

## Presentation Library Table of Contents - Adult

### **Adult MFLC**

#### **Anger Management**

##### **Anger Management**

This presentation is geared towards adults who need help managing anger. Topics include defining anger, identifying one's "anger style," increasing self control through personal awareness, practicing techniques to manage one's own anger and adopting new strategies to calm other angry people.

##### **Anger Management - From Combat to Home**

The focus of this presentation is on helping service members make a smooth transition from deployment to life back home. Topics include special circumstances faced in the combat zone, challenges and roadblocks that may hinder successful reintegration and tips for creating a healthy transition.

##### **Controlling Anger**

This presentation is geared towards adults who need help managing anger, particularly within the context of relationships. Topics include defining anger and its warning signs, learning to recognize when anger is creating problems, utilizing strategies to help manage anger before it gets out of control and knowing when to seek help from an outside source.

#### **Communication**

##### **Communication and Assertiveness Training**

This presentation focuses on providing participants with communication strategies and guidelines. Topics include the components of communication, verbal and nonverbal communication, the characteristics of an active listener, tips for communicating over long distances, typical roadblocks to effective communication and the importance of being assertive.

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##### **Coping with Challenges While on RR**

While R&R (rest and recuperation) is meant to be a joyful time, it can also be stressful. The purpose of this presentation is to teach participants how to identify common concerns/possible roadblocks to a positive R&R experience. Subtopics include coping skills, communication guidelines and tips for successful long-distance communication.

##### **Talking to Parents - Effective Parent-Caregiver Communications**

This presentation focuses on helping caregivers establish a healthy relationship with parents. Topics include the components of a healthy parent/caregiver relationship, tips for discussing difficult issues and strategies for effective communication.

##### **The Three Cs of Communication**

This presentation seeks to help participants improve verbal and nonverbal communication through the use of the "Three C's" (communication, collaboration and commitment).

### **At Risk Service Members - A Guide for Command**

The goal of this presentation is to teach military command how to recognize at-risk service members (i.e., service members who may engage in potentially dangerous behaviors due to difficulties in coping with military life). It shows the audience what risk factors to look for, lists various examples of risk-taking behaviors and encourages military command to reach out and build trust with at-risk service members.

### **Conflict Resolution**

This presentation seeks to teach participants how to deal with and resolve conflict, particularly in the workplace.

## **Deployment**

### **Deployment Survival**

The focus of this presentation is on helping service members understand the difficulties children can experience when it comes to separation from a deployed parent. Topics include the emotional cycle of deployment, developmental issues that may result from a parent's deployment, common stress reactions in children and adolescents, coping strategies that parents can use when approaching their children about their deployment, tips for long-distance parenting, and how to know when to seek help for a child from an outside source.

### **Issues Families Face When Military Deploys**

This presentation addresses deployment-related stress for service members, spouses, children, and parents. Topics include stressors for each group, symptoms of deployment stress, and coping strategies.

### **Maintaining a Healthy Marriage During Deployment**

This presentation addresses the challenges a marriage may face during deployment-related separation, ways to protect and strengthen the marriage during deployment, ways to practice effective communication and conflict resolution, and things the spouses of deployed service members can do to promote their personal growth during deployment.

### **Making Marriage Work After Deployment**

This presentation focuses on marital issues that may result from deployment. Topics include typical pre-deployment marital issues, changes that may occur in each person as a result of deployment, the challenges of reuniting and adjusting to life post-combat, and tips for maintaining a stable relationship throughout the deployment/reintegration process.

### **The Emotional Cycle of Deployment**

This presentation covers the various stages involved in pre-deployment, deployment, and reintegration. Focuses include the emotional impacts of deployment, possible effects of the deployment phases, and coping tips.

### **Pre-Deployment and the Single Service Member**

This presentation focuses on helping single service members prepare for the deployment process. Objectives include developing and maintaining support networks, creating a deployment plan, staying connected with friends and family, educating friends and family on various aspects of deployment,

ensuring that important items are left in safe hands during deployment, preparing emotionally for deployment, finding mentors who can provide experience and wisdom, recognizing the differences between independence and isolation, and strategies for making good decisions.

### **Stages of Deployment**

This presentation covers the emotional cycle of deployment, the phases of deployment, and tips for successful reunion/re-entry.

### **Grief and Loss**

#### **Mortuary Affairs and Grief Issues**

The families of service members aren't the only ones who might have problems coping with the death of a service member. This presentation is aimed at those who work in Mortuary Affairs for the military. Topics include positive aspects and challenges of the job, effects on personal stress, symptoms of grief, the "compassion fatigue" phenomenon, and coping strategies.

