



Resilience Training for Human and Social Service Professionals

Why We Exist

Helping professionals show compassion to others on a daily basis. But the work you do has risks. The pressures of work can lead to anxiety, disconnection, and depression. One of the first programs of its kind, CBR offers evidence-based tools to deepen your self-awareness and self-care, so you may “be well to serve well.”

**49% of social workers and
47% of healthcare workers**
report experiencing
Secondary Traumatic Stress (STS)

STS can contribute to burnout.
Burnout harms employees, organization and those they serve.

CBR is here for you. Founded in 2004, the CBR Project has served health care providers, social workers, humanitarian aid workers, legal aid workers, first responders, and others in helping professions in the United States and around the world.

“The CBR Women’s Leadership Retreat was the most transformative weekend I have ever had. I accessed something within myself that would be able to sustain me.”

– MADELINE GARCIA BIGELOW, URBAN JUSTICE CENTER

What We Do

The Contemplative-Based Resilience (CBR) approach teaches skills to enhance and sustain resilience by uniquely integrating three key components:

- **Awareness** of the neurobiology and psychology of stress, its causes and impacts.
- **Balance** of the body and mind through meditation, mindful movement, and emotional awareness.
- **Connection** with ourselves and with the people we care for through reflection and action.



How We Do It

We offer:

- One-hour lunch-and-learn webinars
- “ABC’s of Resilience” staff training (CEUs available)
- Hybrid (in person and online) courses
- Retreats at The Garrison Institute
- Leadership Institute for managers and executives
- Guest speakers at your staff retreats

We can create a program that fits your organization’s needs.

How it Benefits You

Through participating in a CBR Training, you will:

- Develop a set of inner resources to protect you from burn-out
- Enhance your well-being through self-care and self-compassion
- Learn how to serve others without losing yourself in the process

CBR is highly portable. When resilience skills are practiced on a regular basis they become healthy habits. And when leaders support their staff in practicing habits of well-being at work, everyone benefits.



As a result of participating in CBR, 100% strongly agree or agree that they are better able to:

- Detect sources of stress
- Monitor their reactions to stress regulate emotions
- Apply compassion meditation and body-based techniques to manage stress

“Amazing retreat I left with a beautiful tool kit that is helping me implement new ideas in my office and take care of myself and my team.”

— CBR PARTICIPANT

Learn More

CBR practices are grounded in research on resilience and contemplative science. Visit our website to learn more and to register for upcoming programs: www.garrisoninstitute.org. To learn more about bringing CBR to your organization, email us at CBRproject@garrisoninstitute.org

