

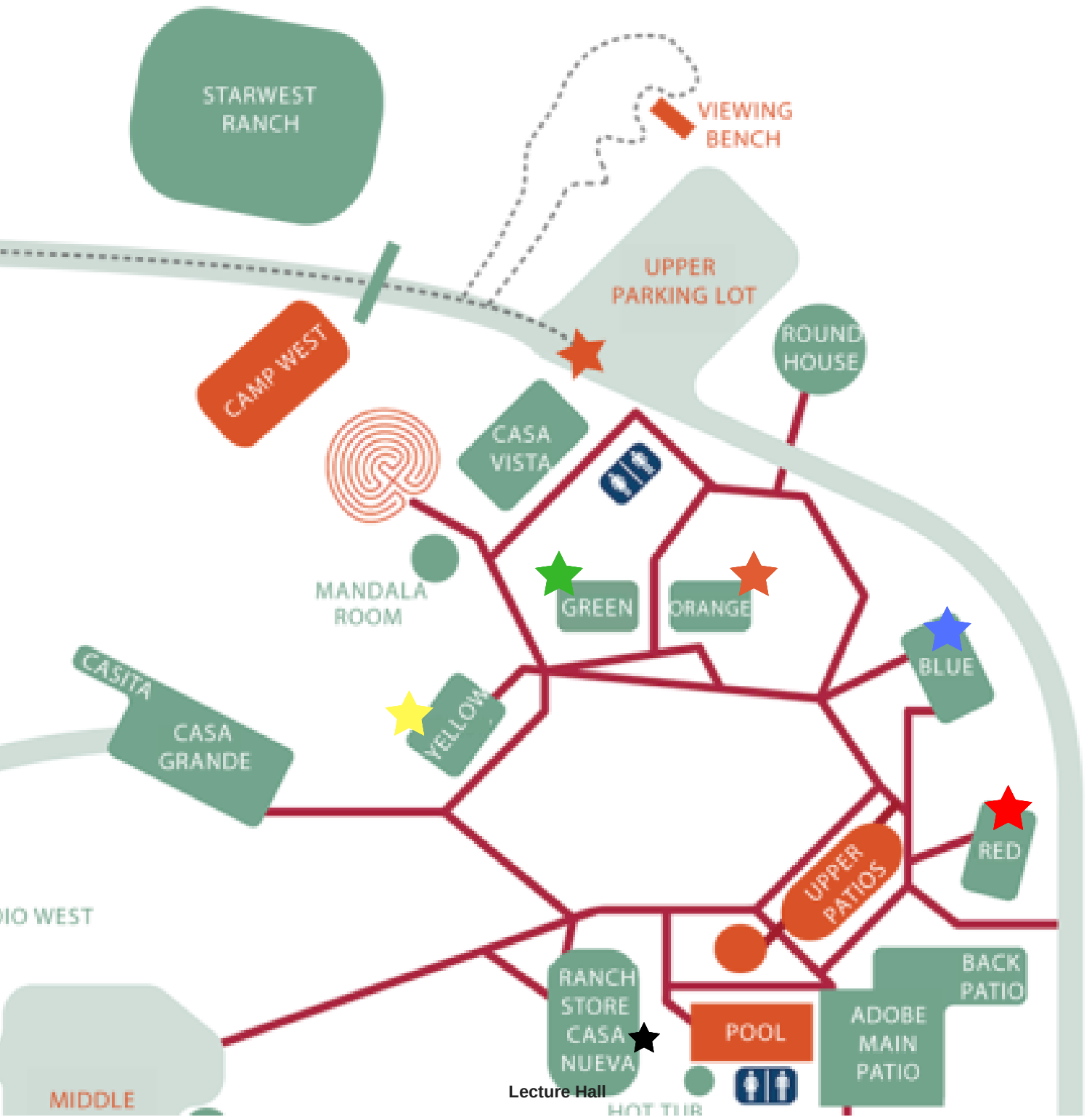
First Responders Resiliency, Inc. Training Conference