#### **Supporting the Bereaved at Home and Down Range**

The goal of this presentation is to teach people how to comfort the bereaved. Topics include the stages of grief, physical and emotional reactions to grief, the characteristics and effects of survivor's guilt, tips for helping grieving people, and special considerations for when the bereaved is a long distance away.

#### **Survivor's Guilt**

Objectives for this presentation include understanding the symptoms and effects of survivor's guilt, developing coping strategies, and utilizing tips for helping children and adolescents recover.

#### **What to Say When Someone is Grieving**

Learning about the stages of grief, ways to assist the bereaved, and things you are able to say and tips you can provide to person in an attempt to comfort them.

### **Marriage and Couples**

#### **Building Healthy Marriages**

Participants in this presentation will learn to create and maintain a healthy marriage through the development of communication skills, conflict resolution strategies and personal boundaries.

#### **Creating Healthy Relationships**

This presentation focuses on topics such as the origins of personal attitudes towards relationships, the characteristics of a healthy relationship, the importance of positive self-esteem, the stages of marriage, tips for writing love letters, and tools for building a healthy relationship.

#### **Healthy Relationship Skills for Singles**

This presentation teaches single people how to prepare for a relationship. Objectives include clarifying one's expectations and priorities in a relationship, choosing the right person to enter a relationship with, understanding the right reasons for entering a long-term relationship, and practicing strategies for choosing and developing a healthy relationship.

#### **Matri-Money: Marriage and Money**

The purpose of this presentation is to address financial concerns that may present challenges to married couples. Objectives include exploring emotional connections to financial matters, utilizing goal setting strategies, and practicing effective communication.

### **Mission Based Marriages**

This presentation is driven by the idea that a marriage should be focused on a specific vision of the future. Objectives include defining the beliefs and values that give meaning and direction to marriage, understanding what the family does and where it's going, knowing the steps required to achieving goals for the family, utilizing strategies for strengthening and protecting the marriage, and practicing effective problem-solving techniques as a couple.

### **Recovering from Divorce**

Topics covered in this presentation include the definition of divorce, the stages of grief/loss, possible physical and emotional reactions to divorce, coping strategies, tips for discussing a divorce with outside parties, techniques for discussing divorce with children, and recommendations for navigating divorce in a healthy way.

### **Re-igniting the Passion After Deployment**

This presentation focuses on strategies for rebuilding and maintaining an intimate connection after a spouse/significant other returns from deployment.

### **The Military Spouse: Commander and Chief on the Home Front**

This presentation focuses on the accomplishments, challenges, and sacrifices involved in the life of a military spouse.

### **Challenges Faced by Dual Military Couples**

When both halves of a couple are in the military, the relationship will have to weather many difficult situations. This presentation highlights the positive aspects of being a dual military couple, the challenges that the couple may face, and the various ways in which they can cope with those challenges.

### **Principles for Healthy Relationships and Marriages**

Participants will learn about the components of a healthy relationship/marriage and develop tools to create and maintain a healthy relationship/marriage.

## **Parenting**

### **From Couplehood to Parenthood**

This presentation aims to prepare parents for the transition into parenthood. Topics include ways parents can expect their lives to change after the arrival of a child, possible causes of conflict between new parents, techniques for avoiding conflict before it escalates, tips for making a smooth transition, and strategies for dealing with the deployment of a new father.

### **Parenting Skills for the Single Service Member**

This presentation's goal is to help single military parents develop effective parenting skills. Topics include how to resolve the guilt that single parents often experience, the positive aspects of being single in the military, guidelines for disciplining children and establishing rules/consequences, tips for

communicating during conflict, how to address various deployment-related issues, techniques for effective long-distance parenting, positive aspects of separation, and strategies for building a support network.

## **Program Briefing**

### **Coping with Transitions**

The purpose of this presentation is to teach participants how to deal effectively with change. Highlights include coping strategies and guidelines for a smoother transition, tips for adapting to change, and a group discussion regarding personal responses during periods of transition.

### **Effects of Extended Daylight and Darkness**

Deployment requires service members to adapt to new environments, including changes in the length of days and nights. This presentation aims to prepare service members for these changes. Topics include coping strategies, the possible effects of extended periods of sunlight and darkness, and the reasons these effects may occur.

### **Motivational Interviewing**

Motivational Interviewing helps to build motivation and mobilize commitment and believes in the concept that people are more often reluctant versus resistant to change. Using the concepts taught in this course allows the MFLC to empower the individual to make steps toward positive change.

### **Transitioning to Civilian Life**

Focuses of this presentation include common struggles involved in transitioning from military to civilian life, stress management techniques, and tips to help attain a smoother transition.

