



Frontline Resilience: The Role of Units in Countering Acute Stress

5/13/2025

A Live, Interactive Webinar

Description:

Service members operating under extreme conditions may experience an acute stress reaction, essentially being unable to function because of overwhelming mental stress. While not a diagnosable disorder, acute stress reaction can present a threat to individuals and their units. This 90-min webinar will review the latest research on the prevalence and duration of acute stress reactions, how they differ from acute stress disorder and posttraumatic stress disorder, and how unit members can intervene. Specifically, this webinar will review iCOVER, a rapid peer-based technique for addressing acute stress reaction adapted for the US by a team at the Walter Reed Army Institute of Research (WRAIR). We will also review studies by WRAIR and by international counterparts that provide evidence regarding the acceptability of iCOVER training, changes in service member attitudes before and after training, and how iCOVER is being utilized in frontline contexts. Other leader and peer-based interventions for supporting functioning in high-stress environments will be described.

Total CE Credits: 1.5

Total Contact Hours: 1.5

Learning Objectives:

Following the training, attendees will be able to:

1. Distinguish between acute stress reaction, acute stress disorder and posttraumatic stress disorder.
2. Explain the six steps in the iCOVER intervention.

Target Audience: For behavioral health providers who treat military personnel, veterans, and their families.

Instructional Content Level: Introductory

Agenda:

Agenda for CDP Presents Webinar

Webinar room prep and Lobby time	11:30 am - 12:00 PM
Welcome to CDPP and Speaker Intro	12:00 pm - 12:05 PM
Speaker Presents	12:05 pm - 1:25 PM
Question and Answer	1:25 pm - 1:30 PM



Continuing Education:

Course Completion Requirements: Participants are required to attend the entire training. Partial credits cannot be issued. Attendance is taken through the use of electronic logs, and a post-training evaluation form must be completed in order to receive ACE social work CE credits. For other CE credits, completion of the evaluation is strongly encouraged, but if you do not wish to complete the evaluation, please contact the training event's POC after the training event.

There is a 30-day time limit post-training to complete all CE requirements. CE Credit Certificates will be available via CE Management system CE21 within 30 days after all course requirements have been completed.

American Psychological Association Sponsor Approval:

The Center for Deployment Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Deployment Psychology maintains responsibility for this program and its content.

Association of Social Work Boards Approved Continuing Education Provider Approval:

The Center for Deployment Psychology, #1761, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Center for Deployment Psychology maintains responsibility for this course. ACE provider approval period: May 19, 2022 – May 19, 2025. Social workers completing this course receive 1.5 Live, Interactive Webinar continuing education credits.

New York State Education Department's State Board for Psychology Provider Approval:

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists (#PSY-0178).

New York State Education Department's State Board for Social Work Provider Approval:

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers (#SW-0744).

Inquiries regarding CE credits may be directed via email to Jeremy Karp at jeremy.karp.ctr@usuhs.edu.



Participate:

Online Platform: Zoom

Date: 5/13/2025

Time: 12:00 - 1:30 PM Eastern

Registration Information: Registration is done through event management system CE21, links will be provided to prospective attendees.

Registration Deadline: Registration for this training closes one week prior to the training date.

Cancellations/Questions: Please contact jeremy.karp.ctr@usuhs.edu if you have any questions or need to cancel your registration.

Location Information: Participants will login to the webinar via the CE21 account using the green launch webinar button.

Instructional Format: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

System Requirements:

Zoom:

- Internet connection
- Operating System: Windows 7 or higher, Mac OS X with MacOS 10.9 or higher
- Web Browser: Internet Explorer 11+, Edge 12+, Firefox 27+, Chrome 30+, Safari 7+
- Hardware: 1Ghz processor or higher

Special Accommodations: If you require special accommodations due to a disability, please contact Jeremy Karp at jeremy.karp.ctr@usuhs.edu 4 weeks prior to the training so that we may provide you with appropriate service.

Grievances: For any grievances or concerns with this training, including those related to course content, non-receipt of certificate or other occurrences, participants may contact CDP's Continuing Education Director, Ms. Amanda Stanley-Hulsey, via email at amanda.stanley-hulsey.ctr@usuhs.edu



Instructor Biographies:

Amy B. Adler, Ph.D.

Senior Scientist, Center for Military Psychiatry and Neuroscience
Walter Reed Army Institute of Research, Silver Spring, MD

Dr. Amy Adler is the senior scientist in the Center for Military Psychiatry and Neuroscience at the Walter Reed Army Institute of Research and a licensed clinical psychologist. She has authored more than 200 articles and chapters, and edited seven books, including *Deployment Psychology* (2011) and *Anger at Work* (2021). She has led the development and evaluation of training products supporting behavioral health and resilience in military units, resulting in training products that have been implemented in the U.S. and in allied nations.

Ian A. Gutierrez, Ph.D.

Research Psychologist, Center for Military Psychiatry and Neuroscience
Walter Reed Army Institute of Research, Silver Spring, MD

Dr. Ian Gutierrez is a research psychologist in the Center for Military Psychiatry and Neuroscience at the Walter Reed Army Institute of Research and a licensed clinical psychologist. He has authored 30 peer-reviewed publications as a subject matter expert on stress, anxiety, and trauma; substance abuse and addiction; religion and spirituality; prosocial behavior; and preventive behavioral health. His work is currently supported by Headquarters, Department of the Army (G-9) and the U.S. Army Institute for Religious Leadership (USA-IRL).

**There is no commercial support or conflict of interest to report for this presenter.