



Resilient Communities of Practice: How to Optimize Stress in Challenging Times

10/22/2026

A Live, Interactive Webinar

Description: This session explores the importance of other people in helping to optimize stress. Participants will identify their personal stress team, explore how this team can help them recognize when they're overly stressed, and how this team can assist them in pumping the brakes on their stress. Participants will also learn how to form strong relationships and elevate others to boost stress optimization in volatile, uncertain, complex, and ambiguous (VUCA) conditions.

Total CE Credits: 1.5

Total Contact Hours: 1.5

Learning Objectives:

Following the training, attendees will be able to:

1. Apply at least one psychological, social, and spiritual skills to develop strong relationships and better manage stress.
2. Identify at least one stress teammates and develop a stress team plan.

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, 2025-May 19, 2028. 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: 10/22/2026

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, via email at amanda.stanley.ctr@usuhs.edu



Instructor Biographies:

Gabriel Paoletti, MAPP EdD

Dr. Gabriel Paoletti is the Director of Human Performance Optimization (HPO) Integration and HPRC in support of the Advanced Research for Military Optimization, Readiness, and Rehabilitation (ARMORR) – Consortium for Health and Military Performance (CHAMP), a center at the Uniformed Services University. He oversees the strategic and operational components of delivering comprehensive health and performance education on Total Force Fitness and Human Performance Optimization to the DoW and national security community. Over the past 15+ years, Dr. Paoletti has applied the latest human performance research to create and lead over 400 distinct human performance optimization and leadership development programs for audiences throughout the world ranging from leaders at the Pentagon, Army, Marine, Air Force, Navy, Coast Guard service members to Fortune 500 companies, professional athletes, CEO's and government leaders. Under his leadership, his team has officially been selected to develop the holistic human performance curricula for half of the U.S. Armed Forces.

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