

Master Resilience Training



POSITIVE PSYCHOLOGY PROGRAM
YOUR ONE-STOP POSITIVE PSYCHOLOGY RESOURCE

Master Resilience Training

- 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

[Preparation] 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

[Preparation] 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

[Preparation] Concluding Preparation Module

- Developed by the University of Pennsylvania's Positive Psychology Center
- Half a day
- Focuses on summarizing first four modules

[Preparation] Concluding Preparation Module

- Teaches:
- Summarizes and strengthens teachings of first four modules
- How to teach skills of first four modules to other soldiers

[Sustainment] Sustainment Module

- 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] 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

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- Griffith, J., West, C. (2013). Master Resilience Training and Its Relationship to Individual Well-Being and Stress Buffering Among Army National Guard Soldiers. *Journal of Behavioral Health Services & Research* 40(2), 140-155. doi:10.1007/s11414-013-9320-8
- Reivich, K.J., Seligman, M.E.P., McBride, S. (2011). Master Resilience Training in the US Army. *American Psychologist* 66(1), 25-34. doi:10.1037/a0021897
- Seligman, M.E.P. (2011). Building Resilience. *Harvard Business Review* 89(4), 100.