

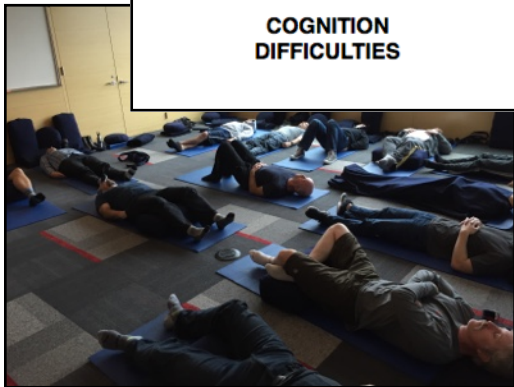
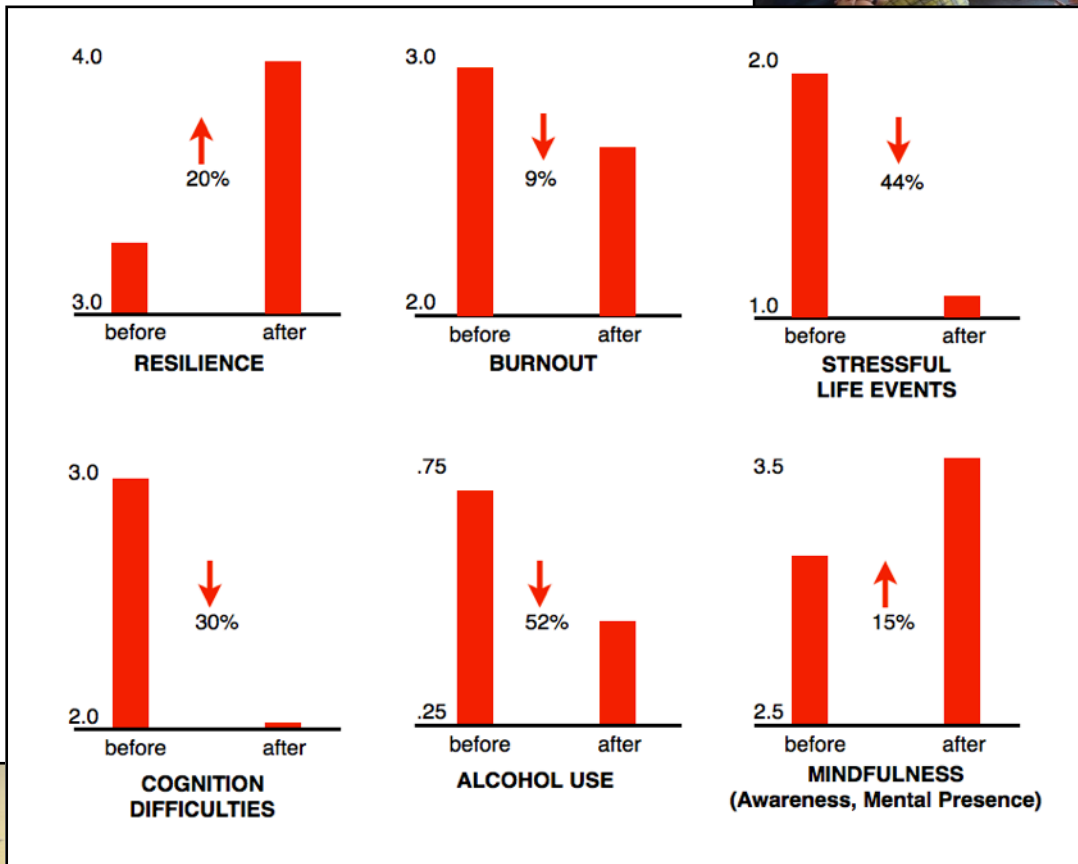


Resilience Training

FALL TRAINING STARTS: On Thursday morning, 0800, September 29th the next MBRT program begins at CBOC. Call Dori Bujr or Bill King (503 259-1193) to register.

SKEPTICAL? RESEARCH RESULTS OF THE PROGRAM HERE:

About three dozen of our firefighters and many of our operations staff completed the training. Researchers at Pacific University did testing of the firefighters to see what happens before and after. A lot of things happened. Huge positive changes in stress, burnout, and a lot more. Take a look below for a few of the results.



MBRT Program Manager & co-trainer is Bill King LPC, Behavioral Health Specialist at TVFR. Testing by Dr. Matthew Hunsinger & Josh Kaplan of Pacific University School of Professional Psychology. MBRT Trainer for TVF&R is Brant Rogers of the Stress Reduction Clinic at Yoga Hillsboro.