



Building Total Resilience Military & Civilian Workshops

The Resilience Projects
In coordination with



Resilient Village Ukraine

An Overview of Globally Respected Authorities with Links & Apps to Learn More

We present overviews from many respected authorities and provide links to learn more or to receive train-the-trainer instructions.

Adapted for Military in Ukraine



Building Blocks for
Personal & Unit Resilience
on the Battlefield

Combine with other resilience projects
for total immersion learning

NATO Standards for Ukrainian Military

Results

- Importance of the Combat and Operational Stress Control system in the US Army,

Main trends in NATO:

- Training programs to increase psychological resilience
- Expanding knowledge among servicemen about
 - cognitive
 - behavioral
 - physiological processes in combat
- Normalization of stress response
- Provide effective coping strategies to overcome stress
- Assist commanders in maintaining and strengthening the mental health of subordinates

Vol. 2 No. 4 (2021): Ukrainian Journal of Military Medicine

Jun 1, 2025

The Armed Forces of Ukraine signaled a need for Combat and Operational Stress Control (COSC) training within their formations. [lineofdeparture.army.mil › June-2025 › UK...](#)

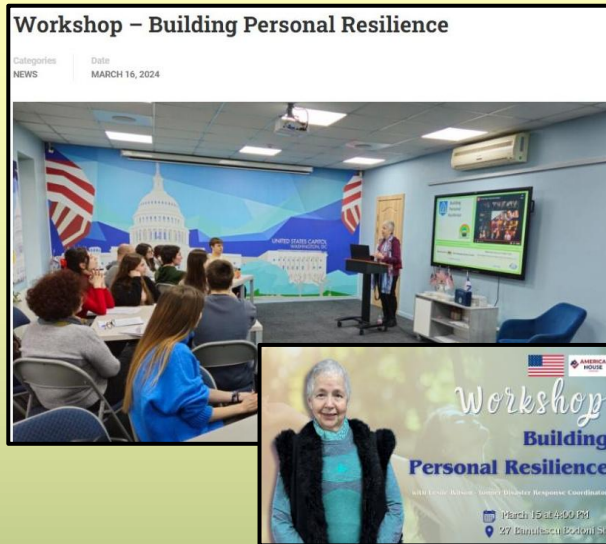
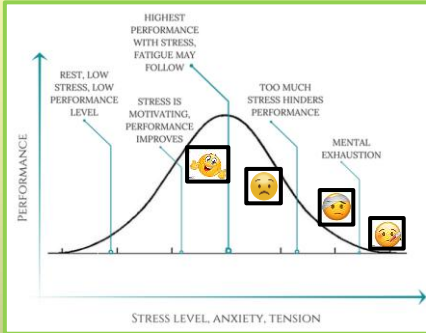
... **psycho-medical rehabilitation of military personnel**

in the armed forces of the leading NATO member countries and partnership for peace countries is one of the fundamental aspects for

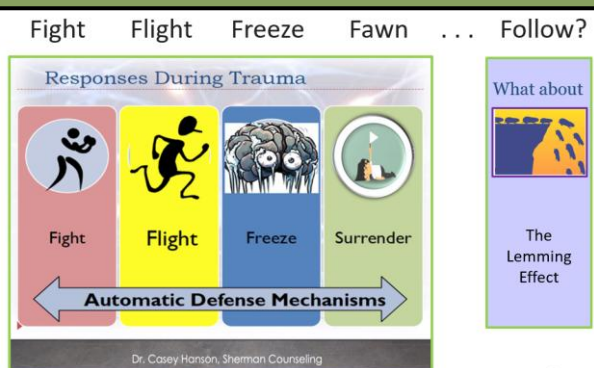
implementation in the Armed Forces of Ukraine

Samples from Resilience Presentations

Resilient fieldwork since 2005 - staff & volunteer - 15+ CSOs
10,000+ working hours in disaster response & recovery



