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THE MILITARY PSYCHOLOGIST: The Military Psychologist is the official newsletter of the Society for Military Psychology, Division 19 of the American Psychological Association. The Military Psychologist provides news, reports, and noncommercial information that serves to (1) advance the science and practice of psychology within military organizations; (2) foster professional development of psychologists and other professionals interested in the psychological study of the military through education, research, and training; and (3) support efforts to disseminate and apply scientific knowledge and state of the art advances in areas relevant to military psychology. The Military Psychologist is published three times per year: Spring (submission deadline January 20), Summer (submission deadline May 20), and Fall (submission deadline September 20). Instructions for Contributors appear on the back cover.
Welcome to a new decade, and with it, the Spring 2020 Issue of The Military Psychologist (TMP) Newsletter. The New Year is such an exciting time with the beginning of new ideas, visions, and a new Division president, Executive Committee officers, and Committee Chairs. First I’d like to welcome our new Division 19 president, Dr. Eric Surface, who is off to a great start with goals set out for his coming tenure; including a focus on the theme of Stronger Together. Please take time to read his column that outlines his initiatives for the Division. With that, we have to say goodbye and give a hearty thank you to the outgoing president, Dr. Stephen Bowles, whose work over the past years has significantly improved the relevance and brought the contributions of Division 19 to the forefront. We also welcome new TMP Spotlight on Research editor, Christina Hein; who stepped up to volunteer a move from the announcements section to the SoR editorial role. She steps into big shoes to fill of our outgoing SoR editor, Colleen Varga, who served Division 19 for the past 3 years! It has been a pleasure working with Colleen over the last 6 TMP issues together; her work thus far in Div 19 is, no doubt, just the beginning. Along with new members, we thank our newest editorial team member, Bri Shumaker who will be taking on the Announcements section, with the goal to keep us all up to date on relevant opportunities for training, conferences, CEU programming and available employment. Bri, welcome aboard!

Serendipitously, the Spring Issue just happens to focus mostly on women service members and veterans. Our Feature Article, by Sarah McCreight and colleagues, discusses challenges with integrating women into combat service roles simply due to the perceptions that leaders have of what unique matters, such as pregnancy and family planning, women might bring to jobs on the front-line. The Trends article, also highlights a group of women veterans and how their participation in recreational therapeutic techniques, like an outdoor adventure program, can assist with improvements in overall wellness, personal growth and rekindling of interpersonal connections. Our Spotlight on Research article, by Lindsey Sweitzer, again supports women veterans by discussing how increasing levels of parenting confidence, perceived social support and resilience on family reintegration after a deployment should be a focus for all healthcare providers treating women veterans. As a bonus this issue, we’ve included an article submit by one of the Honor Poster award recipients at APA Convention 2019, Athena Jones and colleagues. TMP supports the Student Affairs and Early Psychologist members and we invite opportunities for these young psychologists (and those still in training) to highlight their work for the Division membership. This is a great opportunity for both SAC and ECPs to get their research or projects out beyond the dissertation committees and into practice. Thank you, Ms. Jones, for your submission!

Our Committee Chair members have updates on the changes happening and opportunities for the Division 19 members to get involved at all levels. Save the dates for the APA Convention 2020, this year in Washington DC – when is it, you ask? Read the details inside. Take a look at our membership committee report too, we had a near 11% increase in membership, but still need your help to make it grow; not only in numbers, but in relevance to the larger psychology community. There are so many new initiatives out there; new websites, new ways to communicate and keep our practice fresh and relevant to those we serve. Former APA President, Dr. Pat DeLeon, shares opportunities for the developing Tele-health enterprises including a telehealth specific graduate school training program, webinar-based telehealth practices and a new book with a how-to for building your own tele-health psychology service. Tele-behavioral health is truly cutting edge and not to be ignored. Speaking of books, new this issue is our first TMP Book Review, brought to you by Dr. Michael Matthews, who reached out to me having read an influential and very relevant book by one of our own APA executive committee members, Dr. Paul Bartone, that is certainly one of the references that psychologists working with military service members and veterans should have on their shelf. If anyone would like to continue with future book reviews to be included in TMP, please let me know!

Finally, if you’re looking for what else to do, look no further than the Announcements section; opportunities abound! 2020 is off to a great start! As always, continue to send in your program ideas, your research projects, your announcements and, now, great books to share for our membership readers. Remember, archived newsletters are available online at https://www.militarypsych.org/the-military-psychologist.html. Until the Summer Issue, take care and I wish you all “blue skies”!
Dear Society Members

2020 will be another exciting year for the Society for Military Psychology, Division 19 of the American Psychological Association (APA). On behalf of your 2020 EXCOM, I thank you for your commitment to military psychology and your continuing support for our Society. I am honored to be your 2020 President and will work diligently on your behalf to build on the achievements of my predecessors and move our Division forward.

Division 19 is arguably the most professionally diverse Division in the APA. We have members with backgrounds in most subdisciplines and specialties of psychology, all working in military contexts. There are many ways to be a military psychologist and to practice, research, educate and advocate within military psychology. We need to embrace and celebrate this professional diversity and to work together to promote military psychology. That is why my presidential theme for 2020 is Stronger Together.

Although our members are a professionally diverse group, we are united by a common mission—a mission to apply psychology in the service of military members, Veterans, their families and military organizations. We endeavor to improve the work, health and lives of individuals and the effectiveness and health of organizations. We often need to collaborate in teams with other psychologists and other professionals to accomplish our mission successfully. We are Stronger Together.

Regardless of your specific focus, if you work to support military members, Veterans, their families, and military organizations, if you conduct research with military populations or organizations, if you educate and develop psychologists to support work in military contexts, or if you advocate for or participate in military psychology, you are welcome in Division 19. We want to be one of your professional homes, if not your only professional home. Each one of us contributes to the great military psychology community. We are Stronger Together.

I want us all to think about how we can be more professionally inclusive and open the Division 19 tent to more participation from professionally diverse groups. We need to be welcoming and inclusive of both healthcare and general applied psychologists. We need to think about practice as referring to more than healthcare practice and research as broader than research in general applied psychology. There are many ways to practice and research in military psychology. We are Stronger Together.

People can be unintentionally excluded by the words and the channels of communication we choose. Our experience informs our communications. We are often unaware that we use words and examples that are specific to our practice area or subdiscipline, which unintentionally signals to members of other groups they need not apply. That is why I am asking our officers and committee chairs to ensure that our policies and communications do not unintentionally signal that an opportunity is restricted to a specific subdiscipline or professional when it is not. I am asking you all to open the tent flap and support professional diversity by creating opportunities for all military psychologists to participate in Division 19 and inviting your friends and colleagues to checkout our Division. We are Stronger Together.

Before I look forward to my 2020 priorities, I want to look back for a moment to thank Stephen Bowles for his leadership as our 2019 Division President. Last year, our Division started several new initiatives, such as the Regional Symposium Series and the Division Leadership Program. These programs will continue and provide an important legacy for his presidency.

I most appreciate Stephen championing a meeting with APA leadership in December. At which, Stephen, Mark Staal and I were able to advocate for our members and military psychology, and I was able to make connections to serve you better in 2020. Having those meetings with APA staff and the APA Board of Directors has enabled me to hit the ground running as I have already been reaching out on your behalf.

A special thank you to our elected officers who ended their terms December 31, 2019—Nate Ainspan (Secretary), Scott Johnston (Treasurer), Carrie Kennedy (Council Representative), Tatana Olson (Member-at-large), and Mark Staal (Past President). Thank you for your service. I know you all will remain active in our Division. Carrie Kennedy was elected to another term as our Council Representative to APA Council of Representatives, and Scott Johnston was elected to a term as Member-at-large.

A special thank you to our committee past chairs and chairs who rotated off the EXCOM at the end of December. Thank you for your service. We literally cannot do the business of our Division without you and your committee volunteers.

I look forward to working with our 2020 EXCOM. Maurice Sipos (President-elect), Ryan Landoll (Treasurer), and Angel Legner (Secretary) are joining our already strong lineup of elected officers with Paul Barton (Member-at-large), Becky
In terms of our relationship with APA, most of you know relations with APA have been strained since the Hoffman Report was leaked. This grossly flawed report has done damage to our members, our Division and Military Psychology. Last year, Stephen did a great job in reaching out and trying to repair the relationship by focusing on areas of common interest.

