

Building Psychological Resilience in Military Personnel

Theory and Practice



edited by **Robert R. Sinclair and Thomas W. Britt**

Building Psychological Resilience In Military Personnel Theory And Practice

**National Academies of Sciences,
Engineering, and Medicine, Health and
Medicine Division, Board on Global
Health, Global Forum on Innovation in
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Building Psychological Resilience In Military Personnel Theory And Practice:

Building psychological resilience in military personnel , **Building Psychological Resilience in Military Personnel** Robert R. Sinclair, Thomas W. Britt, 2013 Military personnel and their families face innumerable challenges Deployed soldiers are exposed to a wide range of stressors from the continuous low level experience of living in a strange and austere environment for a lengthy period of time to acute traumatic events that occur during combat All of these experiences can lead to long term psychological problems like posttraumatic stress disorder depression substance abuse and even suicide Back home spouses of deployed soldiers face an increased likelihood of depression anxiety and sleep disorders while their children may exhibit behavioral issues and negative outcomes in school In the face of these persistent problems researchers have consistently identified resilience a term derived from the psychological and psychiatric literature as perhaps the single most important factor predicting successful outcomes for military personnel and their families In this book Sinclair and Britt and a distinguished group of researchers investigate the concept of resilience its essential role in normal psychological development and its relevance within various occupational contexts unique to the military They also evaluate existing programs for developing and maintaining resilience that have been implemented in various branches of the U S Armed Forces Book jacket **Veteran and Military Mental Health** Christopher H. Warner, Carl A. Castro, 2023-03-23 This book addresses mental health treatment for veterans and active military personnel In addition to examining foundational practices in the sub field it contains specifically tailored content concerning the recent collapse of the United States US installed Afghanistan government The book is conscious of the myriad of complex emotions that veterans who fought for the past twenty years may be experiencing Organized into four parts the book begins with the foundations of veteran and military mental health culture as patients transition from active duty to veteran status understand the present stigma and barriers to care and reflect on their deployment experience Part two delves into the specifics of the healthcare system in which military personnel find themselves at various points in their career including deployment and returning home Following this chapters examine the critically unique conditions found in patients such as sleep disorders traumatic brain injury homelessness substance abuse and sexual trauma The book closes with discussions on veterans and their families that focus on the effects of deployment on a military person s loved ones and their mental state upon returning home Timely socially conscious and comprehensive the Clinical Manual on Veteran and Military Mental Health is an invaluable resource for mental health professionals receiving new military personnel patients and who have seen a significant shift in their patients due to recent events **Parameters** , 2015 *A Design Thinking, Systems Approach to Well-Being Within Education and Practice* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Global Health, Global Forum on Innovation in Health Professional Education, 2019-05-04 The mental health and well being of health professionals is a topic that is broad exceptionally relevant and urgent to address It is both a local and a global issue

and affects professionals in all stages of their careers To explore this topic the Global Forum on Innovation in Health Professional Education held a 1 5 day workshop This publication summarizes the presentations and discussions from the workshop

Managing for Resilience Monique F. Crane, 2017-06-26 In an era of longer hours and shorter contracts of tighter margins and frequent organizational change stress can undermine both the mental health and performance of employees A culture of resilience in the workplace however offers the potential to support psychological wellbeing and improve the performance of both people and organizations This is the first book to provide managers with a guide to fostering psychological resilience within their teams It synthesises not only the latest cutting edge research in the area but also translates this into practical advice for a range of organizational settings Chapters cover the following important issues Key personality factors related to resilience How job design and routines can improve employee resilience How to build a resilient team Communicating change and improving teamwork Modelling resilient thinking and behaviour as a leader Selecting the right resilience training for your organisation This is the ideal book for anyone interested in fostering a high performance and emotionally resilient workforce whether they are a manager HR professional or occupational psychologist Its cutting edge approach will also make it important reading for students and researchers of organizational and occupational psychology

Military and Veteran Mental Health Laura Weiss Roberts, Christopher H. Warner, 2018-01-23 This authoritative and comprehensive title is designed to enhance best clinical practices for all healthcare providers who care for military service personnel and veterans The book is organized into four sections The first section covers foundational information on the culture and context of health care for members of the US military and veteran population The second section focuses on systems of care for mental health needs of military and veteran populations The third section characterizes best practices as well as ethical issues in clinical care for mental health needs of members of the military and veterans Guidance in relation to a wide range of clinical topics is provided such as mood disorders post traumatic stress disorder combat and operational stress military sexual assault psychosis and sleep disorders The last section is intended to assist readers in reinforcing their learning through a set of clinical cases with accompanying questions for deeper consideration An invaluable resource for all clinicians allied health personnel and administrators concerned with the mental health needs of service members and veterans *Military and Veteran Mental Health A Comprehensive Guide* is a gold standard addition to the literature on military healthcare

Proceedings of the 4th International Conference on Communication, Language, Education and Social Sciences (CLESS 2023) Muhamad Izzuddin Zainudin, Hawa Rahmat, 2024-01-25 This is an open access book The 4th International Conference on Communication Language Education and Social Sciences CLESS 2023 will be held on 26 28 July 2023 This year's conference will be a part of the bigger Digital Future Congress DIFCON comprising of various other conferences in different fields and will be held online CLESS 2023 is unique in which it combines communication language education and social science in an international academic conference The aim of CLESS 2023 is to

offer a platform for both local and international academics educators researchers and other professionals to meet share and discuss latest research trends ideas and innovation in the field of communication language education psychology and social sciences The conference is aimed to provide a platform for young researchers as well as to support and encourage other researchers to present their research to network within the international community of researchers and to share and seek the insight and advice of successful senior researchers all over the world during the conference

The Politics of Military Families René Moelker, Manon Andres, Nina Rones, 2019-06-14 This book examines the politics of military families in relation to the tensions between the state military organization and private life It elaborates on the tensions between the advent of challenging worldwide deployment for the military and the prominence of the home front The volume aims to understand the dynamics of conflict and change within triad figurations at the macro society meso organizational and micro family level and is guided by the following overarching research questions What are the key issues in the three party dynamics What tensions exist in these dynamics How do actors seek to arrive at a balance What initiatives for change are made With contributions from international scholars who examine the workings of politics in military families at all three levels the book argues that members within military families deal with shifting power balances and these are impacted by demands from organizations and the state This book will be of much interest to students of military studies sociology organizational studies and politics

Emotional Resilience for Wellbeing and Employability: The Role of Learning and Training Svajone Bekesiene, Sarka Hoskova-Mayerova, Rasa Smaliukiene, 2024-03-08 Today emotional resilience is one of the most important competencies in the process of young people's transition to adult life and developing a meaningful career Emotional resilience is also important for maintaining well being after stressful events throughout life During the COVID 19 pandemic many studies have shown the negative impact of perceived stress on people's well being careers and even their employability At the same time emotional resilience is important in everyday life as it protects against mental disturbances Emotional resilience is a competence that can be developed under formal educational programs or trained using a range of training methods and tools Emotional resilience is a trait people have from birth and develop throughout their lives It is a trainable capability that can be used to display positive adaptation to stressful situations and cope with life's challenges

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