

Lt. Richard Goerling (Ret.) Hillsboro Police Department Hillsboro, OR

Lieutenant Richard Goerling (Ret.) began his law enforcement career in 1995 as a criminal investigator with the US Department of Transportation. In 1997, he became a patrol officer with the Hillsboro Police Department in Oregon. Shortly after in 1998, he was elevated to a detective and served on a multi-agency task force called the High Technology Crime Team. In 2001, he briefly departed the agency to serve in the military for two years. He returned in 2003 as a sergeant in the Patrol Division. In 2007, he transferred to the Investigations Division and was promoted to a lieutenant in the Patrol Division a year later. As a lieutenant, he oversaw eight sergeants, 40 police

officers, and three code enforcement officers. He was also responsible for supervising the Crisis Intervention and SWAT teams. In 2015, he transferred to the Investigations Division and led criminal investigations for the Family Violence & Child Exploitation, General Assignment, Youth Services, Narcotics & Crisis Intervention, Street Crimes, and Gangs teams. In 2017, he returned to the Patrol Division and oversaw the Crisis Intervention, Homeless Support, Traffic Operations, and Day Watch Patrol teams.

In 2019, Lt. Goerling retired from policing. He's currently an associate professor of psychology at Pacific University, an adjunct government professor at Portland State University, and an adjunct professor of criminal justice at Portland Community College. He is an expert on law enforcement culture, mindfulness, and trauma-informed resilience. His expertise led to the founding of the Mindful Badge project, which trains law enforcement leadership on how to incorporate mindfulness into their policing practices. He holds a BS in economics from Portland State University, a MBA from the University of Phoenix, and is a graduate of the Certified Mindfulness Facilitator Training Program at the University of California Los Angeles.

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