I will continue to work with APA where our Division’s interests are aligned with APA’s interests and build bridges. We just supported Heather Kelly by writing a letter to the Honorable Senator Gillibrand to provide an evidence-based perspective on service members seeking treatment for suicidal thoughts and command notification. I have been serving on APA’s Advisory Group for Applied Psychology, where the interest in reengaging general applied psychologists is shared. I believe APA and Division 19 are stronger together in advocacy for issues both organizations care about.

That said, I will continue to advocate for the retraction and removal of the Hoffman Report from the APA website. I believe no reconciliation can be complete while the profoundly flawed report remains on an official APA website and continues to cause damage to our members, our Division and military psychology. This is the ethically correct action and APA’s leadership should do the right thing and remove the report. Without the report’s removal, the healing cannot truly begin for many of our members.

As a final note, I would like to thank Heather Kelly for all her service to Division 19, military psychology, and military members, Veterans and their families. Heather left APA at the end January to work for the House Veterans’ Affairs Committee as a senior professional staffer, where I know she will continue to be a strong advocate for Veterans and their families.

I look forward to serving as your President in 2020. I hope to see each of you at our annual meeting in Washington, D.C., during the APA Convention or in Raleigh, NC, for the 62nd IMTA conference.

We are Stronger Together!

Best Regards,

Eric A. Surface, PhD
2020 President

Fellow
Society for Military Psychology (Division 19, APA)
Gender Differences in Military Pregnancy Attitudes among Leaders

Sarah J. McCreight
82nd Combat Aviation Brigade

Tracy Sbrocco
Uniformed Services University

Tim Hoyt
Psychological Health Center of Excellence

Abstract

Background: Recent policy changes have opened the door for women to integrate into formerly all-male military units. Previous research has identified pregnancy as a perceived barrier for women integrating into these units, with potential impact on unit readiness, unit cohesion, birth outcomes, and unplanned pregnancy. Identifying leaders’ attitudes toward military pregnancy may help address this potential barrier to integration. This study aimed to identify constructs associated with pregnancy attitudes among male and female leaders. Method: A sample of 446 U.S. Army officers and noncommissioned officers recruited through social media completed online questionnaires to evaluate views on pregnancy. Results: Among this sample, gender, job type, rank, and sexist beliefs were associated with pregnancy attitudes. A comparison of participants in Operations and Operations Support jobs yielded a three-way interaction of gender, parental status, and job type on pregnancy attitudes. Parental or leadership status were otherwise unrelated to pregnancy attitudes. Conclusion: These findings suggest men continue to hold less favorable views toward pregnancy. The results provide an important first step for developing mitigation strategies to address pregnancy-related barriers to female soldier integration.

Keywords: military, pregnancy, gender integration, readiness, pregnancy attitudes

Gender Differences in Military Pregnancy Attitudes

Over the past several years, the Department of Defense has launched an initiative to remove limitations to duty assignments for women and enable them to integrate into ground combat units (Dempsey & Panetta, 2013). To gain insight into potential barriers to integration, the U.S. Army Training and Doctrine Command (TRADOC) Analysis Center (TRAC) conducted a study to address gender integration concerns (2015). The TRAC study found 17 factors that posed a risk to integration, four of which were in the “high” risk category: sexual harassment concerns, sexual assault concerns, consistency of physical standards, and pregnancy.

When specifically addressing pregnancy-related barriers to integration, the TRAC study revealed that 68% of service members in closed occupations (Operations Division; formerly known as Combat Arms) perceived that women might use pregnancy to avoid deployment or similar duties (TRAC, 2015). However, these concerns do not align with known factors adversely impacting deployment. Across all services in 2011, 9.6% of service members were unable to deploy due to pregnancy, compared to deployment unavailability were physical injury (35.1%), other medical problems (23.4%), or administrative reasons (29.9%; Barlas, et al., 2013). Although as many as 35% of service women may become pregnant within a 5-year span, this translates to less than 4% of women and less than 1% total fighting force at any time (Armed Forces Health Surveillance Branch [AFHSB], 2011). These findings suggest other factors may be influencing the determination that pregnancy is a risk to morale, unit cohesion, and readiness, limiting successful female soldier integration. One possibility is that stereotypical or sexist beliefs or attitudes about pregnancy may contribute to the assessed risk.

Military pregnancy research has historically been in the context of health behaviors, readiness impacts, and reproductive planning (Barlas, et al., 2013; Bucher, 1999; Grindlay & Grossman, 2013a). Attitudes toward military pregnancy were last specifically evaluated more than two decades ago. Evans and Rosen (1996, 1997) conducted studies to assess attitudes toward pregnancy in the context of military service among pregnant service women. They found that 25% of pregnant soldiers believed their pregnancy had a negative impact on their career progression, and 25% also believed pregnancy negatively impacted their ability to make the military a career (Evans & Rosen, 1996).

Pregnancy and Perceived Work Incompatibility

In general, working mothers perceive their professional lives as part of their identity (Ladge & Greenberg, 2015). However, there is a potential conflict in being successful as a parent while simultaneously being successful at a military career. Westwood and Turner (1996) found evidence that career women Army Officers frequently chose not to marry or have children, in stark contrast with their male counterparts. Specifically, the authors found that 56% of career women at the battalion command level were married and only 20% had children, compared to their male peers (e.g., 94% were married and over 98% were fathers). This finding suggests that female service members may feel that they must choose between career and family in order to attain successful careers. A similar study among mid-level (O3-O5) and senior (O6 and above) female officers in the U.S. Marine Corps (the branch of service with the lowest proportion of women) and the U.S. Air Force (the branch of service with the highest proportion of wom-
evaluated the presence of a “glass ceiling” in career progression (Evertson & Nesbitt, 2004). Like Westwood and Turner (1996), they found that female officers in both the Marine Corps and the Air Force more than twice as likely to be single than their male counterparts. Additionally, they found that the career trajectories of male and female officers were disproportionate with regard to the longevity of female leaders.

Pregnancy Stereotypes and Perceived Readiness Impact

The Evans and Rosen (1997) study on military pregnancy attitudes reported lower support for pregnant soldiers from their commands and peers if they were more junior-ranking and if their pregnancies were unplanned. More than half of military pregnancies are unplanned, exceeding the national rate of unplanned pregnancies (Grindlay & Grossman, 2013b). One possible explanation for unplanned pregnancies is the limited use of contraception among service members, potentially due to a combination of poor health education and operational tempo limiting access to medical care (Grindlay & Grossman, 2013a). Taking these factors into account, the purpose of this study was to compare male and female leaders’ level of agreement or disagreement with statements about military pregnancy, in an effort to identify potential contributing factors to why pregnancy may impact morale, readiness, and cohesion.

Method

Participants

Participants were 446 U.S. Army service members who had served in either active, National Guard, or Reserve components during the past year. Respondent rank was restricted to E-5 (Sergeant) and above in order to assess beliefs from a leadership perspective. Participants reported an average of 12.7 (SD = 6.8) years of service. Most respondents were junior officers (pay grades O-1 to O-3 and W-1 to W-2, n = 159), and in a leadership position without command authority (57.4%, n = 256). Women comprised the majority of the sample (65%, n = 290). The mean age of participants was 35.9 (SD = 7.2). Most participants described their ethno-racial background as White (72.9%, n = 325), and indicated that they were parents during their military service (76.2%, n = 340). A breakdown of demographic characteristics is provided in Table 1. Participants were recruited through word-of-mouth and snowball sampling techniques via social media platforms (including Facebook, Twitter, and MilSuite). Measures were completed using a web-based survey software site.

Measures

Pregnancy Beliefs. Items (see Table 2) for this questionnaire were taken from previous research by Evans and Rosen (1996, 1997), Bucher (1999), Grindlay and Grossman (2013a, 2013b), and Westwood and Turner (1996). Questionnaire items were scored based on a visual analog scale with a range of 0 (to indicate strong disagreement) and 100 (to indicate strong agreement) with statements about military pregnancy. Six items were reverse-scored, so that all scores ranged from 0 (less favorable views toward military pregnancy) to 100 (more favorable views toward military pregnancy). Cronbach’s alpha for these items was satisfactory (α = .72).

