



DCRT Circle of Support Workshops

Deployment and Reintegration can be challenging.

Deployment Cycle Resilience Training (DCRT) Workshops prepare Soldiers, leaders, and Circle of Support members for the demands of the deployment cycle and enhance mission effectiveness, well-being, and unit cohesion. DCRT is mandatory for deploying units and is conducted at the company level by Master Resilience Trainers (MRTs).

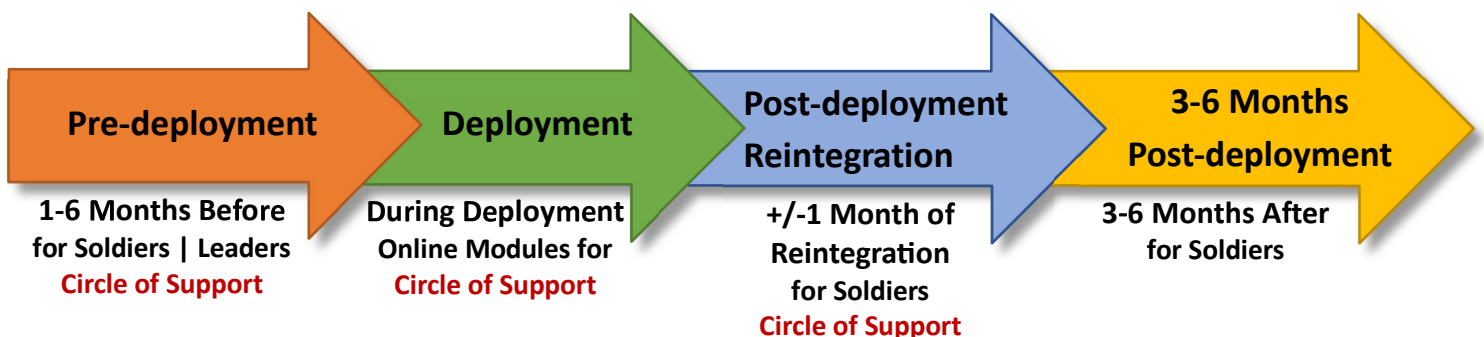
Training Benefits

- Prepare for the realities and challenges commonly encountered prior to and during a deployment.
- Build and sustain individual resilience to overcome challenges with skills and behaviors that can be learned and practiced.
- Maintain and strengthen relationships prior to and during deployments.
- Re-establish and strengthen connections and routines post-deployment.
- Learn how deployment and reintegration challenges can lead to personal, professional, and relationship growth.



Training Timeline

Unit MRTs teach deployment cycle modules to Soldiers, leaders, and Circle of Support members one to six months prior to deployment, and within one month of reintegration. Online modules and DPRR resources are available 24/7 for Circle of Support members during deployment. A final module is delivered to Soldiers three to six months post-deployment.



Contact your local R2 Performance Center for more information.