

Mindfulness In Policing

The Mindfulness in Policing workshop will build on last year's discussion of this topic. The focus of this workshop will be on learning and experiencing mindfulness practices in relation to movement, breathing, and awareness to improve self-regulation skills.

Research in the application of mindfulness practices within high-stress occupations (e.g. U.S. military forces) has demonstrated that participants sustain and improve attentional skills and sustain working memory capacity, essential elements to optimize performance in high-stress, high-threat environments.

Mindfulness skills, when practiced frequently, also can help mediate long-term occupational stress and promote personal resilience in facing challenging circumstances. This is an interactive workshop with limited lecture. Handout materials will be provided to augment and reinforce the learning and skill development gained through this workshop.

Richard S. Biehl
Director and Chief of Police
Dayton Police Department

Chief Richard S. Biehl joined the Dayton Police Department as Director and Chief in January of 2008 after serving as Executive Director of Cincinnati's Community Police Partnering Center. He has more than 35 years of experience in law enforcement work.

Chief Biehl served nearly 25 years in the Cincinnati Police Department in positions including Officer, Sergeant, Lieutenant, Captain, and ultimately Assistant Police Chief for six years. He commanded both the Investigations Bureau and the Administration Bureau.

In 2006, Chief Biehl led the implementation of CeaseFire Cincinnati, a neighborhood gun violence reduction initiative using a public health approach for violence reduction modeled after CeaseFire Chicago.

Chief Biehl has been a true civil rights champion, particularly in relation to his minority and immigrant friendly policing policies and practices. Community and business members agree that his focus on community policing policies has resulted in greater trust between law enforcement officers and the community as a whole.