# Deployment Cycle Resilience Training

The **Deployment Cycle Resilience Training (DCRT)** Training for Trainers Workshop is designed to certify existing Master Resilience Trainers (MRTs) to conduct DCRT workshops with their unit(s) and Army family before, during, and after a deployment. The DCRT workshops are a series of operational resilience training modules designed to prepare Soldiers, leaders, and family members for the unique challenges and demands of combat and operational deployments, and the return to families and the garrison environment once the deployment has been completed. Individuals and families learn to apply actionable skills that address common challenges of the deployment experience as studied by the Walter Reed Army Institute of Research. DCRT offers a platform for participants to engage in discussions, ask questions, and share knowledge with peers who have experience with deployments.

## Overview

In accordance with AR 350-53, the DCRT modules are a mandatory requirement for all United States Army, Army Reserve, and Army National Guard Soldiers who are deploying or have recently deployed away from their home station for 90 days or more for purposes other than training. While participation in the Circle of Support training is voluntary, it is mandatory that each Circle of Support module is made available during applicable phases should Circle of Support members wish to attend.

DCRT modules focus on building and sustaining individual resilience in the face of adversity and strengthening mental toughness through resilience skills and behaviors that can be learned, mentored, and practiced. The modules strive to enhance mission effectiveness, Soldier and family well-being, and unit cohesion.

## Modules

**Pre-Deployment Resilience Training for Soldiers**

**Pre-Deployment Resilience Training for Soldiers.** This two-hour module is provided to Soldiers 1-6 months prior to a deployment and draws heavily on the experiences of Soldiers to prepare for the realities and challenges commonly encountered prior to and during a deployment. This module discusses preparation for deployment, provides strategies to remain resilient while deployed, and encourages Soldiers to consider how they and others might grow from the deployment cycle.

**Pre-Deployment Resilience Training for Leaders.** This one-hour module is provided to leaders (E-5 and above, Warrant Officers, and O-4 and below) 1-6 months prior to a deployment; it usually follows the Soldiers' module described above. This module discusses the role of leaders in enhancing the resilience of their Soldiers during the deployment cycle and cultivating a resilient unit climate.

**Pre-Deployment Resilience Training for Leaders**

**Post-Deployment Resilience Training for Soldiers (Reintegration)**

**Post-Deployment Resilience Training for Soldiers (Reintegration).** This two-hour module is provided to Soldiers +/- 1 month after the deployment phase is completed. This module discusses the transition from the deployment environment to the home environment and focuses on various skills developed during deployment and the need to adapt them for a successful reintegration.

**Post-Deployment Resilience Training for Soldiers (3-6 Months).** This two-hour module is provided to Soldiers 3-6 months after they have returned home and acts as an "azimuth check" for Soldiers to assess how their reintegration is going, to include how they are handling their reintegration challenges and how they are growing through the experience. Soldiers are encouraged to use available support and resources, especially if they are having reintegration problems.

**Post-Deployment Resilience Training for Soldiers (3-6 Months)**

**Pre-Deployment Resilience Training for Circle of Support**

**Pre-Deployment Resilience Training for Circle of Support.** This two-hour module is available to the Soldiers' Circles of Support and closely mirrors the Soldier pre-deployment module. This module is best delivered 1-6 months prior to the deployment, and ideally while the Soldier is receiving their own pre-deployment training. This module aims to help Circle of Support members prepare for the deployment cycle by establishing realistic expectations and promoting factors to strengthen personal and relational resilience.

**Post-Deployment Resilience Training for Circle of Support (Reintegration).** This two-hour module focuses on ways to effectively navigate the reintegration process alongside their Soldier such as managing expectations, using strategies to promote resilience, and capitalizing on support and resources. It is available to all members of a Soldier's Circle of Support and is ideally delivered while the Soldier is receiving their own reintegration training (+/- 1 month after the deployment phase has been completed).

**Post-Deployment Resilience Training for Circle of Support (Reintegration)**

**Note on Instructors**

The primary instructor of DCRT modules must be an MRT who has attended a three-day DCRT workshop from their local Ready and Resilient (R2) Performance Center, the Fort McCoy MRT Schoolhouse, or WRAIR. MRTs cannot, in turn, train other MRTs to provide DCRT material.

## DCRT Training for Trainers Workshop Schedule

| Day 1 | Training |
|---|---|
| 0800-0845 | Intro and Overview |
| 0845-1115 | Pre-Deployment for Soldiers (with a 10-min. break at the midpoint) |
| 1115-1125 | Break |
| 1125-1225 | Pre-Deployment for Leaders |
| 1225-1325 | Lunch |
| 1325-1525 | Pre-Deployment for the Circle of Support (with a 10-min. break at the midpoint) |
| 1510-1520 | Break |
| 1520-1720 | Post-Deployment for Soldiers (with a 10-min. break at the midpoint) |
| 1720-1730 | Q&A Set-up teach-backs and wrap-up |
| **Day 2** | **Training** |
| 0800-0815 | Questions |
| 0815-0945 | Pre-Deployment for Soldiers |
| 0945-0955 | Break |
| 0955-1155 | Post-Deployment for the Circle of Support (with a 10-min. break at the midpoint) |
| 1155-1255 | Lunch |
| 1255-1525 | Post-Deployment for Soldiers (3-6 Months) (with a 10-min. break at the midpoint) |
| 1525-1600 | iCOVER review and video |
| 1600-1610 | Q&A Set-up teach-backs and wrap-up |
| **Day 3** | **Activity** |
| 0800-0815 | Questions |
| 0815-0945 | **Teach-backs**: Pre-Deployment for Leaders |
| 0945-1115 | **Teach-backs**: Pre-Deployment for Circle of Support |
| 1115-1215 | Lunch |
| 1215-1345 | **Teach-backs**: Post-Deployment for Solders (Reintegration) |
| 1345-1515 | **Teach-backs**: Post-Deployment for Circle of Support |
| 1515-1645 | **Teach-backs**: Post-Deployment for Soldiers 3-6 months |
| 1645-1700 | End-of-Course Wrap-up |

- Each student teach-back should be between 10-15 minutes with 5 minutes of feedback.
- Each student should teach-back a portion of each module, if possible.
- The above schedule is for the recommended 1:4 instructor-student ratio (a ratio that has more students and less cadre will make it more difficult to execute the teach-back schedule to standard).

**Contact your local DPRR R2 Performance Center for more information –**

**Location:**

**Email:**