



CONTEMPLATIVE BASED RESILIENCE (CBR)



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Building Resilient Humanitarians
COURSE OFFERINGS 2020



ABOUT US

Who is Garrison Institute International?



Garrison Institute International (GII) has been set up in 2011 to manage the international programs of Garrison Institute in the US. GII is registered in the Netherlands as a not-for-profit foundation.

A Monastery for the 21st Century

The mission of Garrison Institute is to apply the transformative power of contemplation to today's pressing social and environmental concerns, helping build a more compassionate, resilient future. We offer a unique, non-sectarian environment, sometimes described as a "monastery for the 21st century", where leaders and practitioners across diverse fields meet, connect and collaborate.

The programs of Garrison Institute develop rigorous, evidence-based ways to apply contemplative methodologies to key social change fields – such as education, ecology and humanitarian aid – redefining their core issues, connecting them to a larger context of systemic change.



Our goal is to cultivate new thought leadership that can inspire large numbers of people by appealing not just to their minds, but also to their hearts.

The Science of Contemplative Practice

Two decades ago, brain researchers discovered the phenomenon of "neuroplasticity," whereby the brain changes physiologically in contemplative practice – as little as eight weeks of meditation can stimulate new dendritic growth in the brain, at any time of life. This doesn't just stimulate new ideas: it literally changes minds, actually building new structures and capacities in the brain. It redraws the architecture of thought in organic ways that allow individuals to evolve, and collective thought to shift and grow.

The Contemplative Based Resilience Project



CBR
PROJECT

Contemplative-Based Resilience (CBR) Training is a skills-building programme, grounded in cutting-edge research on human resilience. All training support humanitarians to develop coping regimes and habits to enhance personal resilience and thrive within their work. Each training does this through an integrated approach incorporating:

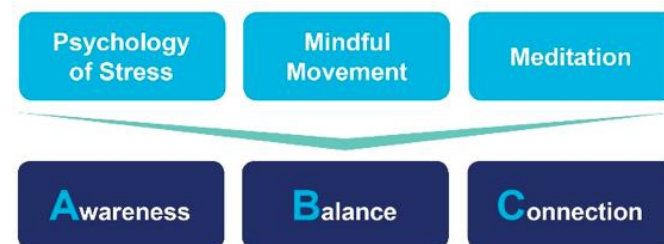
- Psychosocial Education on the science of the mind and its reactions to stress and trauma
- Low-impact physical exercise that utilizes movement to reduce entrenched stress within muscles and other parts of the body
- Mindfulness training through the building of emotional and cognitive resilience in the face of high stress.



Through promoting the ABC's of Resilience:

Awareness, Balance and Connection the training methodology of all of GII CBR trainings is tailored for adult learning and involves theory, participatory techniques and thought-provoking tasks. The CBR Project is delivered by a team of CBR experts with experience of working in the humanitarian sector.

The CBR training does not promote or condone any religious agenda and is designed to be applied by all. The training can be delivered in several languages including English, Arabic, French, and Dutch. Trainings are delivered on site or in central locations to the trainees and are available globally.



Contemplative traditions have existed for thousands of years; however, scientists are only just beginning to study the mechanisms by which these practices impact mental and physical functioning. *The impact of contemplative practices on five key domains of resilience are:*



Psycho-behavioral Domains of Resilience

Contemplative practices develop key psycho-behavioral components of resilience: interconnectedness, social support, empathy, altruism, compassion, and helping others.

Brain Activity



Contemplative practices have been shown to positively impact several cognitive processes linked to resilience. These practices excel at improving attention, concentration, brain plasticity, and cognitive reappraisal (reinterpretation of a challenging situation in a more positive light).

Stress Response



Resilience requires that we minimize time spent in a high-stress state, and also requires the ability to mount an appropriately robust response to true stressors. Meditation, yoga and compassion training promote this flexibility and equilibrium. Mindful individuals are more likely to adapt positively to stress and use more approach-oriented coping techniques, contributing directly to resilience.



Gene Expression

Contemplative practices are also associated with healthy differences in gene expression, via epigenetic effects that preserve the structural integrity of DNA. Studies have shown that meditators have longer telomere length ("caps" on the ends of chromosomes whose shortening is a marker of aging) vs nonpractitioners.



Post-Traumatic Growth

Post-traumatic growth is a concept asserting that difficult experiences can be beneficial by providing opportunities for growth, such as by helping us to learn new ways of coping and compelling us to broaden our capacities. The traits that comprise resilience enhance the capacity for post-traumatic growth, as do contemplative interventions.

The CBR program utilizes several methodologies to provide a holistic course, built on academic rigor and years of testing in the field. In the all engagements, humanitarian staff will be exposed to the science of trauma in humanitarian settings and provided with tools to address ongoing stress and prevent the effects of that stress on themselves. Staff will concentrate on three main areas of study, incorporating the scientific with the contemplative:

Humanitarian staff will gain:

- An increased **understanding** of the psychology and physiology of stress.
- **Techniques** to understand their own sources of stress and its impact in daily life.
- Increased **awareness** of thoughts, emotions and body reactions, improving emotional regulation and stress management.
- **Tools** and **knowledge** to create their own actionable stress management plans.
- Contemplative-based resilience **skills** such as meditation and mindful movement,
- **Connection** with a peer support community of other humanitarian aid workers



Humanitarian organisations will benefit from:

- More resilient staff in the field that are able to personally address their levels of stress and the potential effects of vicarious trauma they experience
- **A potential reduction in attrition rates of staff due to burn out and anxiety**
- Increased impact of programmes that resilient staff operate within
- **Increased mitigation of risk relevant to staff's negative actions or coping mechanisms towards dealing with vicarious trauma or burn out**
- A cadre of trained staff within a country or region that are able to engage and support each other utilizing the skills they learn within the CBR training.

