



Defense Health Agency, J-7, Continuing Education Program Office

Management of Combat Stress Causalities Course

Live Course, March 13-20, 2026, San Antonio, TX

Continuing Education (CE)/Continuing Medical Education (CME) Information

This CE/CME activity is accredited by the DHA, J-7, Continuing Education Program Office (CEPO). This activity provides continuing education for social workers, psychologists, occupational therapists, and occupational therapy assistants. A certificate of attendance is available for other attendees.

Management of Combat Stress Causalities Course: Overview and Introduction to COSC Roles and Functional Capabilities (1.50 clock hours)

1900-2030 ET (1800-1930 CT)

Learning Objectives:

1. Identify the role and mission of a Combat and Operational Stress Control (COSC) unit
2. Explain the capabilities within a COSC medical detachment (MED DET)
3. Describe the utilization of COSC units in echelons above brigade (EAB)
4. Summarize limitations and dependencies of a COSC
5. Explore the importance of COSC in maintaining combat readiness

Management of Combat Stress Causalities Course: COSC in LSCO, Psychological Survivability and Unit Needs Assessments (8.00 clock hours)

0830-2030 ET (0730-1930 CT)

Learning Objectives:

1. Review situational factors of a large scale combat operation (LSCO) environment such as the enemy, the terrain, the population and friendly forces
2. Summarize COSC team's mission and attachments under the Brigade Support Area
3. Analyze the Operations Order (OPORD)
4. Identify mental health vulnerabilities
5. Conduct brief Unit Needs Assessment planning
6. Describe the historical evolution of combat stress and the development of COSC doctrine
7. Analyze the unique combat and operational stressors and mental health implications associated with LSCO
8. Evaluate how COSC capabilities must adapt to support units during sustained LSCO
9. List three key psychological stressors in LSCO
10. Explain the Stockdale Paradox and Hope Theory
11. Apply the "enemies of survival" concept to identify Servicemember's vulnerabilities
12. Design a brief training exercise using the survival model
13. Evaluate implementation challenges and mitigation strategies to executing a survival training exercise
14. Review resources for Unit Needs Assessment (UNA)
15. Discuss the purpose and scope of the UNA
16. Discuss major UNA tenets and when a UNA should be conducted
17. Review the Pre-Assessment Phase, the Assessment Phase, and the Post-Assessment Phase
18. Conduct a Unit Needs Assessment using a given scenario
19. Summarize unit demographics, mission analysis, and potential stressors from scenario injects
20. Create a one-page UNA summary with risk indicators and recommended actions

Management of Combat Stress Causalities Course: COSC Triage, Restoration and Stabilization (8.00 clock hours)

0830-2030 ET (0730-1930 CT)

Learning Objectives:

1. Describe tempo shift from static operations to forward deployment
2. Identify stressors, including increased enemy contact, mission ambiguity, combat exposure, or loss of leadership
3. Organize a traumatic event management station to manage an indirect fire incident with fatalities
4. Explain appropriate Combat and Operational Stress Control (COSC) interventions and ethical concerns in early interventions
5. Define combat and operational stress reactions (COSR) per ATP 6-22.5
6. Explain the doctrinal foundation of COSC triage within the Army Health System (FM 2-02)
7. Describe the BICEPS principle and its operational purpose
8. Differentiate between REST, HOLD, and REFER categories
9. Integrate COSC triage decisions within large scale combat operation (LSCO) constraints
10. Differentiate mental health treatment from restoration
11. Describe DOD policy in relation to mental health treatment
12. Identify indicators for transition to treatment
13. Differentiate between mental health treatment in COSC versus garrison
14. Evaluate a distressed Soldier in a Role 2 setting with 1:1 assessment
15. Create immediate behavioral intervention plan with short-term coping strategies
16. Design creative and functional stations for stress reduction that are low-resource, field-deployable and reflect COSC doctrine

Management of Combat Stress Casualties Course: Traumatic Event Management (8.50 clock hours) 0830-2030 ET (0730-1930 CT)

Learning Objectives:

1. Outline operational fatigue, sleep deprivation, moral injury, and accumulated losses
2. Describe mental health utilization trends during protracted combat
3. Identify stressors on leaders, peer relationships, and unit cohesion
4. Review BICEPS triage, mental health holding and restoration
5. Define traumatic event management (TEM).
6. Select facts from psychological debriefings used in traumatic event management.
7. Describe the purposes for conducting traumatic event management.
8. Summarize indications of the need for traumatic event management (TEM).
9. Differentiate between TEM, PD and "Defusing" and assess when to use a Defusing
10. Review the steps involved in using the TEM model with a large group
11. Operate within COSC roles (team leader, mental health providers, TEM facilitator) given traumatic event scenarios
12. Demonstrate BICEPs principles to determine triage disposition given scenarios with soldiers presenting with different combat operation stress reactions
13. Appraise given Role 1 and Role 2 triage environments with the COSC Triage Answer Key