About the Speaker

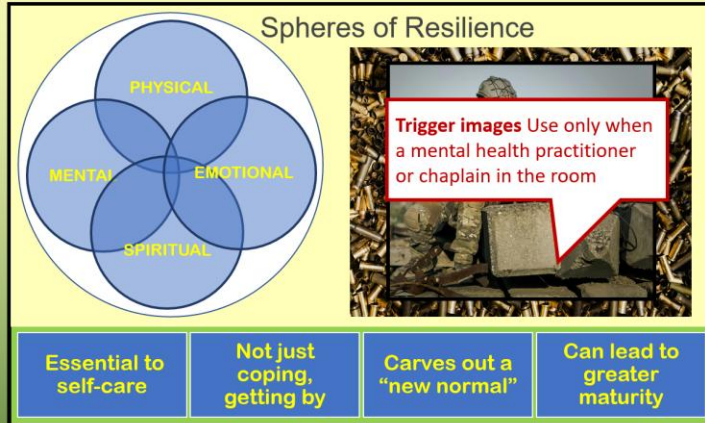


What Is Resilience?

Resilience must involve the total person:

- **Physical**
The discipline to keep the body under **stress** as healthy & strong as possible
- **Mental**
The drive to maintain effective cognitive functions even under great **stress**
- **Emotional**
The ability to adapt to **stressful** situations or traumatic events
- **Spiritual**
The ability to sustain meaning & purpose even when the **stresses** of life overwhelm

But how do you adapt to stress?



Stress

Stress



Stress Management

- For yourself
- Peer-to-peer support
- Family support
- Group intervention



Accepted Practices Military & Veterans Groups

Samples from Internet-available documents developed or used by military services or veterans organizations in

USA

UK

Australia

NATO

The Pillars of Mental Resilience Training (MRT) UK

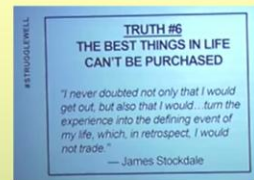
- **SELF-BELIEF** – confidence in your own abilities & judgement
- **POSITIVE AFFECT** – ability to interact with life in a positive way
- **EMOTIONAL CONTROL** – ability to understand and express your emotions
- **MENTAL CONTROL** – ability to control thinking, attention, focus, concentration, self-awareness, reflexivity, problem-solving
- **SENSE OF PURPOSE** – motivation that drives you forward
- **COPING** – adaptability, natural coping strategies you have learnt through coping in previous stressful situations
- **SOCIAL SUPPORT** – your social network and ways you use it

Stress

Sample Slides

Select from our collection to tailor a presentation for your group

Beyond Stress: The Resilient Leader



The 21 Irrefutable Laws of Leadership – John Maxwell

POSITIVE ATTITUDE CHARISMA PASSION RESPONSIBILITY SELF-DISCIPLINE SECURITY SERVANTHOOD

FOCUS GENEROSITY INITIATIVE LISTENING PROBLEM SOLVING ATTITUDE RELATIONSHIPS VISION

CHARACTER COMPETENCE TEACHABILITY COMMITMENT COMMUNICATION COURAGE DISCERNMENT

Communication Skills

Active Listening + Compassionate Response = Effective Crisis Communication



Intervention Actions



For Communications during Crisis

- Respond non-defensively to criticism
- Non-judgmental
- Problems, options > problem solving
- Solution focused
- Sensitivity to Diversity

For Challenging Situations

- Fear
- Grief
- Anger
- Suicide or homicide



Ethics of Crisis Communication

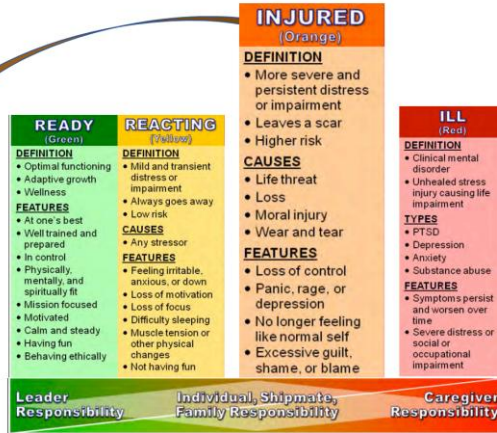
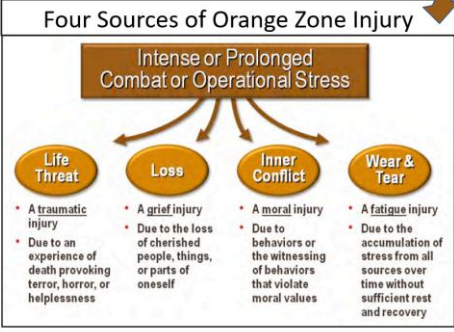
- Privilege
- Confidentiality
- Privacy
- Legal obligations?



