

# Session One

## Monday, March 13, 2017

Session One is a one-day classroom training. Participants must attend the entire day to receive CE credits. No partial credit will be awarded for partial attendance.

### **Military Culture: Enhancing Clinical Competence**

This training module is for civilian mental health providers who want to develop a better understanding about how the military works and who comprises the armed forces. It provides an overview of military culture to include basics about its history, organizational structure, core values, branches of the service, mission and operations, as well as the differences between the active and reserve components. Participants acquire greater competency in working with Service members by learning military culture and terminology, and by discussing how aspects of the military culture impact behaviors and perspectives.

Learning Objectives:

1. Recognize the structure and major components of the United States military.
2. Identify common characteristics of the military population and how they compare to the general population.
3. Discuss the importance of a distinct culture to the military.
4. Describe elements of the military experience and lifestyle that are integral to military culture.

### **The Deployment Cycle and Its Impact on Service Members and Their Families**

This training module is intended to provide civilian mental health providers with an overview of the demographics of military families and the impact of the deployment cycle on the Service member and family unit. It explores the unique experiences that Service members and their spouses and children face across the deployment cycle by examining research findings and psychosocial stressors associated with stages of the deployment cycle. Strategies for promoting family resilience during separation and reintegration are discussed.

Learning Objectives:

1. Describe the demographic characteristics of Service members and their families.
2. List the three phases of the deployment cycle and the events common to each phase.
3. Identify stressors commonly confronted by Service members and their families before, during, and after deployment.
4. Discuss challenges that Service members face in achieving successful post-deployment reintegration.

### **Military Culture and Deployment History in the Clinical Setting: Interactive Exercises**

This training module is intended to provide civilian mental health providers with a better understanding of how military culture and deployment history may present in a clinical setting. The goal is to prepare participants to work with military clients through case studies allowing them to explore military culture and the impact of deployments on military members in an interactive/hands-on setting. Participants will be presented with a variety of clinical case studies and asked to develop interview strategies, areas for further information gathering, and possible treatment ideas utilizing knowledge of military culture and the impact of deployment.

Learning Objectives:

1. Generate culturally sensitive clinical interview questions for Service members and Veterans.
2. Identify at least 5 examples of deployment-connected clinical symptoms in clients with a military identity.
3. Identify ways in which deployment experiences impact clinical presentation in clients with a military identity.
4. Apply culturally-informed responses to deployment-connected clinical symptoms in clients with a military identity.