegrini is an experienced family law attorney whose practice began in Seattle and has expanded to include continuous case actions in Snohomish, Whatcom, King County, Skagit and Island counties

BREWE LAYMAN P.S.

Attorneys at Law



Family Law Attorney Position

Brew Layman P.S. is looking for a family law attorney. Very busy and organized practice. Excellent benefits/compensation package. Looking for superb attorney with at least 3 years family law experience. We need a reliable type "A" personality who can work with a team. Send resume/CV to Sabrina Layman or Ken Brew.

SabrinaL@brewelaw.com

KenB@brewelaw.com



The Co-Parenting Challenge and Attorney Guidance

In a divorce, a parent often spends 90% of their mental energy in their Circle of Concern—obsessing over the other parent's poor parenting, hostile attitude, or refusal to communicate. This is a recipe for learned helplessness. Because they cannot make their ex-spouse change, they experience a constant sense of defeat and react with defensive anger or passive-aggressive legal maneuvers. Attorneys must actively redirect clients toward their Circle of Influence. When a client complains about an ex's behavior that does not violate the court order, the lawyer should ask: 'We cannot control what your ex does in their household. What can you do in **your** household to support your children?' This shifts the parent's focus from attempting to force a result (the 'apple') to tending to the immediate, constructive causes (the 'watering').

PARENT HANDOUT: The Cue Ball Parenting Plan

During a divorce, it is incredibly easy to feel like the '8-ball'—constantly being bumped around by your ex's demands, late drop-offs, and hostile emails. This feeling of helplessness drains your energy and makes you a less effective parent.

To reclaim your power, you must practice 'learned agency' and act as the 'cue ball'—the cause, not the effect. Here is how to apply the 'Watering Your Fruit Tree' principle to your parenting:

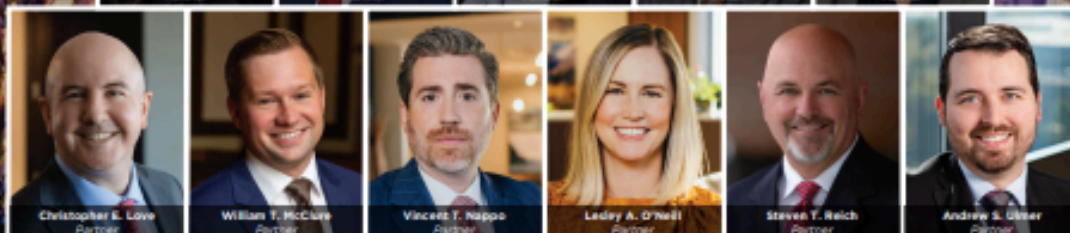
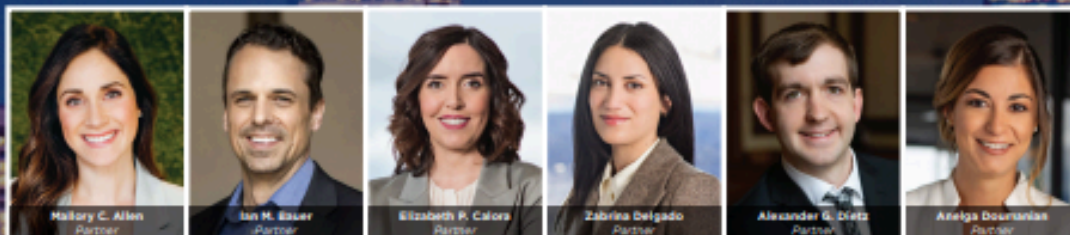
1. **Identify Your Circle of Influence:** Make a list of everything stressing you out. Draw a circle and write inside it only the things you have 100% control over (e.g., your reaction to emails, the routine in your house, the warmth you show your kids, your physical health). Write everything else outside the circle (e.g., your ex's bad mood, what they feed the kids, their choice of partner).
2. **Tend to the Causes, Release the Results:** Understand that you cannot **make** your ex co-parent cooperatively. That is the result. Instead, focus entirely on the causes: being the warmest, most structured, and consistent parent you can be when the children are with you. Know that you did your best at the end of the day, and let that bring you peace.
3. **Register Little Wins:** When you make a healthy dinner, help your child with homework, or calmly decline to engage in an email argument, pause for 10 seconds. Consciously feel the sense of: 'I made that happen. I am in charge of my household and my reactions.' Let that feeling of agency sink into your brain.

Partnering with Successful Co-Parenting for Your Clients' Long-Term Success As you guide your clients through the legal complexities of divorce, let us equip them with the practical skills needed for their new reality. As Snohomish County Superior Court's official mandatory parenting seminar provider since 2017—and accepted across WA counties—our live, interactive Zoom classes offer dedicated sessions in both English and Spanish.

A Trusted Resource for Family Law Attorneys While you manage the legal framework, we build the human skills. The WA state Court-Approved Successful Co-Parenting program complements your counsel by teaching real-world communication, boundaries, and conflict resolution:

- **Court-Approved:** Mandatory seminar provider for Snohomish County since 2017, accepted in Skagit, Island, and beyond.
- **Live & Interactive:** 100% real-time Zoom sessions led by Tio Jorge, featuring live Q&A and practical skill building.
- **Fully Bilingual:** Dedicated class dates in both English and Spanish.

Pursuing Justice. Changing Lives.



Sexual Abuse • Appellate & Post-Trial • Medical Malpractice
Serious Injury • Insurance Bad Faith • Wrongful Death

We appreciate referrals and welcome the
opportunity to collaborate as co-counsel.

**PFAU COCHRAN
VERTETIS AMALA**
ATTORNEYS AT LAW

www.pcva.law

Seattle • 701 Fifth Avenue, Suite 4300 • Seattle, WA 98104
Tacoma • 909 A Street, Suite 700 • Tacoma, WA 98402
New York • 31 Hudson Yards, 11th Floor • New York, NY 10001

Help your clients move forward with clarity. Direct your clients to www.SuccessfulCo-Parenting.com or explore our new Courts & Lawyers portal today.

References:

Hanson, R. (2026). 'Agency.' The Foundations of Well-Being, Vitality Pillar. Lecture slides and transcript.
Seligman, M. E. P. (2006). Learned Optimism: How to Change Your Mind and Your Life. Vintage Books (referenced in Hanson lectures).



WAMS

WASHINGTON ARBITRATION
& MEDIATION SERVICE

WAMS is proud
to announce that

**Timothy
J. Farley**

has joined our
mediation &
arbitration panels.



For rates and scheduling, contact us
253.922.4140 • wams@usamwa.com
usamwa.com

EXPERIENCE
TENACITY
JUDGMENT
RESOLVE!



CHARLES S. BURDELL JR.



PARIS K. KALLAS



LARRY A. JORDAN



STEVE SCOTT



BRUCE HELLER



JOHN P. ERLICK



PALMER ROBINSON

JdR
Judicial Dispute Resolution, LLC

Joshua Green Building
1425 Fourth Ave. • Suite 300 • Seattle, WA 98101
206.223.1669 • jdrllc.com



SNOHOMISH COUNTY BAR ASSOCIATION

**Promoting professionalism, service to the public, furtherance of bench-
bar relations and other activities that enhance the practice of law in
Snohomish County.**