Deciding if/when to make referrals to professionals

The Stress Continuum is a widely-used model, giving a colorful “voice” to stress levels. It helps identify warning signs (**Yellow** or **Orange**) to encourage prompt intervention and support. This reduces the chance of severe (**Red** zone) stress levels that likely require professional help and may interfere with combat readiness. Remember: the goal is **Green!**

The Stress Continuum



Sample Slides

Combat & Operational Stress First Aid (COSFA)

COSFA, like many other assessment processes, use the **Stress Continuum** for individuals or units experiencing symptoms in the **Yellow** or **Orange** zones.



Goals:

- **Preserve life**
- **Prevent further harm**
- **Promote recovery**

Provides crisis care to help restore:

- **Physical**
- **Psychological**
- **Social**
- **Spiritual**

support structures that exist in the military

Adapted from Operational Stress First Aid. “Competence.” Developed by Bureau of Medicine and Surgery, Department of the Navy, June 2010.

The Goal Is Green!

ptsd.va.gov/disaster_events/for_providers/stress_first_aid.asp

Operational Stress Control and Readiness (OSCAR) Teams

MARINE TOTAL FITNESS SELF CHECK TOOL Human Performance Branch / Resilience

This is a private self-assessment tool that may help a Marine or Sailor identify a need for support. It is not designed for use by the chain of command to evaluate a Marine's fitness or readiness.

Physical Fitness

RESOURCES: [Gym/NTT/MCMAP/Personal Trainers/Nutritionists/Dietician](#)

Please indicate how much you agree with the following statements:

	Agree	Somewhat agree	Neutral	Somewhat disagree	Disagree
a. I have the physical fitness necessary to perform all of my duties with confidence (both deployed and in garrison).	☐	☐	☐	☐	☐
b. My duties are not affected by an unreported medical or dental condition.	☐	☐	☐	☐	☐
c. In the past 30 days, poor physical health did not keep me from my usual activities or from performing my duties.	☐	☐	☐	☐	☐
d. I have the necessary knowledge to make good choices regarding nutrition, alcohol use, tobacco use, and safe sex practices.	☐	☐	☐	☐	☐
e. I meet my body composition standards (height and weight or body fat).	☐	☐	☐	☐	☐
f. Please indicate your most recent PFT/CT classification.	☐	☐	☐	☐	☐

Physical Fitness Total: 0 15-24 13-18 7-12 0-6

Mental Fitness

RESOURCES: [Mental Health/MCCS/MHIC/Chaplain](#)

Please indicate how much you agree with the following statements:

	Agree	Somewhat agree	Neutral	Somewhat disagree	Disagree
a. I feel pride in my accomplishments.	☐	☐	☐	☐	☐
b. I look forward to beginning each day.	☐	☐	☐	☐	☐
c. I am making a real contribution toward mission accomplishment.	☐	☐	☐	☐	☐
d. I usually know what I can and cannot control.	☐	☐	☐	☐	☐
e. I am comfortable seeking assistance and asking for help in times of emotional challenge or crisis.	☐	☐	☐	☐	☐
f. I am currently engaged in activities (reading and education) that contribute to growth.	☐	☐	☐	☐	☐

Mental Fitness Total: 0 19-24 13-18 7-12 0-6

Spiritual Fitness

RESOURCES: [Chaplain, Chaplain Corps, Chaplain, Mentor](#)

Please indicate how much you agree with the following statements:

