Pacific Institute for Community & Organizational Wellness

Resilience Summit

October 7 & 8, 2014 • Walters Cultural Arts Center • Hillsboro, Oregon

Explore the concept of resilience as it relates to the first responder, the organization and the community. We'll look at contemporary research and findings in psychology, neuroscience and other disciplines that are relevant to developing strategies for leading resilience in the 21st Century police organization to include:

- Articulation of the long-term effects of operational and organizational stress
- Understanding of the impact of chronic exposure to trauma in the unique context of law enforcement
- Awareness of the protective role of resilience and related constructs, the factors that promote officer resilience, and the factors that put officer resilience at risk
- Knowledge of empirically supported prevention and intervention strategies that may increase resilience and mitigate chronic exposure to stress
- Introduction to mindfulness and experiential understanding of mindful practice
- Discussion of personal and organizational leadership efforts that can be made within law enforcement agencies to foster resilient departments and personnel
- Impact of police occupational stress on community through a social cost analysis

Tuition: $125 • Register Here

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Pacific University Oregon

Hillsboro Police Oregon

Hillsboro Oregon