Modern Sexism Scale (MSS). To control for the influence of sexist beliefs, participants completed the MSS (Swim, et al., 1995). The MSS is an eight item scale designed to measure denial of continuing sexism, antago-

<table>
<thead>
<tr>
<th>TABLE 1</th>
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</thead>
<tbody>
<tr>
<td>Categorical Demographic Data Stratified by Individual Occupational Specialty</td>
</tr>
<tr>
<td>Demographic</td>
</tr>
<tr>
<td>GENDER</td>
</tr>
<tr>
<td>Male</td>
</tr>
<tr>
<td>Female</td>
</tr>
<tr>
<td>LEADERSHIP</td>
</tr>
<tr>
<td>Command</td>
</tr>
<tr>
<td>Other Leader</td>
</tr>
<tr>
<td>No formal role</td>
</tr>
<tr>
<td>RACE/ETHNICITY</td>
</tr>
<tr>
<td>White/Non-Hispanic</td>
</tr>
<tr>
<td>Other race/ethnicity</td>
</tr>
<tr>
<td>PARENTAL STATUS</td>
</tr>
<tr>
<td>Parent</td>
</tr>
<tr>
<td>Non-parent</td>
</tr>
<tr>
<td>RANK</td>
</tr>
<tr>
<td>Junior NCO</td>
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<tr>
<td>Senior NCO</td>
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<tr>
<td>Junior Officer</td>
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<tr>
<td>Senior Officer</td>
</tr>
<tr>
<td>Occupational Specialty</td>
</tr>
<tr>
<td>Operations Division</td>
</tr>
<tr>
<td>Operations Support</td>
</tr>
<tr>
<td>Force Sustainment</td>
</tr>
<tr>
<td>Health Services</td>
</tr>
</tbody>
</table>

Note: Totals vary by completeness of demographic data entered; Percentages may not add up to 100% due to rounding or missing data
TABLE 2

Gender Differences in Pregnancy Attitudes

<table>
<thead>
<tr>
<th>Item</th>
<th>Men</th>
<th>Women</th>
<th>t</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>M</td>
<td>SD</td>
<td>M</td>
</tr>
<tr>
<td>Women who intend to become pregnant within the deployment cycle should not be assigned to deploying/combat units†</td>
<td>24.1</td>
<td>35.6</td>
<td>53.0</td>
</tr>
<tr>
<td>Women who become pregnant while assigned to deploying/combat units should be reassigned to a non-deploying unit (i.e., not left on rear detachment)†</td>
<td>30.1</td>
<td>36.9</td>
<td>61.6</td>
</tr>
<tr>
<td>Long-acting contraceptives (e.g., intra-uterine devices, hormonal implants, or hormonal injections) should be required for women in units preparing for deployment†</td>
<td>55.0</td>
<td>43.6</td>
<td>89.5</td>
</tr>
<tr>
<td>Pregnancy would adversely impact my unit readiness more than other similarly time-limited non-deployable conditions†</td>
<td>42.2</td>
<td>35.2</td>
<td>74.6</td>
</tr>
<tr>
<td>A pregnant soldier should be rated on her job performance, just like everyone else. Pregnancy should not adversely impact the evaluation</td>
<td>80.9</td>
<td>30.0</td>
<td>95.5</td>
</tr>
<tr>
<td>If I am honest, I believe that male service members are generally preferred in my unit because they will not get pregnant before deployment†</td>
<td>55.2</td>
<td>37.9</td>
<td>57.6</td>
</tr>
<tr>
<td>The idea that some female soldiers get pregnant on purpose to avoid training exercises or deployment is generally not true</td>
<td>42.3</td>
<td>33.5</td>
<td>68.1</td>
</tr>
<tr>
<td>The idea that some female soldiers get pregnant on purpose to avoid the APFT or body composition assessments is generally not true</td>
<td>57.8</td>
<td>34.0</td>
<td>76.6</td>
</tr>
<tr>
<td>More birth control options should be available to female soldiers to prevent unwanted/unplanned pregnancy</td>
<td>65.2</td>
<td>36.9</td>
<td>62.8</td>
</tr>
<tr>
<td>Pregnancy is compatible with continued, successful military service</td>
<td>68.7</td>
<td>32.8</td>
<td>83.2</td>
</tr>
<tr>
<td>If I am honest, I would say that if women want to be successful career military leaders, they should not have children while on active duty†</td>
<td>67.2</td>
<td>36.3</td>
<td>76.2</td>
</tr>
<tr>
<td>There is a good time during a military career to become pregnant</td>
<td>52.5</td>
<td>37.5</td>
<td>40.9</td>
</tr>
</tbody>
</table>

Note. *p < .05, **p < .01, ***p < .001, †Items reverse-scored; All items rated on a scale ranging from 0-100, with higher scores indicating more favorable attitudes toward pregnancy

nism toward women’s demands, and resentment about perceived special favors for women. Items were dichotomous (True or False), with three items reverse scored. Cronbach’s alpha for the MSS was satisfactory (α = .78).

Data Analytic Strategy

Data were analyzed using a full factorial ANOVA predicting average attitudes toward pregnancy during military service, specifying sex, parental status, and military occu-
pation category as between-subjects factors, controlling for rank, leadership status, and MSS score. Follow-up contrasts used covariate-adjusted means and the Bonferroni correction. Analyses were conducted using SPSS version 22.

Results

Results showed a significant main effect for sex, $F(1, 382) = 35.29$, $p < .001$, $\eta^2_p = .09$, with women ($M = 70.5$, $SD = 13.9$) showing significantly more favorable attitudes toward pregnancy than men ($M = 53.2$, $SD = 18.8$), with item level comparisons (Table 2) showing significant differences on 9 of 12 items. For only one item, “There is a good time during a military career to become pregnant,” men endorsed significantly more favorable attitudes toward pregnancy than women.

Results further showed a significant group difference for military occupation category, $F(3, 382) = 3.31$, $p = .02$, $\eta^2_p = .03$. Follow-up contrasts utilizing the Bonferroni correction and adjusting for covariates showed that operations personnel ($M = 56.8$, $SE = 1.9$) had significantly less favorable attitudes toward pregnancy than force sustainment personnel ($M = 64.3$, $SE = 1.9$), $p = .032$. Adjusted means for operations support personnel ($M = 63.0$, $SE = 2.0$) and health services personnel ($M = 63.9$, $SE = 2.4$) did not significantly differ from any other occupation category.

Rank also significantly predicted attitudes toward pregnancy, $F(1, 382) = 9.56$, $p = .002$, $\eta^2_p = .02$, with greater rank showing more favorable attitudes toward pregnancy, $b = 2.46$, $SE = .80$. Mean score on the MSS showed a significant effect on attitudes toward pregnancy, $F(1, 382) = 10.56$, $p = .001$, $\eta^2_p = .03$, with greater endorsement of sexism predicting less favorable attitudes toward pregnancy, $b = -1.34$, $SE = .41$. There were no significant overall effects for leader status or parent status, and no significant two- or three-way interactions among predictor variables.

However, inspection of marginal means suggested a potential interaction between sex and parent status for when comparing certain military occupation categories. Limiting military occupation categories to compare only operations personnel and operations support personnel revealed a significant 3-way interaction effect among these variables, $F(1, 163) = 4.11$, $p = .04$, $\eta^2_p = .03$. Follow-up contrasts showed that among non-parents in operations, there was no significant difference between men’s ($M = 52.3$, $SE = 4.4$) and women's ($M = 56.4$, $SE = 4.9$) attitudes toward pregnancy, with relatively low scores overall. Among parents in operations, women showed significantly more favorable attitudes toward pregnancy ($M = 70.0$, $SE = 3.5$), than men ($M = 48.2$, $SE = 2.8$), $p < .001$. In contrast, for non-parents in operations support, women ($M = 69.1$, $SE = 4.3$) showed significantly more favorable attitudes toward pregnancy than men ($M = 50.3$, $SE = 6.2$), $p = .03$. For parents in operations support, there was no significant difference between women’s ($M = 72.6$, $SE = 2.5$) and men’s ($M = 59.8$, $SE = 3.7$) attitudes toward pregnancy, with men’s scores generally higher than other occupational categories.

Discussion

This brief report aimed to identify possible beliefs endorsed by male and female leaders related to military pregnancy. The purpose was to identify some possible contributing factors to the perceived risk that pregnancy may have on readiness, morale, and unit cohesion as women integrate into formerly closed units. Women in Operations Division occupations who are not parents also tend to have less positive attitudes toward pregnancy than other women, but their attitudes are not statistically significantly different from their male colleagues. However, if they were parents, women in combat assignments have significantly more favorable attitudes toward military pregnancy than men who are parents. Interestingly, parental status was not significantly related to pregnancy attitudes across the full sample. Furthermore, gender and sexist beliefs continued to be strongly associated with pregnancy attitudes.

