

# MILITARY (MILT)

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## **MILT 525 Advanced Resilience for Leaders and Caregivers 3 Credit Hour(s)**

An advanced graduate study of the key definitions and factors related to how leaders and caregivers create and maintain resilience in themselves and others, focused on the military culture with broad applications to the general population. Topics include the impacts of suffering and trauma on followers, leaders, and caregivers; the Resilience Life Cycle®, disciplines of replenishment for leaders and caregivers, evidence-based research surrounding resilience protocols, and a holistic approach to spiritual equipping for leaders and caregivers.

**Offered:** Online

## **MILT 575 Resilient Marriage and Family 3 Credit Hour(s)**

This course studies the impact of military culture on service members and their families. It addresses precepts essential to the development of healthy and resilient military marriages and families. Topics include pre-deployment preparation, deployment, post-deployment reintegration, therapeutic needs, domestic violence, substance use, infidelity, divorce, and the impact of injury and death. Special emphasis is given to understanding, intervening, and treating the stresses and challenges of military families.

**Offered:** Online

## **MILT 625 Military Career and Community Transition 3 Credit Hour(s)**

This graduate course examines the two primary transitions of military life: the reintegration challenges that recently deployed military members encounter as they blend back into family, community, church, and a peacetime setting; and the transition from military to civilian life and career. Students will identify and critique strategies meant to facilitate a positive adjustment, while exploring possible Biblical and Christian interventions to support veterans in this transition back into family and community life as well as new careers. Specific course content will focus on the role of the caregiver or helping profession. Special focus will be given to providing resources and various avenues of assistance to these military service men and women who may not know of these services.

**Offered:** Online

## **MILT 675 Advanced Military Mental and Behavioral Health 3 Credit Hour(s)**

This course will cover advanced assessment and treatment of military mental and behavioral health issues, including Posttraumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), and related stressors. Topics to be covered include "best practices" for treating depression, suicidal ideation, addictions, and other prevalent mental and behavioral disorders.

**Offered:** Online