	Agree	Somewhat agree	Neutral	Somewhat disagree	Disagree
a. My life has meaning/purpose.	☐	☐	☐	☐	☐
b. I am hopeful about life/the future.	☐	☐	☐	☐	☐
c. My decisions are always moral.	☐	☐	☐	☐	☐
d. I have no problem forgiving myself or others.	☐	☐	☐	☐	☐
e. I am respectful of people of other beliefs.	☐	☐	☐	☐	☐
f. I am engaged in core values/beliefs.	☐	☐	☐	☐	☐

Spiritual Fitness Total: 0 19-24 13-18 7-12 0-6

Social Fitness

RESOURCES: [Single Marine Program, MCCS, Chaplain, CREDO Retreats](#)

Please indicate how much you agree with the following statements:

	Agree	Somewhat agree	Neutral	Somewhat disagree	Disagree
a. I am respectful of the members of my unit.	☐	☐	☐	☐	☐
b. I can depend on my spouse/significant other/friends for support.	☐	☐	☐	☐	☐
c. I get along well with members in my unit.	☐	☐	☐	☐	☐
d. I get involved in efforts to improve the community.	☐	☐	☐	☐	☐
e. I actively participate in base or community events and activities.	☐	☐	☐	☐	☐
f. I effectively use USMC and/or local civilian community resources.	☐	☐	☐	☐	☐

Social Fitness Total: 0 19-24 13-18 7-12 0-6

TOTAL FITNESS SCORE 0 73-96 49-72 25-48 0-24

See Pages two and three for information and resources to increase your overall health and resiliency.

ptsd.va.gov/disaster_events/for_providers/SFA/docs/NCPTSD_SFA_30min_Instructors_Manual.pdf

Strategy to influence:

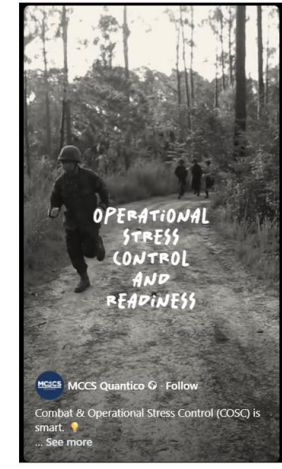
- command climate,
- culture,
- unit cohesion,
- Marine Corps Total Fitness (MCTF)

Goal: To keep Marines ready for combat and for life by ensuring they receive help quickly when needed

- Makes units stronger
 - more prepared as warfighters
 - Empowers small unit leaders
- to recognize early signs of stress

OSCAR team members

- Selected for their strong leadership skills and commitment to helping others
- Support their fellow Marines



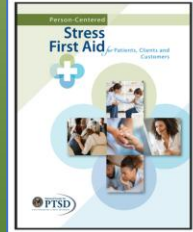
Select from our expansive collection to tailor a presentation for your group. We will customize slides to meet your needs.

Beyond First Aid
An Ongoing Cyclical Approach

Stress First Aid Model



1. CHECK Assess: observe and listen	Repeat 1 & 2 Throughout	Primary Aid
2. COORDINATE Get help, refer as needed		
3. COVER Get to safety ASAP		Secondary Aid
4. CALM Relax, slow down, refocus		
5. CONNECT Get support from others		
6. COMPETENCE Restore effectiveness		
7. CONFIDENCE Restore self-esteem and hope		



ptsd.va.gov/disaster_events/for_providers/SFA/docs/SFA_PersonCentered_508.pdf
ptsd.va.gov/disaster_events/for_providers/index.asp

The Process is the Phases of PTG: how we grow

The Outcomes are the Domains of PTG: where we grow

Post-Traumatic Growth (PTG™)

Both a Process and a Series of Outcomes

The Domains of Post-Traumatic Growth

Deeper Relationships

New Possibilities

Personal Strength

Spiritual, Existential Beliefs

Appreciation for Life

PTG Happens!