The current study had several limitations that suggest directions for future research. The sample (65% women) was not representative of the Army at large, potentially reflecting primarily those with the strongest opinions toward pregnancy. Indeed, women who are parents responded disproportionately more than male or non-parent service members, suggesting military pregnancy is most relevant to those who have experienced it. Furthermore, women officers have been the first to be integrated into all military units (Dempsey & Panetta, 2013). Despite this limitation, there remained a clear finding that male service members have statistically less favorable views of pregnancy than their female counterparts. Also, follow-up data on specific scenarios was not available, nor were leaders asked about perceived benefits of supporting female soldiers as they become parents. Additional focus-group data would be helpful in elucidating the trends identified by this brief survey. Notwithstanding the limited scope of the current study, there are indications that sexist beliefs continue to impact attitudes toward women and pregnancy, particularly among men in combat jobs.

This study is an important step in understanding contributing factors to pregnancy as a barrier to female soldier integration. Underlying beliefs and stereotypical attitudes toward pregnant women in military service may influence how this risk factor for gender integration is assessed because it does not match with previous research findings related to readiness, morale, and unit cohesion. Addressing these beliefs may pose a significant challenge as women are integrated into formerly all-male units.

Author Note

The opinions or assertions contained herein are the private views of the authors and are not to be construed as official or reflecting the views of the U.S. Government, the Department of Defense, the Department of the Army, or the Defense Health Agency.

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“For a while now, I’ve had the mindset that adventure is the respectful pursuit of trouble. However, with a few more miles under me, I also think that, at its deepest level, adventure is the pursuit of one’s self. Adventure has a way of introducing yourself to yourself. If you don’t like who you meet, then an adventure is the perfect time to put yourself in check.”

~ Clay Croft, Founder, Expedition Overland

Clinical psychologists treating military service members and veterans may encounter patients who continue to suffer with symptoms of anxiety and depression despite applying the evidenced-based therapies listed in the Clinical Practice Guidelines (CPG) for mental health conditions (Dept of VA, 2017). Exposure based therapies, traditionally performed in a one-on-one setting in a controlled office environment in conjunction with pharmacotherapy are the ‘first-line’ treatments and have been “strongly” recommended based on the review of scientifically sound research studies. However, growing evidence shows that patients do not always improved despite the application of these therapies, either due to barriers to care (poor access to care, unavailability of treatments, perception of stigma), other factors associated with the military occupational environment (frequent deployments, operational tempo), or individual factors (non-compliance, comorbid substance use problems). Many articles that discuss these shortfalls mention that “innovative strategies to enhance treatment retention are needed,” (Goetter, et. al, 2015) or make “a call to action to validate interventions to improve treatment engagement and retention.” (Hoge, et al., 2014).

Several articles in recent Division 19, The Military Psychologist (TMP) newsletter issues have discussed alternative interventions for veterans with mental health disorders, although focused primarily on PTSD, as an adjunct to or replacement for the evidenced-based treatments listed in the CPG’s (Bollinger, 2017; Shumaker, 2019; Tedeschi & Moore, 2018).

In the Summer 2017 issue of TMP, Bollinger argued that psychologists should emphasize a return to ‘common factors’ in psychotherapy such as developing a strong therapeutic alliance and a sense of trust and safety. Returning to long-standing, foundational treatments for anxiety and depression can be addressed through Cognitive Behavioral Therapy that combines an analysis of thoughts and how these affect moods and ultimately behavior. With the assistance of a trusted therapist, patients are encouraged to identify and challenge upsetting thinking and to re-engage or add in behaviors that improve mood. Behaviors could include adding fun and enjoyable activities back into their daily lives such as participating in sports, once enjoyed hobbies, and recreational activities. Vella, Milligan and Bennett (2013) provide a review of research identifying how, “leisure and recreation activities have been found to reduce self-reported levels of stress and contribute to both physical and mental health in a variety of settings and among a host of demographic samples,” (p. 254).

According to the American Therapeutic Recreation Association (ATRA), recreational therapy or therapeutic recreation is a systematic process that utilizes recreation (leisure) and other activities as interventions to address psychological and physical health, recovery and well-being (Hawkins, Townsend & Garst, 2016). Recreational therapy may also be simply referred to as recreation therapy, in short it is the utilization and enhancement of leisure; currently associated with a pastime.

Outward Bound, an organization launched in 1962 that leads outdoor adventure expeditions designed to build character, teach leadership skills and inspire personal growth, has been providing recreationally-based courses for veterans since 1983. It now funds travel and courses for more than 600 veterans a year through a program called Outward Bound for Veterans. These expeditions, which include canoe paddling, hiking, backpacking, rock climbing and sea kayaking, are customized specifically for veterans and active duty servicemen and women, and are designed to help by drawing on the healing benefit of the wilderness, teamwork, and challenge. “The primary goal of Outward Bound for Veterans is to provide an experience where veterans build camaraderie, outdoors skills, and personal growth in a team-based, therapeutic adventure model,” (NCOBS, Veterans Programs, 2019).

This article is aimed at sharing the recent experience of eight female veterans who participated in a 5-day Outward Bound outdoor adventure course and how it changed their lives and allowed this otherwise diverse group of women to bond together in a way that only their prior military experiences could have. As it turns out, this adventure was the first ‘all-female’ veteran’s course held through the North Carolina Outward Bounds School (NCOBS), that took the women and two instructors canoeing down 50 miles of the Suwanee River from southern Georgia into northern Florida. This gender restriction was an important distinction as women veterans face unique challenges including feelings of disaffiliation, social alienation from civilian counterparts, limited services and gender-specific care systems and the loss of social support from those who understand them best, fellow veterans (Thomas & Hunter, 2019).

The women ranged in age from 34 – 55 and represented enlisted members and officers from four branches of military service and various military operational specialties; an Air Force Reserves munitions supply specialist, an aviation ordnance Marine, a Navy corpsman, Navy undesig-
nated seaman, Navy surface warfare officer, Navy medical service corps officer, an Army psychological operations specialist and an Army intelligence officer. Of those who served on Active Duty, several had deployed, where at least two women disclosed experiences related to being in combat. Seven were currently employed as civilians at the start of the course although one admitted she had decided to quit due to an emotionally abusive female supervisor. The women were currently contributing to the work force as civilians in a variety of positions from an accounting clerk, a tech company recruiter, a government program manager, a small business owner, a university professor, a dental hygienist, and a substance abuse counselor. One was still on active duty. They came together on this course having traveled from all over the United States.

The course had been advertised on veteran specific social media platforms and was available on the NCOBS website. Each of the women had to submit an online application, that was pre-screened to verify veteran status and any medical/mental health diagnoses or medications reported were reviewed by medical staff. Phone interviews were conducted to clarify any items on the application and to offer detailed explanation about the course or answer any questions. Of note, the NCOBS is a non-profit entity, supported primarily through federal grants and private donations; this course, including flights, all transportation, meals and equipment were provided at no cost to the veterans.

Day one began with meeting at a specified time and place at the airport terminal where the women were greeted by two energetic and experienced instructors, who would be taking them on their journey. Jumping right in, the women were told to ‘circle up’ and introductions began; each sharing what they cared to about who they were and personal goals for the coming week. Expectations were discussed, including ground rules (e.g. no alcohol/drugs, no cell phones, no inappropriate behavior, etc), and enough details about the course were disclosed to remain sufficiently vague to keep intrigue. Saying their last ‘good byes’ to loved ones prior to handing over their cell phones, the women piled into a large, transit van pulling a trailer stacked high with five large canoes. During the nearly four hour drive to the mouth of the river, the women were given an opportunity to chat freely and collectively choose their ‘menu’ for the week from a list of various food items packed by the instructors that would be made by the women at each meal. Once on site, the women worked together to set up the camp tents, cook their first meal and settle in around the camp fire. No kumbaya was sung here, but rather an unprovoked, frank discussion about where they were in their lives that drove them to seek an Outward Bound adventure at that time; an intimate process that the instructors would later admit was unusual this early in the course, but a powerful experience for all.