JANUARY 12-14, 2019

WESTERBEKE RANCH
2300 Grove St, Sonoma, CA 95476

Map of Westerbeke Ranch



Weekend Program

Putting PTSD out of Business

Saturday Jan. 12

Lectures will be held in Casa Nueva

1500 Check-In/ Room Assignments

1700 Introduction: Sue Farren/ Ron Shull

18:30 Dinner

1900-2100 Massage

Sunday Jan. 13

0800-08:30 Yoga/ Meditation

08:30-09:15 Breakfast

09:20-10:20 Neuro-anatomy: Ron Shull

10:30-11:30 Autonomic Nervous System/ Mindfulness: Sue Farren/
Ron Shull

11:40-12:30 Wildland Toxins: Dr. Jen Riegler

12:30-1400 Lunch/ Glutathione/Massage

1400 - 15:15 Central Nervous System: Jeremy Berlin

1530 - 1700 Physical Resiliency Training: Tod Ceruti

1715 - 18:15 Sleep Deprivation: Ron Shull

1830 - 20:30 Dinner/Play/Movement

Weekend Program

Putting PTSD out of Business

Monday Jan. 14

0800 - 0830 Yoga/Meditation

0830 - 0930 Breakfast

0930 - 10:15 Emotional/Relational/CBT - Sue Farren

1030 - 1130 Cathy Wayne

1130 - 1230 Pack up

1230 - 1300 Reconvene

Biographies



**Susan Farren- Executive Director
Retired Paramedic**

Susan is the founder of First Responders Resiliency, Inc. as well as a speaker, author, educator. After 30 years in EMS, in both the public and private sectors, Susan began focusing on the history and cognitive science of public safety. Her research led her to design a program providing psychological and physical resiliency for those who put others lives before their own.



**Ron Shull- Director of Operations
Retired Fire Engineer**

Ron served 31 years with the Santa Rosa Fire Dept. and retired in 2014 from his position as a fire engineer from the departments busiest station, Station 1. He served on the departments union executive board, was a pioneer of the departments wellness and fitness program, and was voted by his peers as firefighter of the year for 2012!

Ron represents the fire division of First Responders Resiliency, Inc.

Biographies

Jeremy Berlin- Trauma Therapist



Jeremy Has worked with non-profit organizations around the world, primarily in South East Asia, assisting in community development in slum communities. Since 2012 he has been working with individuals who suffer from brain injuries as a neurobehavioral life skills coach. Jeremy is currently pursuing a masters in counseling with a focus on trauma (PTSD & PTSI) resolution and resiliency development.

Dr. Jen Reigle- Naturopathic Doctor



Dr. Jen Riegle is a licensed Naturopathic Doctor, with a degree from Bastyr University, a leading institution in natural medical care and research. She carries advanced certification and training in environmental medicine, women's health, infertility, biofeedback, and traditional medicine practices. She combines her knowledge and skills as a diagnostician in the western and traditional medicine worlds, with a deep compassion and intuition, to provide a comprehensive treatment plan for physical, mental, emotional, and spiritual healing for her patients. Dr. Riegle utilizes both conventional treatment methods as well as healing modalities such as herbal medicine, functional medicine, and physical medicines.



Cathy Wayne- Retired Captain/ Field Commander

Cathy Wayne began her career as a First Responder in 1980 as an EMT then Paramedic in Oakland, with Acme Western Ambulance. Cathy then joined the California Highway Patrol in 1984, and then spent the next 27+ years working in various assignments throughout the Bay Area. Cathy worked Road patrol, Commercial operations, K-9 Narcotics Interdiction, and Dispatch Communications, in Oakland, Vallejo, Martinez, Dublin, Sunol, and San Jose. Cathy promoted several ranks over the years and ended her successful career as a Captain/Field Commander of the San Jose Area in 2011.



Tod Ceruti- Physical Resilience Instructor Former Military

A military veteran, a certified Fire Flex, Veteran Warrior, and prison instructor who teaches a unique form of physical resilience to civilians and prisoners alike. Tod's experience as a military vet, combined with his own incredible journey into physical wellness, is a life altering benefit to anyone who learns from him.



First Responders Resiliency, Inc.

First Responders Resiliency, Inc., is a program developed to decrease stress and enhance resiliency in first responders. We are a non-profit 501 (c)(3) organization created For First Responders, By First Responders, and we are dedicated to the psychological and physical well being of those who are serving, or have served, in the industry.

Contact

www.resiliency1st.com

info@resiliency1st.org

2430 Olympia Drive
Santa Rosa, CA 95405

For First Responders, By First Responders