

Course Materials for Continuing Education Course

10201 Promoting Psychological Resilience in the United States Military [7 credits]

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Course Syllabus

Course Description: This online text-based course includes a comprehensive review of resilience in the United States military sponsored by the Office of the Secretary of Defense and published by the RAND National Defense Research Institute (RAND NDRI). The goal of the review was to assist the Department of Defense (DoD) in understanding methodologies, from an evidence-based perspective, that could be useful in promoting resilience among service members and their families. The course also includes a review of a subset of resilience programs to determine the extent to which they included those evidence-informed factors.

Course Objectives (Learning Outcomes): By successfully completing this course, the learner will be able to:

1. Define psychological resilience and discuss its importance in the US military
2. Identify and discuss factors that promote psychological resilience in the US military
3. Identify and discuss multiple programs aimed at promoting resilience in the US military
4. Discuss policy recommendations and other evidence-based activities recommended to promote resilience in the US military

Course Category: Treatment and Evidence-Based Practice, Ethics and Professional Standards

Credits: 7.0

Fees: \$70.00 to register for CE Credit (Must pass Course Quiz to earn credit). [Refund Policy](#). This course is included for free in the [Unlimited Membership](#).

Last Revision: December, 2018

Audience and Course Level: This course is appropriate for **Psychologists, Mental Health Counselors, and Social Workers** who work in or with the United States military or with service members and their families. The course level is considered **introductory** since it introduces the learner to resilience in general and resilience in the United States military specifically.

Course Utility and Potential Risks/Conflicts: The utility of this course lies in helping practitioners better utilize resilience research and interventions. The course does not include clinical training or certification. This course is not sponsored by any commercial organizations and no potential conflicts of interest are noted.

Course Instructors: This course was developed by Chris Heffner, PhD, PsyD, LP.

Course Materials: Materials for this course were sponsored by the Office of the United States Secretary of Defense and published by the RAND National Defense Research Institute (RAND NDRI). The document is available from https://www.rand.org/content/dam/rand/pubs/monographs/2011/RAND_MG996.pdf.

Publication Date: December, 2018

Format: PDF (CustomCE Course 10201.pdf)

Technical Requirements: Internet Access for Course Quiz, PDF Viewer (e.g., Acrobat Reader) for Course Materials.

Additional Requirements: None

Suggested Prerequisites: None

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