



GARRISON INSTITUTE



Resilience Training for Human and Social Service Professionals

Why We Exist

Stress at work is a matter of deep concern to both workers and organizational leaders. Chronic and secondary stress can cause anxiety, absenteeism, and health issues. CBR offers evidence-based resiliency tools to help professionals respond to stress in healthy ways – to “be well to serve well.”

“The CBR program gave me tools to stay focused and resilient. Expanding the program to all staff would be incredibly helpful in combating burnout.”
- CBR participant, 2022

Since 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 U.S. and globally.

U.S. based surveys show that



50% of human service professionals experience Secondary Traumatic Stress which can lead to burnout.

What We Do

CBR trainings are grounded in resilience, trauma-informed practices, and mind-body science research. CBR introduces skills to enhance and sustain inner resilience by integrating three key components:



Awareness of the neurobiology and psychology of stress, its causes, and its impacts.



Balance of the body and mind through simple techniques for mental, emotional and physical awareness.



Connection with ourselves and with the people we care for, through reflection and action.



“Amazing training!

I left with a tool kit that is helping me implement new ideas in my office and take care of myself and the well-being of my team.”
— CBR Participant, 2019

How We Do It

Our Core Offering:

- The “ABC’s of Resilience” staff training
- Time: 6 hours
- Location: On-site or online
- Cost: \$4000
- CEUs available

Additional Offerings:

- Lunch-and-learn webinars
- Staff retreats at Garrison Institute
- The Resilient Leaders Network

CONTACT US

To bring CBR to your organization, contact Elisabeth Preisinger, CBR Manager, at CBRproject@garrisoninstitute.org or visit www.garrisoninstitute.org.

How it Benefits Your Organization

Staff will:

- Enhance their well-being through self-care
- Increase their ability to serve clients
- Contribute to positive workplace culture

Among surveyed CBR participants, 100% agree that they are better able to:

- Detect sources of stress
- Monitor their reactions and regulate emotions
- Apply compassion, meditation and body-based techniques to boost well-being



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