Day two required a collective camp break-down, meal preparation, equipment and gear inventory as well as informal courses in map reading/navigation, canoe handling, emergency procedures and how to secure and pack out all waste (even human waste) as NCOBS strictly adheres to ‘leave no trace’ principles. Canoe partners were voluntarily chosen, and they were off. Challenges were faced almost immediately as the mouth of the river was shallow, narrow and flowing quickly. Having only recently been introduced to their canoe partner and the fundamentals of canoe paddling, the women faced a type of exposure therapy running into spider-filled mangroves overhanging the river at a frequency that could not have been sufficiently prepared for. Due to the late start down a new section of river being explored by the instructors, darkness overcame the group while trying to find a suitable beachhead or solid land to camp that evening. Luckily, pooling from the expertise among the group, the university professor specialized in botany and recognized that the baldcypress trees along the sides of the river, only visible by high-beamed flashlight by that point, would contain land suitable to accommodate a decent campsite. Finally land borne, the women quickly divided tasks; meal preparation and camp setup, including the make-shift bathroom, occurred by lamplight alone. Guided fireside discussions ensued, including a review of what challenges were faced that day and goals for the next day were set.

Day three began with fireside-heated instant coffee aided only by the dawn of sunrise. A cadence of camp break-down, loading up, navigating down river, making lunch while still floating on the river with the canoes tied to each other, finding another suitable camping site, camp set up,
dinner meal preparation and structured fireside disclosures continued. Interestingly, the division of labor and tasks came easy to this group; a navigator and co-pilot took charge with full support and trust of the members, even the instructors, while communication between canoes felt like a well-rehearsed convoy. Along the way, each woman had to demonstrate successfully climbing back into an overturned canoe. While no canoe overturned, each woman was expected to submerge themselves into the river water and climb aboard without upending their partner. The water was cold, deep, dark, fast flowing and certain to have contained alligators; but each woman succeeded with the groups’ encouragement, again allowing for personal growth through overcoming trials and facing the unknown.

A few notable activities included the river-side “life story in the sand” where each woman was given time to use the sandy space along the river to ‘draw’ their time-line or portion of their life story they cared to share with the group. This was an untimed period for personal reflection with the intent to disclose personal history that they may have never shared with others before, where the rising river water would eventually wash it away, never to be revealed again. This was a rare opportunity to share the most vulnerable feelings, experiences and lessons learned in a sacred, nonjudgmental space with fellow veterans; which proved more therapeutic than could have been imagined. Tears flowed, previously held negative personal judgements were released and new interpersonal relationships were solidly bonded.

Day four offered another aspect, unique to Outward Bound, referred to as the ‘solo’ adventure. Lasting anywhere from hours to days, depending on the length of the Outward Bound course, the solo adventure is a time that the veteran is given everything they would need to endure being completely alone in the wild. Directed to an isolated spot by the instructors, each of the women were given time to reflect, relax, and redefine their experience in solitude. Each were given blank paper and an envelope to write a “letter to my future self” that, once sealed, would be kept by the Outward Bound staff and mailed to the veteran’s home address in six months. Documenting thoughts, feelings and a renewed perspective gained during a solo adventure was cathartic for most. Despite torrential rain and thunderstorms incoming, and being given the opportunity to be picked up at the point, the women chose to “press-on” and continue down the river as far as possible along the route until the final day.

Day five culminated the 50 mile journey with one final night of camping, communal meal prep and reflective fireside discussion. In the morning, the canoe trailer-pulling transit van arrived to return the women to basecamp where the group helped in a thorough clean-up of gear and equipment the women jokingly referred to as “KP duty”. That night, it was the instructors turn to cook the meal, make the fire and provide one last opportunity to share gratitude, appreciations and future goals. The women were given an opportunity to write a letter to their anonymous donor who had sponsored their journey of empowerment and post-traumatic growth. The women then departed with a renewed confidence and promises to stay in touch. As of the writing of this article, the women have maintained close contact, despite hundreds of miles of separation, and met up for various adventures and have a plan for an annual reunion, of course involving canoeing.

Although this brief account of the first all-women veterans North Carolina Outward Bound adventure course is mostly antidotal in nature, without the benefit of a randomized, placebo controlled experimental design, it describes perceived improvements in overall happiness, connectedness and a renewed quality of life. At a recent reunion, two of the women had shared making positive changes in their lives after the course, including increasing exercise and decreasing alcohol. One woman admitted that she no longer struggled with thoughts of suicide.

The NCOBS website provided data from a longitudinal study conducted at the University of Texas which concluded that NCOBS program attendees noticed significant reduction in mental health symptoms, increase in openness to seek professional psychological help, increased life satisfaction, significant increase in motivation or behavior that promotes personal growth in one’s life and a decrease emotional restriction (Scheinfeld & Spanger, 2017). These traits are arguably the ultimate goal of clinical psychologists working with service members with chronic depression and anxiety.
Clinical psychologists should consider sharing information about recreationally based therapeutic experiences for their patients to participate in, that might provide them with a greater sense of relief, outside the therapist’s office. This is not to say that outdoor recreation is a cure for posttraumatic stress or clinical levels of anxiety or depression (Davis-Burman, Berman & Berman, 2018), but an opportunity for the veteran to rebuild confidence, experience those fun and enjoyable activities again, regain a sense of camaraderie among fellow veterans and share vulnerable thoughts feelings and experiences with those who have firsthand knowledge.

The good news is, change may be coming. Bi-partisan legislation has been introduced in the House and Senate (S.1263/HR. 2435 The Accelerating Veterans Recovery Outdoors Act) to identify opportunities for the Dept of Veterans Affairs (VA) to partner with other federal agencies and non-profits to support the use of outdoor medical treatments and outdoor recreational therapy for veterans. The bill aims to establish an interagency task force to make recommendations on how to use public lands to support medical therapy for veterans. The task force would help ensure veterans have ample opportunities to enjoy outdoor recreation on public lands, by identifying barriers to access, and fostering opportunities for collaboration between the VA and public lands agencies.

The VA itself has also been experiencing a culture change by recognizing women’s unique needs and building women-specific support programs (Goldstein, 2018). Congress signed Caregivers and Veterans Omnibus Health Services Act, (Public Law 111-163, section 201) that required the VA to examine potential barriers to care specific for women. This legislation offered new programs such as assigning women-specific mental health ‘champions’ to address the unique needs related to women receiving care within the VA system in addition to establishing a Women Veterans Call Center 1-855-829-6636 (www. womenhealth. va.gov) focused on getting eligible women veterans connected with available services.

For additional information, a simple Google search will reveal the numerous outdoor recreation-based programs available throughout the country. While this list does not constitute an endorsement for any particular program, there are a variety of websites that highlight veteran specific outdoor opportunities; Veterans Outdoor Recreational Therapy Project-https://wortp.com; Hope for Warriors- www.hopeforthewarriors.org; Mission Outdoors- www.missionoutdoors.org/programs; and Warrior Expeditions; No Barriers USA; OATH, Inc; Camp Patriot – all listed at https://milspousefest.com/5-best-outdoor-organizations-veterans/, to name a few. If interested, there are also video documentaries that highlight Outward Bounds’ origin such as a recent Netflix movie released, “Bill Coors: The Will to Live”, and a historical documentary that profiles the first group of young women who were finally allowed to participate in Outward Bound in 1965 (www.womenoutwardbound.com). Other documentaries capture how veterans are using outdoor adventure to heal and promote wellness in others’; such as “Almost Sunrise” (www.sunrisemovie.com) and “Expedition Overland” (www.xoverland.com). And, if you are a veteran yourself, check it out, as it might just change your life the way it did mine.

Author Note

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Research Overview

The purpose of the present research project was to increase understanding of the factors that impact U.S. Army mothers’ experience of post-deployment reintegration with their families. Army Reserve (USAR) and National Guard ( ARNG) mothers were the target population for this study due to the relative isolation of these service members and their families who do not reside on military bases and therefore may not have the same access to military community support or resources as active duty mothers (Maholmes, 2012). Therefore, the project sought to determine which factors contributed to optimal reintegration for USAR and ARNG military mothers in order to better inform the types of interventions that support a process of healthy family reestablishment.

