

RICHARD GOERLING

EDUCATION

Master of Business Administration (MBA). University of Phoenix, 2001
Bachelor of Science, Economics. Portland State University, 1991
Certified Mindfulness Facilitator (CMF) Training Program, Semel Institute for Neuroscience and Human Behavior, University of California Los Angeles 2015

TEACHING EXPERIENCE

Portland Community College
2008-2018. Adjunct Faculty, Criminal Justice Division
Portland State University
2017-Present. Adjunct Faculty, Hatfield School of Government.
Pacific University
2014-Present. Affiliate Associate Professor, Graduate School of Professional Psychology

SELECTED PRESENTATIONS

Transforming Police Culture. Presentation at TEDx Washington Square. October 2016. New York, NY.

Mindfulness & Resiliency. Presentation to employees at City of Hillsboro Aquatic and Recreation Center. June 2016. Hillsboro, OR.

Mindfulness. Presentation at City of Hillsboro University. February 2016. Hillsboro, OR.

Mindfulness-based Resiliency. Presentation at the NW Peer Support Conference. December 2015. Clackamas, OR.

Resiliency and the Warrior Ethos. FIRExTalk PDX. December 2015. Portland, OR.

Mindfulness and Policing in the 21st Century. Presentation at Mindfulness and Total Worker Health Symposium. Oregon Health Science University. November 2015. Portland, OR.

The Hero's Journey: Warrior Resilience. Presentation at the Virginia Center for Policing Innovation annual conference. October 2014. Durango, CO.

The Mindful Warrior. Presentation at the 8th Annual Every Victim, Every Time Conference for Professionals Working with Crime Victims. April 2014. College Station, TX.

Mindfulness Based Resilience Training. Presentation at the 12th Annual International Scientific Conference Investigating and Integrating Mindfulness in Medicine, Health Care and Society. April 2014. Norwood, MA.

Charting a Way Ahead: Leading Resilience. Presentation at Indianapolis Metro Police Department Wellness Symposium. November 2013. Indianapolis, IN.

Police Officer Resilience and the Efficacy of Crisis Intervention. Presentation at Crisis Intervention Team International conference. August 2012. Las Vegas, NV.

Police Officer Resilience and Community Building: The Economics of Wellbeing. Presentation at International Society of Behavioral & Social Sciences conference. February 2012. Las Vegas, NV.

Resilience, MBSR, Law Enforcement Culture and Training: Breaching Barriers to Mindfulness Integration. Presentation with Mr. Brant Rogers at 8th Annual International Scientific Conference for Clinicians, Researchers and Educators sponsored by University of Massachusetts Medical School. April 2010. Worcester, MA.

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Returning Veterans and Post Traumatic Stress. Presentation at conference for Oregon law enforcement sponsored by Portland Veterans Administration Medical Center and Hillsboro Police Department. July 2009. Hillsboro, OR.

SELECTED TRAININGS

Mindfulness Based Peer Coach Training. 4 month virtual and on-ground training program for first responders seeking to develop skills to coach mindfulness within own organizations. Annual cohorts ongoing 2018 to Present.

Trauma Informed Resilience. Mindfulness-based, 2.5 day, non-residential retreat for trauma workers. September, 2016. Hillsboro, OR.

Mindful Schools. 8-week training to at-risk youth. Liberty High School. May-June 2016. Hillsboro, OR.

Resilience Immersion Training. Mindfulness based 2.5 day residential retreat for police officers. Ongoing 2016 to Present.

Mindfulness in Policing. Video resource for Engaged Mindfulness Institute. January 2016. Providence, RI.

Mindfulness & Resiliency. One-day training to police officers. August 2015. Bend, OR.

The Mindful Warrior: A Path from Fitness to Resilience. 2 day training at the FBI National Academy. March 2015. Quantico, VA.

SELECTED WRITINGS

Goerling, R. *Leading Forward with Mindfulness Skills Training.* (May 2019) *Police Chief* 86, no. 5: 37–43.

Christopher, M., Goerling, R., Rogers, B., Hunsinger, M., Baron, G., Bergman, A., & Zava, D. A Pilot Study Evaluating the Effectiveness of a Mindfulness-Based Intervention on Cortisol Awakening Response and Health Outcomes among Law Enforcement Officers. *Journal of Police and Criminal Psychology.* January 2015.

Goerling, R. (Fall 2014) Cognitive Fitness. Leadership & Resilience in the Warrior Arena. California Assoc. of Tactical Officers (*CATOnews*).

Goerling, R. J. (2012). "Police Officer Resilience and Community Building." *American Society of Business and Behavioral Sciences Proceedings*, 19(1), 394.

POLICE LEADERSHIP EXPERIENCE

Hillsboro Police Department Hillsboro, Oregon

2017-2019. Lieutenant, Patrol Division- Provided operational and strategic leadership and management to patrol division. Supervised Crisis Intervention Team, Homeless Support Team, Traffic Operations Team, in addition to Day Watch Patrol Teams. Retired 1MAR2019.

2015-2017. Lieutenant, Investigations Division- Lead a division responsible for criminal investigations that includes specialty teams for Family Violence & Child Exploitation, General Assignment, Youth Services, Street Crimes, Gangs, Narcotics & Crisis Intervention. Supervise 5 detective sergeants, 27 detectives and 3 civilian support personnel. Active with veteran policing matters; current Advisory Board member for SERVe, a

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U.S. Dept. of Defense funded Study for Employment Retention of Veterans at both Portland State University and Oregon Health & Science University. Subject matter expert on police officer resiliency, with emphasis on mindfulness training to enhance self-awareness and other emotional intelligence skills to enhance human performance.

2008-2015. Lieutenant, Patrol Division – Provided operational and strategic leadership and management to patrol division. Directly supervised 8 sergeants, 40 police officers and 3 code enforcement officers on afternoon/night shift. Supervised Crisis Intervention Team consisting of 1 sergeant, 4 officers, and 4 civilian support staff. Served 9 months as Investigations Lieutenant and 6 months as police Commander during this time. Managed HPD SWAT and Crisis Negotiation members and liaised with inter-agency teams. Managed program budgets for division training and specialty programs such as SWAT and Crisis Intervention.

2007-2008. Sergeant, Investigations Division

2003-2007. Sergeant, Patrol Division

Military leave 2001 through 2003

1998-2001. Detective, High Technology Crime Team (Multi-agency task force)

1997-1998. Police Officer, Patrol Division

U.S. Department of Transportation, Officer of Inspector General Los Angeles, CA

1995-1997. Criminal Investigator - Investigated white-collar crime affecting federal transportation programs including unapproved aircraft parts, motor-fuel excise tax evasion, and aviation hazardous materials violations. Conducted internal investigations within DOT organizations.

MILITARY LEADERSHIP EXPERIENCE

Commander, U.S. Coast Guard Reserve (Retired) 1988-2015

Active-duty and reserve service in afloat, ashore and training commands with extensive experience with Search & Rescue Operations, Law Enforcement Operations and Critical Incident Response. Detailed service history available upon request.

SELECTED RESEARCH

Co-Investigator and lead trainer for National Institutes of Health funded research in Albuquerque, NM and Portland, OR with Pacific University and University of New Mexico. 2019-2023.

Co-Investigator and trainer with Pacific University for a two-year National Institutes of Health (NIH) funded study to deliver mindfulness-based resiliency training to police officers in the Portland metro area. 2015-2017