



PDHRA Battlemind Training

Continuing the Transition Home

Audience: Service Members and leaders

Training Timeframe: 3-6 months after deployment as part of the

Post Deployment Health Re-Assessment (PDHRA)

(Reconstitution phase of Deployment Cycle Support)

Version 2.0 9MAR06.ForVideo

***See Notes Pages for Briefing Instructions**



Battlemind

Battlemind is the Soldier's inner strength to face fear and adversity in combat with courage.

Key components include:

- Self-confidence
- Mental toughness

Battlemind Training builds on these strengths.



Combat Skills You All Possess

- Battlemind skills helped you survive in combat...
but may cause problems when you get home...
if you haven't adapted them

Buddies (cohesion) vs. Withdrawal

Accountability vs. Controlling

Targeted Aggression vs. Inappropriate Aggression

Tactical Awareness vs. Hypervigilance

Lethally Armed vs. “Locked and Loaded” at Home

Emotional Control vs. Anger/Detachment

Mission Operational Security (OPSEC) vs. Secretiveness

Individual Responsibility vs. Guilt

Non-Defensive (combat) Driving vs. Aggressive Driving

Discipline and Ordering vs. Conflict

- **Battlemind Checks** allow Soldiers and their Buddies to identify when help is needed.



Two Buddies

- To play video scenario, click the link to play the video.



buddies_driving.wmv