

THE WALTER REED ARMY INSTITUTE OF RESEARCH

Resilience Training Research

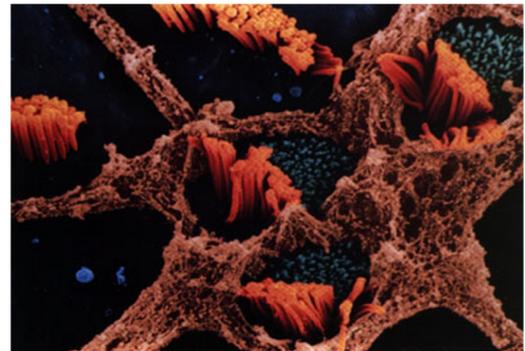
The staff of this Center-wide resource is responsible for ensuring rapid dissemination of information and recommendations produced by the research program directorates and close coordination between the Center and its many customers.

Mission

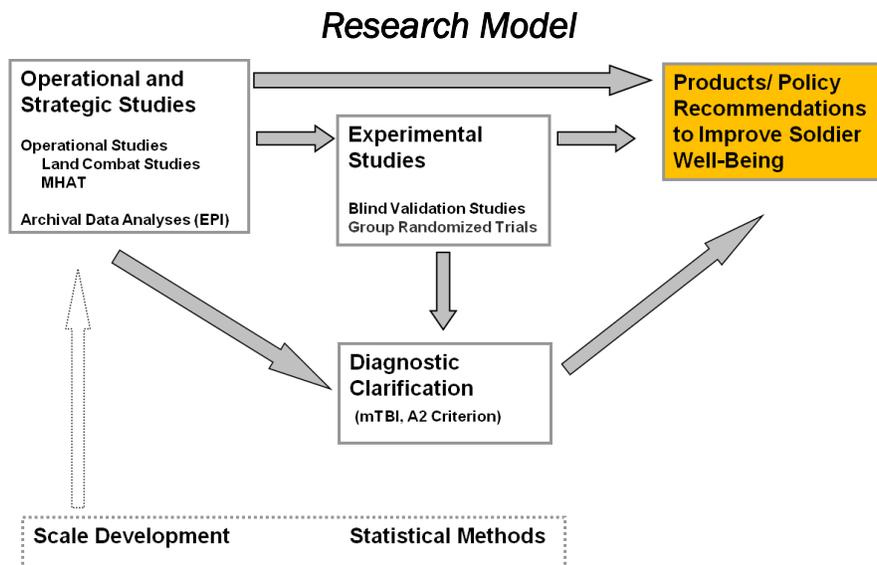
- To transition research findings into information and training products.
- To disseminate Initial Military Training (IMT) and Professional Military Education (PME) system as well as unit-level and deployment cycle training.

Research Priorities:

- Complete the development of Army-mandated resilience training across the PME system.
- Complete program evaluation of resilience training conducted under the auspices of the Army's Comprehensive Soldier Fitness (CSF) initiative.



Excerpt from ???



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Resilience Training Research

Our expertise is in:

- Serving as a bridge between research-based recommendations and operational requirements through the development of information and training products.
- Conducting program evaluation of training products in the military context.

The scope of research challenges:

- The US military has been engaged in combat and other contingency operations since 2001. The current conflicts in Iraq and Afghanistan have exposed Service Members to combat-related psychological and neurological trauma resulting in the need to provide evidence-based solutions backed by solid scientific evidence to prioritize intervention efforts.
- The four branches in the Center for Military Psychiatry and Neuroscience require an organization to bridge the gap between research-based recommendations and operational requirements through the development of information and training products.
- Delivery of training must be monitored to ensure that the training is being delivered in the manner that the training developers intended. A program evaluation program to accomplish this is not currently in existence

Major Accomplishments

- Developed 11 Resilience Training Modules as part of the Comprehensive Soldier Fitness effort. These included Deployment-Cycle modules as well as Institutional (Life-Cycle) modules for US Army Training and Doctrine Command (TRADOC) that are part of the Professional Military Education System.
- Supported 24 Master Resilience Trainer (MRT) Courses and four MRT Facilitator Courses at the University of Pennsylvania, and at Victory University, Ft Jackson, South Carolina.
- Consulted on two major research projects that are being funded by the Army. The first is a project to develop and validate training for Soldiers who have intrusive thoughts following combat deployments. The second is a study to develop and validate pre-deployment Social Fitness Training
- Provided a Resilience Training Train-the-Trainer package to the Irish Defence Forces
- Served as US representatives on a NATO panel on Mental Health Training and a NATO symposium on Mental Health and Well-Being Across the Military Spectrum

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