Master Resilience Training
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● Joint undertaking between University of Pennsylvania’s Positive Psychology Center, Walter Reed Army Institute of Research, and Army Center for Enhanced Performance

● Ten day program for noncommissioned officers (NCOs)

● Three Components:
  ● Preparation (Five modules)
  ● Sustainment (One module)
  ● Enhancement (One module)
Overview of Modules

1) [Preparation] Resilience
2) [Preparation] Building Mental Toughness
3) [Preparation] Identifying Character Strengths
4) [Preparation] Strengthening Relationships
5) [Preparation] Concluding Preparation Module
6) [Sustainment] Sustainment Module
7) [Enhancement] Enhancement Module
[Preparation] Resilience

- Developed by the University of Pennsylvania’s Positive Psychology Center
- Two and a half days
- Focuses on what resilience is and which mental factors lead to resilience
Teaches:

- Self-awareness
- Self-regulation
- Optimism
- Mental agility (being able to think quickly, flexibly and accurately)
- Character strengths
- Connection (building strong relationships, being empathetic, being willing to ask for and offer help)
[Preparation] Building Mental Toughness

- Developed by the University of Pennsylvania’s Positive Psychology Center
- Two and a half days
- Focuses on how to cultivate mental factors which lead to resilience
[Preparation] Building Mental Toughness

- Teaches
  - ABC (Activating Event, Beliefs, and Consequences – learn how to avoid “activating events” leading to counterproductive beliefs and consequences)
- Avoiding thinking traps
- Dealing with icebergs (deeply held beliefs)
- Energy management
- Problem solving
- Minimizing catastrophic thinking
- Fighting counterproductive thoughts
- Cultivating gratitude
Identifying Character Strengths

- Developed by the University of Pennsylvania’s Positive Psychology Center
- One day
- Focuses on identifying character strengths in oneself and others
[Preparation] Identifying Character Strengths

- Teaches:
  - Identifying own strengths
  - Identifying others’ strengths
  - Identifying group strengths
  - Using strengths to overcome challenges and bring about success
[Preparation] Strengthening Relationships

- Developed by the University of Pennsylvania’s Positive Psychology Center
- One day
- Focuses on strengthening relationships between soldiers and other soldiers, as well as between soldiers and non-soldiers
[Preparation] Strengthening Relationships

- Teaches:
  - ACR (Active Constructive Responding): How to respond to others in an active, constructive way, instead of a passive, destructive way
  - Praise: How to effectively and specifically praise someone
  - Communication styles: What types of communication are effective, and how to assertively communicate with others
Developed by the University of Pennsylvania’s Positive Psychology Center

Half a day

Focuses on summarizing first four modules
Teaches:

- Summarizes and strengthens teachings of first four modules
- How to teach skills of first four modules to other soldiers
Developed by the Walter Reed Army Institute of Research

One day

Focusing on reinforcing resilience skills and using these skills in a military specific context
[Sustainment] Sustainment Module

- Teaches:
  - What to expect during deployment, psychologically
  - How to stay resilient during different stages of deployment
  - How to identify soldiers struggling with resilience issues
  - How to foster resilience in others in a military context
Enhancement Module

- Developed by the Army Center for Enhanced Performance
- One day
- Focuses on skills promoted by sports psychologists
[Enhancement] Enhancement Module

- Teaches:
  - Mental skills foundations (connection between thoughts, emotions, and performance)
  - Building confidence
  - Goal setting
  - Attention control
  - Energy management
  - Imagery (recreate successful experiences to identify what aspects of preparation and performance led to success)
References