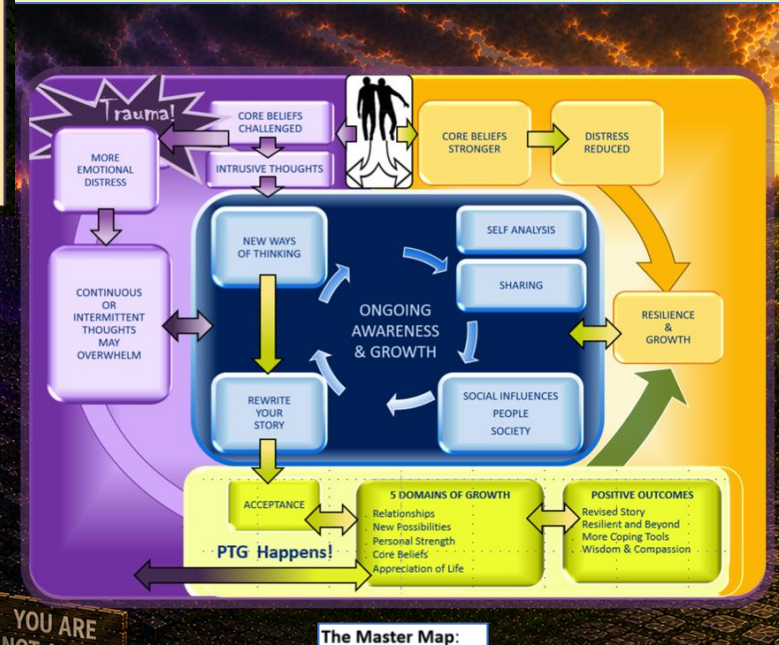
The graphic designs throughout are inspired by the pioneering work of Dr. Richard Tedeschi & Dr. Lawrence Calhoun bouldercrnest.org

Disruption of Our Life Narrative

Before Seismic Event After

Navigating the Path of Post-Traumatic Growth (PTG)

Sample Slides



Strategic Overview of PTG Process

Purple Zone

- Our core beliefs are challenged
- The challenges cause more emotional distress
- Intrusive, uncontrollable thoughts may overwhelm

Blue Zone

- Ongoing struggle to control thinking using various tools
- Self-Analysis: reflect, write, pray ...
- Self-Disclosure: talk/share what we are going through ...
- Influences in life: supporters, role models, culture, society ...
- Coping Skills: redirect thoughts, reassess goals, priorities ...
- Construct New Story: intentional reflection, visioning ...

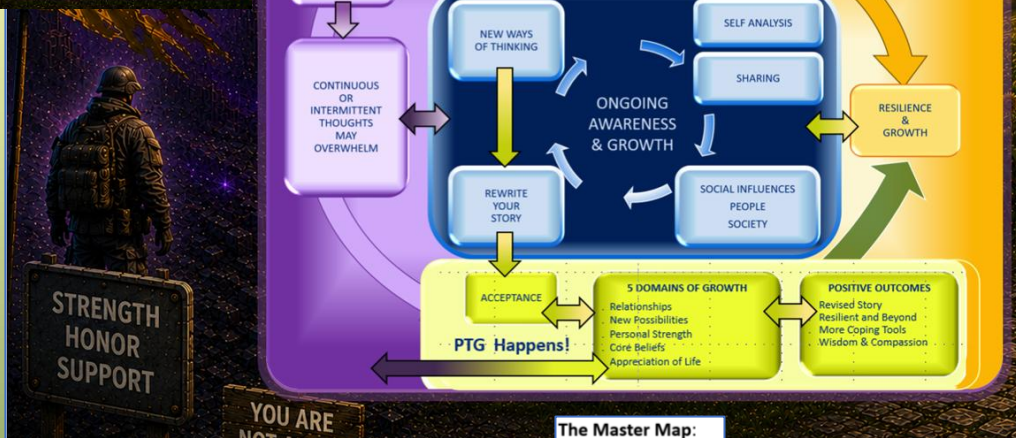
Green Zone

- Acceptance: New world order? It's okay.
- PTG! Good things are happening in the 5 domains.
- Many positive outcomes are possible.