## **Return and Reunion**

### **Family Reunion**

This presentation aims to prepare service members and their families for the reunion that will occur when the service member returns home. Topics include the difference between a homecoming and a reunion, objectives and expectations, the importance of communicating reunion expectations during deployment, the changes that may occur in intimate relationships, strategies for dealing with change, and tips for communication and readjustment.

### **From Combat to Home**

This presentation's goal is to prepare service members for the challenges they will face as they transition from deployment. Topics include the benefits and difficulties of military life, the possible challenges that service members and their families may face during the reintegration process, and strategies for overcoming such challenges.

### **Homecoming and Reunion**

This presentation aims to help military families understand how to navigate a service member's homecoming. Topics include the adjustments family members may experience during the service member's deployment, the changes that may have resulted, things to consider when planning for a reunion, things to expect during the reunion process, potential roadblocks to a successful reunion, goals for the relationship/family, and homecoming tips.

## **Post Combat Risk Taking Behavior**

This presentation aims to help military families understand what is risk-taking behavior, post-combat invincibility and how to survive combat stress.

## **Reintegration**

Topics covered in this presentation include the importance of the reintegration process, reintegration checklists for soldiers in various family/living situations, the various challenges involved in adjusting to role changes after deployment, common post-deployment reactions, and positive and negative coping mechanisms.

## **Reintegration Challenges for the Single Service Member**

The goal of this presentation is to prepare the families of service members for the reintegration process. Topics include common problems associated with return from deployment, issues that may occur if a divorce was initiated during deployment, the phases of reintegration, myths and misconceptions surrounding reintegration, and guidelines for supporting a service member during the reintegration period.

## **Return Reunion Workshop for Spouses**

The purpose of this workshop is to help military spouses through the process of reuniting with a service member. Objectives include understanding what each party has experienced during the service member's deployment, planning for the reunion and its aftermath, recognizing potential roadblocks to a successful reunion, establishing goals for the post-deployment relationship, and practicing techniques for a successful homecoming.

## **Reunion Briefing**

The goal of this presentation is to help service members understand the reintegration/reunion process. Topics include the importance of reunions, common reactions to reintegration, changes that may result from deployment, positive coping strategies, potential roadblocks, and tips for a successful reunion.

## **Reunion: It's a Process, Not an Event**

Topics covered in this presentation include expectations for reunion/reintegration, the phases of a typical reunion, effective communication strategies, tips for a successful reunion, and techniques that can aid in a smooth transition.

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## **Stress Management**

### **Balancing Work, Life and Command**

Participants will discuss their unique stressors as they attempt to manage their work-life balance and how to manage various stressors. Healthy versus unhealthy stress is reviewed as well as sleep cycles and the importance of having fun in order to be a more productive and well-rounded person.

## **Building Stress Resiliency**

A discussion about different kinds of stress and how to increase one's stress resiliency.

## **Coping Skills for the Recruiter Lifestyle**

This presentation teaches service members and their families how to deal with the problems that may be caused by a family member's career in military recruiting. The goal is to provide families with coping strategies that will help them navigate the unique challenges of the recruiter lifestyle.

A discussion about different kinds of stress and how to increase one's stress resiliency.

## **Combat Related Stress Reactions**

This presentation aims to prepare service members for the various ways in which stress may present itself during deployment, particularly in relation to combat. Topics include possible ongoing stress reactions, how such reactions can affect family members, coping and communication skills, ways family members can show their support, and signs that a service member should seek help from an outside source.

## **Coping Strategies for the Uncertainties of Life**

This presentation offers a series of strategies to help adults cope with unexpected developments, disappointments, and other situations in which expectations fall short of reality.

## **Life in Balance: Relaxation and Stress Relief**

Objectives for this presentation include maintaining a good work/life balance, identifying stressors, recognizing the signs and symptoms of stress, practicing stress management strategies, reducing overall stress, and developing relaxation skills.

## **Stress During the Holidays: Maintaining Balance and Stress Resilience**

This presentation aims to guide service members and their families manage the unique stressors that are often associated with holidays. Objectives include recognizing the signs and symptoms of stress, defining holiday expectations, avoiding the "holiday blues," practicing stress management techniques, and utilizing strategies to guide children through the holidays with minimal stress to all parties.

## **Stress Management**

Topics covered in this presentation include the signs, symptoms, and effects of a stress response; possible sources of stress; the types, levels, and stages of stress; and coping strategies for managing stress.

## **Stress Reactions and Coping Mechanisms: Honor Guard**

This presentation focuses on helping Honor Guard members cope with the unique stressors that are often associated with the job. Objectives include knowing possible sources of stress, understanding the ways that stress can affect families and relationships, and recognizing stress reactions.