



Joint Base Lewis-McChord

TRAINING CENTER

COMPREHENSIVE SOLDIER AND FAMILY FITNESS



BUILDING RESILIENCE ★ ENHANCING PERFORMANCE

Contact Information

Office: 253.968.7642

Training Center Manager

William J. Howard III
MSS, OTR/L, CHT
william.j.howard13.ctr@mail.mil

Resource Administrator

Diane Kaiura, B.S.
diane.c.kaiura.ctr@mail.mil

Instructors

Valerie Alston, M.A.
valerie.r.alston.ctr@mail.mil

Shannon Baird, Ph.D.
shannon.m.baird2.ctr@mail.mil

Brad Baumgardner, M.A.
brad.c.baumgardner.ctr@mail.mil

Eric Bean, Ph.D.
eric.a.bean2.ctr@mail.mil

Kaitlyn Donohoe, M.S.
kaitlyn.g.donohoe.ctr@mail.mil

Michael Hatfield, M.S.
michael.o.hatfield.ctr@mail.mil

Sarah Meyer, M.A.
sarah.m.meyer4.ctr@mail.mil

Brett Sandwick, M.S.
brett.r.sandwick.ctr@mail.mil

Audio Video Specialist

Stephanie Robinson, B.A.
stephanie.l.robinson58.ctr@mail.mil



Resilience Training Overview

As a key part of the Ready and Resilient Campaign, Comprehensive Soldier and Family Fitness (CSF2) is a long-term strategy that better prepares the Army community - Soldiers, Family members, and Army Civilians - to not only survive, but also thrive at a cognitive and behavioral level in the face of protracted warfare and the everyday challenges of Army life.

The CSF2 Training Center's mission is to execute the CSF2 program at the installation level to increase the physical and psychological health, resilience and enhanced performance of Soldiers, Families and Army Civilians.

The Army defines Resilience as "the mental, physical, emotional, and behavioral ability to face and cope with adversity, adapt to change, recover, learn and grow from setbacks." Master Resilience Trainers (MRTs) serve as Commanders' advisors for resilience training. Graduates of a 10-day course, these Soldiers, Department of the Army Civilians and Army spouses (statutory volunteers) are the only personnel authorized to conduct formal resilience training to members of the Army Family.

The Resilience Training Model is a set of skills that build off of one another - like a pyramid. We teach life skills that help with building strong relationships, mental toughness, and character strengths. These are skills that promote critical thinking, establish effective communication techniques, and reinforce problem solving skills.

The CSF2 Training Center supports the Master Resilience Trainers' pillar by providing Resilience Training to Soldiers, Families, and Army Civilians; providing assistance with QA/QC of unit level Resilience training; executing DA scheduled MRT Level 1 courses; and providing executive level Resilience training.



Resilience Skills Education

Twelve skills have been identified to build resilience. All skills build off of one another – like a pyramid. Life skills that help with building strong relationships, mental toughness, and character strengths are the building blocks for resilience. We do this by teaching life skills that promote critical thinking, instruct effective communication techniques, and reinforce problem solving skills.

Activating Events - Thoughts - Consequences

Identify your thoughts about an activating event and the consequences of those thoughts. BLUF: THOUGHTS, not ACTIONS, drive consequences (Emotions and Reactions)

Avoid Thinking Traps

Identify and correct counterproductive patterns in thinking through the use of Critical Questions

Detect Icebergs

Identify core beliefs and core values that fuel out-of-proportion emotions and reactions, and evaluate the accuracy and usefulness of these beliefs. Identify core beliefs and core values that promote rejuvenation.

Problem Solving

Accurately identify what caused the problem and identify solution strategies.

Put It In Perspective

Stop catastrophic thinking, reduce anxiety, and improve problem solving by identifying the Worst, Best, and Most Likely outcomes of a situation.

Mental Games

Change the focus away from counterproductive thinking to enable greater concentration and focus on the task at hand.

Real Time Resilience

Shut down counterproductive thinking to enable greater concentration and focus on the task at hand.

Identify Character Strengths

Identify Character Strengths in yourself and others to build on the best of yourself and the best of others. Use them to overcome challenges, increase team effectiveness, and strengthen your leadership.

Assertive Communication

Communicate clearly and with respect, especially during conflict or challenge. Use the IDEAL (Identify and understand the problem, Describe the problem objectively, Express your concerns and how you feel, Ask the other person for his/her perspective and ask for a reasonable change, List the positive consequences that will occur if the person makes the agreed upon change) to communicate in a Confident, Clear, and Controlled manner.

Active Constructive Responding (ACR)

Respond to others with authentic, active, and constructive interest to build strong relationships.

Effective Praise: Praise effectively to build mastery and winning streaks.

CSF2 Training Options

- DA- Scheduled MRT Level 1 Courses
- Executive Level Resilience Training
- Assistance with standardized Resilience Training Assistant (RTA) Courses
- Assistance with QA/QC of unit level Resilience Training