Running a Restoration and Reconditioning (R2) Center (6.00 clock hours) 0830-2030 ET (0730-1930 CT)

Learning Objectives:

1. Discuss retrograde movement, return to home station planning, and unit reset
2. Review types of stressors, such as survivor's guilt, failed expectations, unresolved trauma, and poor unit cohesion
3. Describe combat operation stress control (COSC) team involvement in reconditioning groups, unit-wide after activity reports, and commander consultation
4. Appraise a simulation of a Soldier resisting reintegration or with misconduct during retrograde
5. Plan for sustained care and theater-level reconstitution
6. Summarize the restoration process, including necessary documentation.
7. Review site operation considerations, such as standard operating procedures (SOPs) and scheduling
8. Demonstrate group-based reconditioning techniques suitable for theater (e.g., mission-based PT, routines, morale boosters)
9. Create a visual or interactive lesson addressing their assigned example scenario

Management of Combat Stress Causalities Course: Functional Capabilities of Combat Operations Stress Control (7.50 clock hours)

0830-2030 ET (0730-1930 CT)

Learning Objectives:

1. Apply COSC principles collaboratively, given a scenario
2. Prepare a presentation of their combat operation stress control function, given a denied environment dilemma (e.g., treating untriaged combatants, forced evacuation, ambiguous return to duty)
3. Demonstrate peer collaboration and critical thinking through team-based learning and planning sessions
4. Discuss and brief their recommendations using Army Ethics and mental health doctrine

Management of Combat Stress Causalities Course: Operation Onyx Phoenix (6.50 clock hours)

0900-1600 ET (0800-1500 CT)

Learning Objectives:

1. Perform combat operation stress control (COSC) triage in forward, denied, and contested environments
2. Execute the nine COSC functional capabilities:
 - 1) unit needs assessment,
 - 2) consultation and education,
 - 3) traumatic event management,
 - 4) COSC triage,
 - 5) COSC stabilization,
 - 6) mental health treatment,
 - 7) soldier restoration,
 - 8) soldier reconditioning, and
 - 9) reconstitution support
3. Evaluate class teamwork, doctrinal application, and communication
4. Apply combat operation stress control (COSC) doctrine in large scale combat operations environments.
5. Define and describe mental health personnel roles in COSC both in a theater of operations.
6. Conduct traumatic event management and facilitate unit recovery

Faculty:

CPT Christa Call, Ph.D. Presenters have no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

LTC Luke Randall, LCSW-S, BCD, CADCI. Presenters have no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

LTC Jason L. Judkins, PhD, DSc, CHT, OTR/L. Presenters have no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

LTC Jamie Bell, DSc, OTR/L. Presenters have no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

MAJ Elizabeth Johnson, PsyD, MBA. Presenters have no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

Disclosures:

DHA J-7 staff, planners, authors, faculty, and content reviewers for this educational activity have no relevant financial or non-financial relationship(s) with ineligible companies to disclose.

Interprofessional Continuing Education (IPCE)



In support of improving patient care, DHA, J-7, CEPO is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. This activity was planned by and for the healthcare team, and learners will receive 46.00 Interprofessional Continuing Education (IPCE) credit for learning and change.

Social Workers (ASWB)



As a Jointly Accredited Organization, DHA, J-7, CEPO is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 46.00 clinical continuing education credits.

Psychologists (APA)



Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the program. Participants earned 46.00 credits for attending this activity.

Occupational Therapists and Occupational Therapy Assistants (AOTA)



DHA, J-7, CEPO is an American Occupational Therapy Association (AOTA) Approved Provider of professional development (PD). PD activity approval ID# 15435. This live is offered at 4.6 CEUs intermediate, OT service delivery, foundational knowledge. AOTA does not endorse specific course content, products, or clinical procedures.

Other Professionals

All other healthcare professionals completing this CE/CME activity will be issued a Certificate of Attendance indicating participation and the number of hours of CE/CME credit. This may be used for submission to licensing boards for satisfaction of CE/CME requirements.

Commercial Support:

No commercial support was provided for this activity.

Participation Costs:

There is no cost to participate in this activity.

CE/CME Inquiries:

For all CE/CME related inquiries, please contact: dha.ncr.j7.mbx.continuing-education-office@health.mil.

How to Obtain CE/CME Credit:

To receive CE/CME credit, you must complete the program posttest(s) and evaluation(s) before collecting your certificate(s). The posttests and evaluations will be available through 3 April 2026 at 2359 ET at the following URL: www.dhaj7-cepo.com.