Four factors were hypothesized to be important to the process of military family reintegration including resilience, social support, combat exposure, and competence as a parent. Previous literature suggests that military parents who are able to successfully manage parenting demands during and after separation may experience confidence, mastery, and autonomy in their parental role (MacDermid et al., 2005). Existing research indicates that greater social support from friends or community can function as a protective buffer in the reintegration process (Maholmes, 2012). Similarly, Cozza and colleagues (2010) indicate that resilience and adaptive coping may reduce severe adverse outcomes during the cycle of deployment and serve as protective factors post-deployment. On the other hand, evidence suggests that those who return home from deployment zones may experience difficulty assimilating into home life. Servicemembers who experience stress related to combat/deployment trauma have reported decreased satisfaction with their parenting, diminished parenting skills, and impaired family cohesion (Glenn et al., 2002). Previous research has established a link between the signature injuries of Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF) (e.g., brain injury, traumatic stress, depression, and substance misuse during reintegration) and increased parenting difficulties (Creed, Hadley, & Borsari, 2014; Gewirtz, et. al., 2011).

The present study utilized a quantitative cross-sectional and correlational design to explore the relationship between resilience, parenting sense of competence, combat exposure, and perceived social support and the dependent variable, family reintegration. Correlation coefficients indicated that all four variables were statistically significantly correlated with family reintegration. A stepwise multiple regression linear analysis was conducted to determine...
if each variable served as a unique predictor of family reintegration following a deployment. Results indicated that parenting sense of competence was the strongest predictor variable. Additionally, an increase in combat exposure scores predicted increased challenges with family reintegration, while an increase in resilience scores predicted a decrease in family reintegration.

**Problem to Solve**

Due to the changing nature of the U.S. military, including the increasing number of women serving, the roles in which women are involved, and the unique battlefield of modern warfare, military mothers face a distinctive set of concerns and circumstances during training and across the phases of deployment (Walsh & Nieves, 2018). However, there is a paucity of literature on the experience and distinct needs of female Veterans with children (Boyd, Bradshaw, & Robinson, 2013). This minority population warrants increased research attention in order to tailor appropriate medical and behavioral health services to support military mothers and their families.

Over the past two decades, military mothers deployed in greater numbers in support of OEF and OIF (Agazio et al., 2013) than in any other conflict to date. According to the 2016 Demographics Profile of the Military Community Report from the US Department of Defense (DOD), women comprised 15.9% of Active Duty personnel and 19.3% of the Selected Reserve (Reserve and National Guard) personnel across all service branches, and overall represent 17.2% of the total military force. Furthermore, 40% of women who serve in the U.S. military are parents and military mothers are a growing population (Walsh & Nieves, 2018).

The stages of deployment and the long-term separation necessitated by deployment can place considerable strain and burden on individuals and their family. Reunification and reintegration with family members after a military deployment often yields positive emotions including relief and joy, as well as substantial stress, guilt, frustration, and anxiety (Walsh, 2003). For women who are deployed with children at home, the process of reintegration involves adjustment not only for the mother as an individual but also for the family unit, to include reestablishing family relationships, maternal roles and household routines (Walsh & Nieves, 2018). Although many returning service members reintegrate with their families in a healthy and resilient way (1), alternative evidence has suggested that the deployment of a family member is linked to increased likelihood of marital conflict, violence, and elevated risk of psychosocial problems for their family members (MacDermid-Wadsworth & Riggs, 2011). In particular, following deployment, female Veterans commonly have experienced musculoskeletal pain, depression, traumatic stress, traumatic brain injuries and substance abuse (Walsh, as cited in Gunter-Hunt et al., 2013; Haskell et al., 2010). Esposito-Smythers and colleagues (2011) suggested that specific stressors for military parents’ post-deployment included child care, discipline, and alterations in the parent and child relationship (Esposito-Smythers et al., 2011). One large-scale study revealed that 40% of married respondents reported that the spouse’s deployment and reintegration was related to “decreased marital satisfaction, increased intention to divorce, and increased self-reported spouse abuse” (Hoge, Castro, & Eaton, 2004 p. 5). Additionally, a female service member’s absence during a deployment may have a greater impact on overall family functioning then that of a male service member (Chartrand et al., 2008; Finkel, Kelly, & Ashby, 2003). As the role and number of women in the US military continues to expand, a greater understanding is needed to understand the unique issues faced by these women.

**Solution and Approach**

Participants were recruited from a variety of sources including Army Family Readiness Groups, U.S. Army Reserve Centers, Veteran email lists and a Facebook page created for the study. The final sample for data analysis included ninety women with children, including a diverse sample comprised of 59.1% U.S. Army Reservists and 38.7% U.S. Army National Guardsmen (2.2% of participants did not identify their component of service). Participants were deployed between 2001 and 2018 and reported having a child under the age of 18 years old at the time of their deployment. The majority (54%) identified as White, 34.4% identified as Black or African American, 8.6% identified as Hispanic or Latino, and 1.1% of the sample identified as either American Indian or Asian. Most participants held an enlisted rank (83.7%), and 61.3% were married at the time of their deployment.

Following institutional IRB approval at William James College, an anonymous internet-based survey was employed to collect data. The following measures were administered to participants using the Qualtrics platform: the Brief Resilience Scale (BRS; Cronbach’s alpha of α = .80), the Post-Deployment Family Reintegration Scale (α = .89), the Deployment Risk & Resilience Inventory Section D: Combat Experiences (α = .91), the Multidimensional Scale of Perceived Social Support (MSPP; α = .88), and the Parenting Sense of Competence Scale (PSOC; α = .75 for the Satisfaction scale and α = .76 for the Efficiency scale), in addition to a brief demographic questionnaire. Participants required an average of 30 minutes to complete the survey and were provided a debriefing statement that informed them about the nature of the study, the researcher’s contact information, and instructions for receiving a $20 Amazon electronic gift card for their participation. Based on the relevant literature as noted above, the researcher hypothesized that mothers who experience high levels of social support, high levels of resilience, perceive a high degree of parental competence, and have experienced lower levels of adverse combat exposure would report more optimal family reintegration experiences.

**Findings**

Correlation coefficients indicated that all four predictor variables entered into the model were significantly correlated with family reintegration (rs(88) = -.322, p < .001)
A stepwise multiple regression analysis was conducted to determine which of these factors were predictive of family reintegration following a deployment. This analysis yielded a best predictive model including three of the four hypothesized variables: parenting competence, combat exposure, and perceived social support. A significant regression equation was found (F(3, 86) = 13.482, p < .001), with an R^2 of .320. The analysis produced a three-factor model using parenting competence, combat exposure and perceived social support, which accounted for 32% of the variance in post-deployment family reintegration scores.

The main results indicated that the strongest predictor variable was parenting sense of competence (b = -.415, t (172) = -.6.16, p < .001), indicating that those who perceived greater competence in their role as parent also reported greater success in family reintegration. The second most significant predictor variable was combat exposure, while the third most significant predictor was perceived social support. Surprisingly, an increase in perceived social support correlated with an increase in difficulty with family reintegration stress. One explanation for this unexpected result is that the concept of family reintegration may reflect the complex interpersonal familial dynamics that are not as exclusively related to other forms of social relationships, such as social relationships stemming from outside of the family. The social support of others may not necessarily have a significant impact on a mother’s ability to physically or emotionally reconnect with her partner and handle new household routines including such tasks as reestablishing family decision making around finances and leisure time. Furthermore, in some instances, the perceived social support from outside the family may not encourage the reestablishment of strong and exclusive intrafamilial intimacy. Alternatively, the responses to the perceived social support questionnaire skewed to the high end of the scale and may not have accurately reflected the diversity of experience in social support.

Resilience was independently significantly correlated but was not included in the predictive model due to its significant correlation and overlap with other variables that were inserted into the model. Together the first two variables, parenting competence and combat exposure, make up a significant proportion (26.6% out of the total 32%) of the variance in family reintegration scores explained by the predictor model. The remaining, and much smaller, proportion of the variance (5.4% of the total 32%) was accounted for by perceived social support.

