



## CSF2 TRAINING CENTER TEAM

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# COMPREHENSIVE SOLDIER & FAMILY FITNESS TRAINING CENTER

## Mental Strength for Life

### Overview

Our mission is to develop the full potential of Warriors and Families using a systematic process to enhance the mental skills essential to the pursuit of personal strength, professional excellence and the Warrior Ethos.

CSF2 provides a systematic way to build mental and emotional strength. Its training is based on over four decades of scientific research and recognized best practices in the field of sport and performance psychology. The tenets underlying excellence in human performance are applicable to all professional occupations. CSF2 tailors the delivery of its program to meet the needs of a wide spectrum of Army organizations and populations to include Sol-

diers, family members and DA Civilians.

The CSF2 Training Center Model encompasses instruction in mental skills foundations, confidence building, effective goal setting, attention control, energy management and imagery. Training opportunities at Joint Base Lewis-McChord include a full week Leader Course, Performance and Learning Enhancement Seminars, Unit Training and Mastery Sessions. Venues include both classroom and practical field reinforcement.

CSF2 training addresses how to develop the psychological attributes to be self-regulating, adaptive and mentally agile leading to success throughout life.

### CSF2 Training Center Capabilities

- Performance education and training
- Resilience training in support of Comprehensive Soldier & Family Fitness
- Learning Enhancement Program
- Program evaluation and program specific research
- Team building



CSF2-PREP Instructor, Valerie Alston, provides Soldiers information regarding the application of the PREP to their organization.

*“My platoon excelled on the individual and collective levels... I think what separated us from every other platoon was our mental edge and our ability to bring calm to the fight... from the skills we built through mental skills training.”*

- Former PL I-23 IN, 3/2 SBCT  
CPT Anderson



JBLM Soldiers use mental rehearsal as well as kinesthetic imagery to practice marksmanship.



## Mental Skills Education

### Mental Skills Foundations

Providing Soldiers with a "philosophy of excellence" detailing the key qualities that underlie exceptional performances and how they can be acquired.

- Understand the nature of elite performance
- Understand the interaction between thoughts, emotions, physiology and performance
- Understand the Training and Trusting Mindsets and how to balance these two interrelated thought processes
- Recognize extraordinary performances as a "State of Mind"

***The strength to realize and unleash your true potential***

### Building Confidence

Thinking in deliberate and effective ways to create energy, optimism and enthusiasm.

- Train the conscious thinking habits that lead to confidence and trust, in yourself and your team
- Exercise selective perception to create energy, enthusiasm and optimism
- Separate yourself from your adversaries by the quality and effectiveness of your thinking

***The strength to trust yourself in times of adversity***

### Goal Setting

Defining a dream that's personally meaningful and developing the concrete steps to create a well-documented path to success.

This process includes:

- Defining a vision
- Establishing a plan
- Committing to the journey

***The strength to plan, advance and persevere through challenges***

### Attention Control

Bringing heightened sensory awareness to what's most relevant and keeping it there to concentrate amidst distractions.

- Selectively identifying relevant cues and stimuli to the exclusion of others
- Developing cue words & phrases to direct and sustain concentration
- Establishing functional routines for key tasks and moments
- "Practicing" the narrowing, widening and sustaining of appropriate focus
- Utilizing awareness as a skill, asset and weapon

***The strength to maintain concentration in every situation***

### Energy Management

Effectively mobilizing and restoring personal energy to thrive under pressure.

- Operating at full intensity while remaining fully rested
- Reinterpreting stressors
- Practicing self-regulation and controlling emotions
- Accelerating healing and recovery
- Engaging the relaxation response on demand

***The strength to maintain composure in stressful situations***

### Imagery

Mentally rehearsing successful performances (e.g. training, executing, recovering, healing, etc.) to program the mind & body to perform automatically & without hesitation.

- Utilize the thought process which evokes all the senses
- Rehearse and fine tune motor skills
- Reduce mistakes and mental errors
- See the field more clearly
- Enhance technical and tactical intuition by creating déjà vu experiences
- Heighten overall mental and emotional preparedness

***The strength to envision success and expect the best***

## CSF2 Training Center Options

### Leader Development Course

The 5 day CSF2 Leader Development Course utilizes mental toughness skills to maximize performance, training efficiency and combat readiness. Training enhances leader effectiveness and personal leadership qualities thereby unlocking theirs and their unit's full potential.

### Unit Training

Unit training is designed to deliver tailored skills to meet the needs of a unit. An initial in-take meeting is scheduled between unit leadership and CSF2 staff to determine the type of performance training required. Blocks of time are then allocated to deliver training in the classroom and/or in the field.

### Eight-Hour Seminars/Individual Mastery

CSF2 offers quarterly seminars in both Performance and Learning Enhancement. The **Performance Enhancement Seminar** gives participants more in-depth knowledge about the application of performance psychology while the **Student Success Course** focuses on study skill components necessary to achieve success. Participants are able to ask questions and engage in individual and small group activities. Classes are open to military members, family members and civilians. **Mastery** sessions are available following participation in a seminar or unit training. These hour long sessions give individuals an opportunity to focus on a specific performance and set goals with the help of a trainer.

### Team Building

CSF2 Team Building helps Units improve group dynamics and build success. Training provides a framework for creating effective group goals, objectives and a unified vision to further performance and cohesion.