Gold Zone

- Core beliefs capable of embracing trauma
- Distress is minimized
- Core beliefs reinforced → Beyond resilience to growth, thriving!

BEYOND RESILIENCE



Growth in the tough times THRIVE!

The Heart of the PTG Process: An Engine!

These are the steps we repeat as needed to rise above emotional distress to actual growth. Other parts of the PTG process are fed into it or result from it.

In these steps we struggle - hopefully Struggle Well - throughout our lives, no matter what the current crisis may be or how great the trauma that colors our lives.

Here we concentrate our efforts to achieve post-traumatic growth and to continually refine it and grow in every aspect, every domain, of our lives.

The Post-Traumatic Growth Engine

The Master Map:
PTG is not a standalone technique; it is an overarching framework for the trauma journey

Beyond Baseline:
Moving past traditional symptom reduction to unlock unexpected personal transformation

Bounce Forward:
Shifting the target from merely "recovering" to completely rewriting your life narrative

Integrate Skills:
A structured arena where your existing clinical tools find their ultimate purpose

5 Phases of Expert Companionship

Conversational sharing
Collaboration built on trust

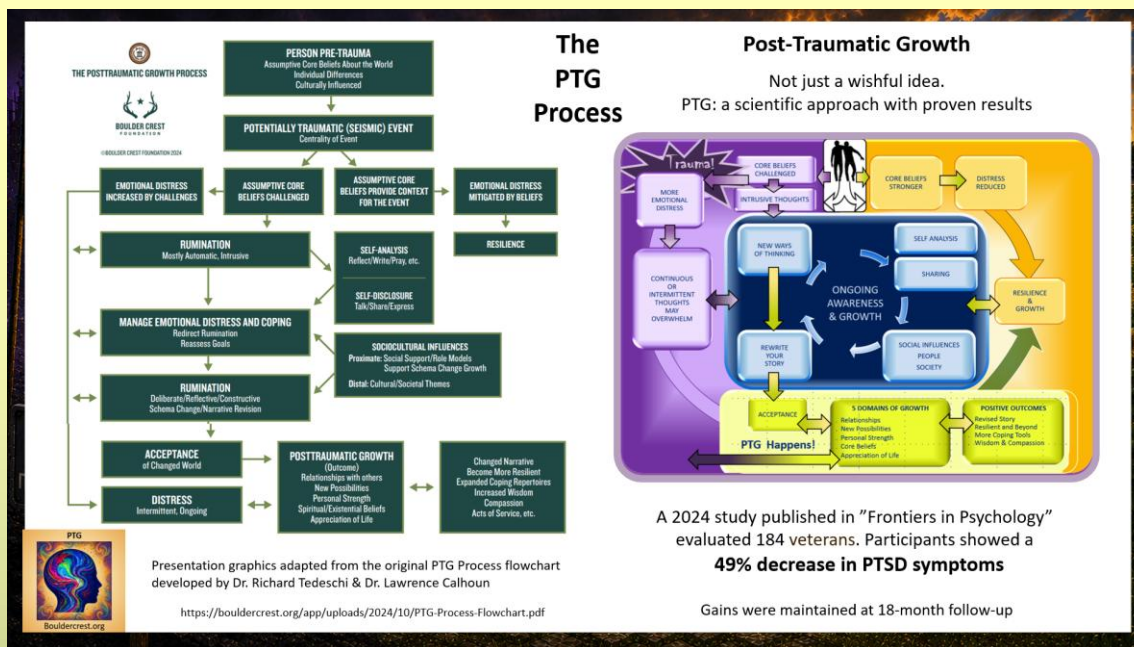
The Role of an Expert Companion
A Travel Guide through the Process

The Travel Guide helps:

- Explain the Journey Ahead
- Navigate Emotional Moments
- Sort Out Intrusive Thoughts
- Sort Out What to Believe
- Shape New Identity: One Who Contributes & Serves

Expert Companions are like scaffolds for repairing a building:

- They don't build the house, the survivor does.
- They provide stability so the builder doesn't fall.
- They stay until the structure is strong enough to stand on its own.



