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