WHAT WE OFFER

Four-Day Transformational Engagement

The penultimate programme is a **four-day** transformational training. This provides humanitarian staff with an opportunity to learn, reflect and begin their contemplative journey alongside their team members through a transformative learning process. The training concentrates on providing useful and practical tools to humanitarian staff to build their resilience and also help them to slowly address the past mental trauma they have faced. The training has been developed over the last decade, utilizing direct inputs from both clinical and contemplative leaders in the field, making it unique and powerful.

The programme will dive deeply into:

AWARENESS

- Neurobiological functioning
- The physiology of stress
- Types of stress & trauma
- Impact of chronic stress & field work
- Indicators of burnout
- Effective coping strategies
- Development of stress management plans

BALANCE

- Relationship between movement and body connection and effective stress relief
- Psychosomatic awareness
- Practical movements for field-based workers: Chair- based movement and stretching, restorative sequences, active movement

CONNECTION

- Establish the building blocks of individual meditation and mindfulness
- Using mindfulness to deal with challenging emotions and situations
- The role of empathy and compassion
- Meditation practice: Body scans, mindfulness of breath,

COST*:

€13,000 for up to 25 students

Students receive 1 year of free follow up, access to our Mobile App and the CBR Workbook.

***Costs do not include student accommodation, meals, transport.**

Two-Day Resilience Growth Engagement

The two-day programme has been designed to engage directly with teams in the field who are experiencing a high-level of stress in their working environment. Teams include those in the humanitarian aid field, but also those that serve in first responder capacities for cities, municipalities and other government agencies. The two-day engagement is specifically designed to work with agencies at both the pre-deployment stage, and also in-situ. Each agency requires specific components of the training to be tailored to their needs, situation and team dynamics and we work with each team lead to ensure applicability to their specific context.

The programme will provide core approaches on resilience in:

AWARENESS

- Neurobiological functioning
- The physiology of stress
- Types of stress & trauma
- Impact of chronic stress & field work
 - Indicators of burnout
 - Basic coping strategies

BALANCE

- Relationship between movement and body connection and effective stress relief
- Psychosomatic awareness
- Practical movements for field-based workers: Chair- based movement and stretching, restorative sequences, active movement

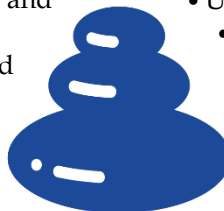
CONNECTION

- Using mindfulness to deal with challenging emotions and situations
 - The role of empathy and compassion
 - Meditation practice: Body scans, mindfulness of breath,

COST*:

€6,000 for up to 25 students

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WHAT WE OFFER

Two-Day Mindful Leadership Engagement

The Two-day programme is specifically for leadership in organizations that are expecting senior leadership teams in field and headquarters environments to help them better understand the basics of resilience for themselves and their teams, how they can continue their journey as individuals, and to lay the foundation for organizational change and awareness. The two-day event uses tools, approaches and learning that is tailored to humanitarian leadership and organizations that are developing or have developed plans to build the resilience of their wider teams to create an environment of organizational and culture change, with staff well-being and resilience at its heart.

The programme is designed to build towards large scale change within organizations, establishing leadership champions to foster growth and increase effectiveness and efficiencies in their teams.

COST*:

€6,000 for up to 25 students

Students receive 1 year of free follow up, access to our Mobile App and the CBR Workbook.

Integrated Resilience Engagement

Many organizations provide training to their staff on varying technical and supportive functions such as security, safety, leadership and management. The CBR programme can easily be integrated into any agency delivered training and is provided as separate sessions within a greater agenda. We work together with organizations to develop the right approach and modality for delivery within existing environments.

COST*:

€500 per day

Students receive access to quarterly follow up calls.

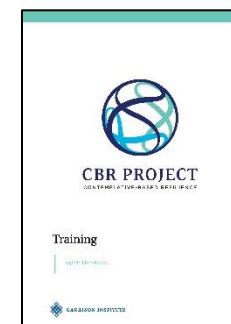
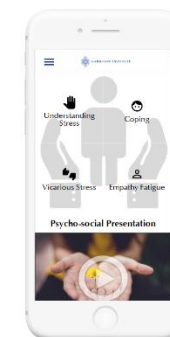
Monthly and Quarterly Support Calls

A critical component of promoting sustainable beneficial change is fostering community and peer support amongst humanitarian aid workers. The research is clear, the only way resilience is effective in any context, is through the support of peer networks. In order to nurture and deepen this connection, the programme hosts monthly catch up calls with training groups led by an experienced faculty member. These calls provide a unique opportunity for the staff to come together in a safe, well-held space, and to share how they are doing, and what challenges they may be experiencing as well as what tools and mechanisms they are using to cope in their offices and response environments.

CBR Mobile App

All training materials and relevant tools taught in the training are also available on our proprietary mobile application in order to support participants to sustain their personal resilience journey. Access to the app are available to each training participant for 1 year, with the possibility of continuing based on the organizations and their needs.

Within the app, relevant data is anonymously collected by team members to showcase the effects of the training on their work as well as the impact of the training on themselves through encrypted surveys and engagement tracking.



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