Sample Slides

Boulder Crest Foundation programs

- **Warrior PATHH**
- **Struggle Well**

What makes these programs uniquely effective?

- Developed by mental health professionals but delivered by peers
- Peers understand military or emergency services culture, there is a common bond
- No diagnosis, no medications: just positive approaches to growing stronger in crises

Peer-to-peer works better because

- They understand each other
- They speak the same language
- They've all been through it
- Easier to develop trust



Struggle Well
bouldercrest.org/program/struggle-well/
Warrior PATHH:
bouldercrest.org/program/warrior-pathh/

U.S. ARMY **Army Ready and Resilient**

Master Resilience Training

Post-Traumatic Growth (PTG)

TRANSFORMING THE LIVES OF OVER 130,000 SERVICE MEMBERS, VETERANS, FIRST RESPONDERS, FAMILIES

PTG in U.S. Army Master Resilience Training (MRT)
Shift from "treatment only" to "performance" model
ADVERSITY: a catalyst for strength & perspective

Learn more about the work of BoulderCrest Foundation

youtube.com/watch?v=BUFFkM11IMQ1I

The Warrior PATHH Program
youtube.com/watch?v=BUFFkM11IMQ1I

ми воїни, ми боремося, ми терпимо, ми викувані, ми заслуговуємо на процвітання,

Мікі, який... вважає, що він має все контролювати, або,

тому в давнину воїни були в лабіринті за межами свого села, і

Peer-Delivered:
Led by fellow combat veterans, first responders who have successfully walked the road from struggle to strength.

Not Treatment/Clinical:
Frames recovery as "training" rather than medical treatment.

The 5 Elements of PTG:
Trains veterans to understand their trauma, using it to build a new, positive future story.

Long-Term Support:
Includes 18 months of ongoing coaching to ensure the transformation is sustained.

Boulder Crest Retreat and the USO Present: Songwriting with: Soldiers
youtu.be/LU_VMD0EytK7s?i=GZPUkwoTgbebgWag

Struggle Well

Struggle Well is a prevention-focused program based on the science of Posttraumatic Growth. By partnering with first responder agencies and active serving military units, we're fundamentally changing the culture from the inside-out.

1-Day Struggle Well Training Course
This training is focused on building resilience and coping skills.

2-Day Struggle Well Training Course
This 2-day training is designed for leaders and those who support them.

5-Day Struggle Well Training Course
This 5-day training is designed for those who want to take their training to the next level.

Provides actionable strategies to:

- making peace with past trauma
- living in the present
- planning for a great future

Transform struggle into profound strength and lifelong growth

Learn to Struggle Well!

Struggle Well objectives:

- normalizing the struggles
- democratizing their ability to struggle well!

Trains

- active serving military units
- first responder agencies often at their workplace

Transforms struggle into strength and growth. Leads to better service for themselves, their family, community, and country.

Ці конкретні програми орієнтовані на військові підрозділи та служби швидкого реагування.

Тож у них не буде проблем у майбутньому зі старшими хлопцями. Це допомагає їм осмислити те, через що

Possibilities for Combination Programs

The Resilience Projects
In coordination with



Resilient Village Ukraine

Teaching, Training, Organizing, Funding

- Conversational Multi-Language classes
- Classes with translator – possible topics:
 - Military Resilience
 - Personal & community resiliency
 - Helping children in crisis situations
 - Humanitarian Skills for personal & organizational resiliency
 - Crisis intervention (chaplain) skills
 - Workshops at military hospitals, rehab centers

Activities to Engage Right & Left Brain

- Sustainable & safe deconstruction
- repurposing war debris, permaculture, sustainable living
- Making dragons teeth and other combat aids from sand, clay and war debris
- EkoPich build your own Rocket Mass Heating systems from brick & concrete salvage
- Building arch truss homes, greenhouses, work centers

Draft version for personal use only.

For information on free workshops in Ukraine, please contact:

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Check out our new website!

ResilientVillageUkraine.org

Free resources to build
resilience & growth in Ukraine



Signal



WhatsApp



Telegram



YouTube