**Implications**

The results of the current research constitute a strong argument for supporting military mothers throughout the deployment cycle to develop and maintain a robust sense of competence and effectiveness in their role as parents. Mothers who view themselves as competent parents and thus believe in their capacity to execute courses of action required to deal with prospective tasks, situations, or goals associated with parenting are more likely to report better outcomes while resuming this role in their family. This research highlights the need for those working with female service members to consider a multilevel approach to care. Specifically, clinical practitioners are encouraged to consider their screening processes for military families and attend to care from a systemic multilevel approach that concurrently attends to the mental and physical health of the mother and her family throughout the deployment cycle such as the approach discussed by Kelly and colleagues (Kelly, Berkel & Nilsson, 2014). Within this framework, identifying practices and supports to help mitigate the effects of combat exposure on a service woman’s physical and mental health, while increasing her confidence and ability to parent are all essential in helping reestablish her role in healthy family functioning. Existing treatments for returning service women that focus on individual adjustment, PTSD, or other disorders or psychosocial concerns may be enhanced by including screening questions around parenting and home life. Seeking out this information may allow providers and psychotherapists to consider the service women’s health in the context of their intersecting identities as Veteran/soldier and mother. Attending to a military mother’s wellbeing secondary to combat exposure may indirectly and directly facilitate a smoother adjustment period, and ultimately, contribute to military force readiness (DeVoe & Ross, 2012; Gewirtz et al., 2011; Maholmes, 2012).

Clinical supports that bolster feelings of parent competence may include evidence-based interventions currently under investigation such as the After Deployment Adaptive Parenting Tools Program (ADAPT). ADAPT expands an existing evidence-based parenting intervention (The Parent Management Training Oregon Model) which teaches effective parenting skills and family management strategies. The ADAPT program includes psychoeducation specific to the context of a deployment cycle, identification and management of common post-deployment adjustment reactions, and a focus on creating strategies to build resilience in military families and enhance emotion regulation in parenting strategies (Gewirtz et al., 2011). Further research on and dissemination of this intervention for individual mothers and perhaps groups of parents may provide valuable training for military parents prior to or following a deployment. Additionally, other clinical interventions that may increase parental competence include psychoeducation on parenting stress in a deployment cycle and communication strategies for parent-child interactions throughout the cycle in accordance with researchers DeVoe and Ross’ (2012) parenting cycle of deployment roadmap. As single military mothers may be at higher risk for challenges with reintegration, it is important to consider parenting strategies from both an individual and coparenting approach. Furthermore, interventions that include community components such as FOCUS or Family Readiness Groups which focus on resilience enhancement may complement individually focused interventions.

Overall, access to support and interventions is a key factor in being able to care for military mothers and their families. Improving accessible care options through telehealth platforms may be critical to effectively disseminate information.
and resources to military members and Veterans who are located in remote areas, particularly due to the lack of accessible military base resources for U.S. Army Reserve and Army National Guard women. Women’s care clinics and services offered through the VA may consider including resources and education about parenting through the deployment cycles and the reintegration process. Primary care and community mental health agencies may be able to support these practices with resources to help connect military mothers including information and treatment options available through programs such as the Center for Deployment Psychology or local providers familiar with military culture and practices for this distinct population.

Limitations of the current project should be considered for future research. Recruitment for the study was mainly conducted through online platforms, with the attendant risk of a structural sampling bias. Further, although the online study design allowed access to a greater number of participants through an anonymous online survey platform, it also contributed to limitations of the design such as a higher volume of incomplete and erroneous surveys. Similarly, the study was retrospective and therefore may be less accurately representative of the family reintegration process due to the potential impact of life experiences occurring at the time of the survey. Due to the interconnected layers of impact that a deployment can have on an individual, a family, and their community, it is essential that clinicians consider care of Veteran mothers in this context to continue to address the needs of those who sacrifice to serve the country.

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George Kettner Bennett was born in 1904. Working under Clark L. Hull, Bennett received his PhD from Yale University in 1935. Bennett’s primary interest was in testing, and in 1936 he began working for The Psychological Corporation as Director of the Test Division, becoming president of The Psychological Corporation in 1947.

He published work regarding the construction and validation of selection tests, testing and privacy rights, and the best implementation of employment tests. Bennett also developed measures to test scientific aptitude and helped design automatic communication devices.

While working at The Psychology Corporation, Bennett developed the Differential Aptitude Tests—a series of aptitude tests designed to measure an individual’s ability to learn and achieve in different areas. He also developed the Bennett Mechanical Comprehension Test, which was an assessment tool used to measure a candidate’s ability to perceive and understand the relationship between physical forces and mechanical principles in applied situations. He also authored the Stenographic Aptitude Test and coauthored the Short Employment Tests, the Fundamental Achievement Test, and Academic Promise Tests, as well as other tests in such areas as hand-tool dexterity, productive thinking, and college readiness.

Bennett was interested in the problem of differential prediction and in developing tests which were unbiased and fair. He also investigated sex differences in mechanical ability, as well as the differences between self-ratings and peer ratings on personality traits. Besides developing, validating, and refining tests, Bennett had a marked interest in ensuring the proper administration of these tests. He often stated his opinion that it is the responsibility of test-makers to check the policies of the purchasers of the tests to make sure someone qualified would be administering it, as the validity of the test depends so much on the skill of administration.

During World War II, Bennett served as a member of the Applied Psychology Panel of the Office of Scientific Research and Development.

Bennett was an APA fellow, President of the New York State Psychological Association, and Vice-Chairman of the Division of Anthropology and Psychology of the National Research Council. For two years he served as Secretary of the Industrial and Business Section, Section D, of the American Association for Applied Psychology (AAAP). The AAAP was an important player in the 1945 reorganization of APA. The five sections of AAAP were grandfathered in as five original chartered divisions of the new APA. The five divisions were: Clinical Psychology (Division 12); Consulting Psychology (Division 13); Industrial and Business Psychology (Division 14 – now the Society for Industrial and Organizational Psychology); Educational Psychology (Division 15) and Military Psychology (Division 19 – now the Society for Military Psychology). George Bennett was the ninth president of the Society for Military Psychology from 1958-1959 and earlier had been elected the third president of Division 14 in 1947.

In the later years of his career Bennett focused much of his attention on the growth in the field of industrial psychology and the direction in which psychological research and practice were going following World War II. He believed that the decade preceding the war had been a period of great growth in psychological techniques and measures, many of which were put to the test during the war years. According to Bennett, much was learned during the war years about personnel selection, training, promotion, leadership, and morale in both the military services and in civilian factories as well as. In Bennett’s opinion, one of the greatest outcomes of the war-time experience was that it was a time when psychologists, military service members, and industry officials had to work closely together. From this interaction, military and business leaders learned to trust the expertise and seek the advice of what Bennett facetiously referred to as “long-haired” psychologists. He stressed the importance of taking advantage of this opportunity to expand the application of psychology. George Bennett died in 1975.

References
Bennett, G.K. (1946). Checking the qualifications of purchasers of tests. *American Psychologist, 1*(8), 353-357.


**Editor’s Note** –

This is the third profile of the three past presidents shared in common by the Society for Military Psychology (APA Division 19) and the Society for Industrial and Organizational Psychology (SIOP, APA Division 14). Kim Johnson adapted her original SIOP George Bennett biography to provide us with this profile of our ninth Society president, George K. Bennett. We are grateful to Kim for her work on the profile and to SIOP for granting us permission to adapt Kim’s original biography of Dr. Bennett and for allowing us to use George Bennett’s picture.

Paul A. Gade, Editor, Spotlight on History
### Abstract

Former Prisoners of War (POWs) face significant challenges during repatriation. Compared to other combat veterans, POWs experience higher rates of physical and psychological health problems (Nice et al., 1996; Page, Engdahl, & Eberly, 1991). However, research suggests there are individual traits (optimism) which may act as protective factors. The purpose of this qualitative study was to explore the range of coping strategies used by Vietnam POWs to cope with their captivity and repatriation, through semi-structured interviews. Coding teams analyzed interviews using a phenomenological approach regarding (1) POW’s attitudes/strategies during captivity and (2) their experiences during repatriation. Four main themes emerged from these POW interviews: Moving Forward, Optimism, Connection, and Communication. Moving Forward reflected looking towards the future as opposed to dwelling on the past. Optimism expressed a positive outlook on the possibility of returning home. Connection highlighted the relationships between POWs. Lastly, Communication refers to the POWs methods to exchange information and support. These findings identify attitudes and strategies used during captivity and repatriation, which can inform how we support service members today.

**Keywords:** Military Psychology, Vietnam War, Qualitative research

### Background

During the Vietnam War (1955-1973) over 800 American soldiers (typically pilots) were captured and imprisoned at Hoa Lo (“the Hanoi Hilton”) in Hanoi, the capital of North Vietnam. On average, the service members endured 4.5 years of imprisonment. On January 27th, 1973, the Paris Peace Accords were signed, bringing an end to the American war in Vietnam, with the provision of the return of all US prisoners of war. The Defense POW/MIA Accounting Agency of the US Department of Defense lists 687 U.S. POWs as having returned alive.

