

Warrior Resilience Training in Operation

Iraqi Freedom: combining rational

emotive behavior therapy, resiliency, and

positive psychology.

Warrior Resilience Training in Operation Iraqi Freedom Combining Rational Emotive Behavior Therapy, Resiliency, and Positive Psychology.

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Abstract:

Warrior Resilience Training (WRT) is an educational class designed to enhance Warrior resilience, thriving, and growth for Soldiers deployed in Operation Iraqi Freedom. Warrior Resilience Training uses rational emotive behavior therapy (REBT), Army leadership principles, and positive psychology as a vehicle for students to apply resilient philosophy to Army Warrior Ethos, Stoic philosophy, and the survivor and resiliency literature. Students in WRT are trained to develop character, and emotional self-regulation by constructing and maintaining a personal resiliency philosophy that incorporates rational thinking, rationality, virtue, and Warrior Ethos. The author, an Army licensed clinical social worker, executive fellow, and former Special Forces noncommissioned officer, describes his initial experience teaching WRT during Operation Iraqi Freedom to combat medics and Soldiers from 2005 to 2006, and his experience as a leader of a combat stress control team currently in Iraq offering mobile WRT classes in-theater. Warrior Resilience Training rationale, curriculum (including Warrior Family Resilience Training), and feedback are included, with suggestions as to how behavioral health practitioners and stress control teams might better integrate their services with leaders, chaplains, and commands to better mark resiliency, reduce barriers to care, and promote force preservation. Informal analysis of class feedback from 11 Soldiers regarding WRT reception and utilization is examined.

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