Former Vietnam era POWs represent a unique population of individuals. Despite having undergone horrendous psychological and physical torture and averaging longer internments than in previous eras (WWII and Korean War), they have been found to have lower later-life psychopathology rates than among those from other eras of conflict (Park et al 2012; Pless Kaiser et al. 2011; Lee et al, 2018). These survivors have demonstrated incredible resiliency and adaptability for successfully reintegrating back into mainstream society.

### The Current Study and Clinical Importance

Much of the current literature regarding the dynamics of former Vietnam POWs overall health have utilized a quantitative research approach. The current study uniquely contributes to the literature by employing a qualitative approach allowing for rich, in-depth, first-person perspective analysis aimed at exploring potential themes related to coping skills that the POWs felt allowed them to successfully survive internment and repatriation. It is the hope that the current research will help to further the insight of clinicians, family members, and current and former service members, so that we are all better able to support past, present, and future military personnel.

### Methods and Materials

**Participants**

This study included 16 Vietnam POW veterans who served in the US Army (n = 1), Air Force (n = 11), Marines (n =1), or Navy (n = 3). All 16 POWs were white males, officers, and had completed a four-year degree at the time of their capture. The length of their captivity ranged from 101 to 2871 days (M = 1559 days, SD = 935 days).

**Procedures**

Participants were recruited for this study via snowball sampling, and through contacts organized by the primary interviewer, a retired Navy chaplain. Semi-structured interviews were conducted in-person and lasted 60 to 90 minutes. Participants were asked about their experiences in captivity, their attitudes towards their captors during and after internment, their reintegration experience, and how their views and attitudes may have changed over time. Such as, “What was your initial attitude towards your captors? and “What about your experience as a POW
do you believe has most impacted your life?” The interviewer asked probing questions to clarify ideas presented by interviewees. The interviews were both audio and video recorded then transcribed verbatim by a team of undergraduate students.

Qualitative Analysis

Researchers utilized phenomenological and grounded theory approaches to explore emergent themes regarding the POWs views of key factors for their survival during internment and reintegration. A phenomenological approach requires that data be coded line-by-line and emphasizes comparing group member experiences to describe the nature of a given phenomenon (Corbin & Strauss, 2008). Grounded theory allows identified themes in the data to inform the analytic process through a flexible system of coding that evolves as concepts recur in interviews (Charmaz, 2006).

Initially, the interviewer and primary investigator delineated broad themes subsequently utilized by the research team at Loma Linda University. Researcher collaboration was critical because the cross-referencing of memos and themes is necessary to approach qualitative data saturation (Corbin & Strauss, 2008; Charmaz, 2006). Early categories of codes included POW attitudes towards adversity, and towards the Vietnamese (citizens, government, captors), values and worldview (i.e. religion and freedom) and coping mechanisms during internment and repatriation (i.e. conducting public service or using humor to cope). Codes were added over time as new themes emerged during the coding process to reflect common topics addressed by POWs (Charmaz, 2006). Finally, axial coding focused on POW perceptions of internal and external factors related to how they coped with challenges related to surviving during internment and successfully reintegrating.

Researcher Biases

Researcher biases that may influence the direction that the team follows when analyzing the data and the meaning applied to it are important to consider. Most researchers initially expected there to be large amounts of animosity of the POWs towards their captors, as well as demographic biases such as the participants being all elderly, white males. These biases were minimized by utilizing a diverse research team and using the phenomenological and grounded theory approaches to allow the natural emergence of themes.

Findings and Discussion

The current paper focuses on four themes that emerged as part of the preliminary coding process: Moving Forward, Optimism, Connection, and Communication. The theme of Moving Forward was defined by researchers as a looking towards the future, rather than dwelling on their experience. Optimism was defined as a positive outlook on the possibility of returning home. Connection was defined as the unification and relationship development between POWs, and lastly, Communication was defined as how POWs exchanged information and support. Considering the literature reviewed, these four themes will be discussed in two overarching categories of Optimism (Moving Forward and Optimism) and Social Support (Connection and Communication).

Moving Forward

Numerous POWs made mention of the importance of “moving forward,” “not wanting to waste any more time,” or not wanting to dwell on their experience all of which were coded under the theme of Moving Forward. Interviewee “John” stated “I never look back and dwell on how miserable you were when your jaw was broken…all the things that you went through are part of what makes you what you are today.” They conveyed a sentiment of thankfulness of even just luck that they were able to have a second chance at freedom.

One interesting development was that most of the POWs interviewed did not look back on their time with disdain, while they acknowledged the hardships they endured (torture, disease, and isolation), they tended to view it as a challenge they overcame and instead wanted to focus on the opportunities available to them with their regained freedom. Interviewee “Elliot” stated, “I’ve told a lot of people, look the truth is, that your past is really nothing more than a collection of memories in your head, and you can frame those up in lots of different ways, and you can choose how you are going to frame it up, you know and you can choose what you’re going to take away from it. And I know that terrible terrible things have happened, people have had terrible things happen to them, but the question remains, okay, now whadaya gunna do about that.”

Optimism

Interviewees also mentioned maintaining the belief they will return home, which was coded under Optimism. One participant mentioned the concept of “rational optimism,” in which the service members attempted to stay hopeful for their eventual rescue, but kept these hopes at a minimum, in order to focus on surviving within their current situation. The utility of rational optimism is conveyed by one participant, who shared a bit of his reintegration experience… “I also dreamed about my kids, I dreamed about my wife, I dreamed about how life would be and what I would do..., and almost the instant I stepped off that plane … those little dreams, bit by bit, piece by piece, began to wash away because that's not what the world was an' that's not what the world was going to be.” The sharing of this experience provides insight into the delicate balance of maintaining hope while coping with the reality of their current situation.

The grasp on optimism that permeated the interviews and seemed to give the POWs strength during their internment was inspiring. Interviewee # 8 stated “And I think that helped as well, accepting the conditions under which I was held uhmm and being optimistic that someday it would end uhmm prayer also entered into that and uh I believe all our
prayers are answered maybe we don’t know the right things to ask for and it might not be on our time schedule but things would work out pretty well.” These insights show despite their trials faced, it was important to the POWs to allow themselves to remember the world outside of the camp walls, to dream of freedom, but to also keep themselves grounded in their present reality.

**Brief Discussion of Moving Forward and Optimism**

Moving Forward and Optimism share an emphasis on viewing negative events as temporary, local and external, meaning they are outside of the individual’s control, and don’t have to be carried forward once the situation is over. Studies found soldiers with a positive outlook were less likely to suffer from mental health problems like anxiety and depression (Michigan State University 2011). Optimism may also be a component in resilience. Segovia et al (2013) defined resilience as exhibiting intact psychological functioning despite exposure to trauma, and conducted a study including 440 Vietnam repatriates. They found the most optimistic individuals were five times more likely to be resilient than the least optimistic. These findings highlight the crucial role cognitive evaluations can play in determining how individuals view and respond to adverse situations, and how those evaluations impact their lives after the situation.

**Connection**

One of the most mentioned themes involved connecting with other individuals and entities. Within the camp itself, POWs stated engagement in strategies such as maintaining a seniority system like the military ranking system they had been used to outside of the camp. Several participants stated “the senior guys” often gave younger service members advice and guidance for survival within and outside of the camps. To illustrate this, one participant stated “Well I think that one of the reasons why most of the POWs didn’t have very large problems, is because of the environment that we foster in the prison situation. There was a lot of unity, there was good leadership, there was a constant battle with our advisory to keep in communication and keep up our resistance.”

Connection was also maintained outside of the camps after repatriation. Participants mentioned making annual trips to “Pensacola” for medical and psychological follow ups. They mentioned spending time catching up with the psychologist and sharing their views within that safe space. Others mentioned keeping in touch by reading books written by former POWs, or meeting them at reunions. Maintaining connections may have served to create a more successful reintegration experience by strengthening social support networks amongst the POWs. Many stated while they generally had no problem talking about their experiences to general audiences, to them it is little more than a story of survival against great odds, and only those who endured it can truly comprehend the course of events. This attitude highlights the potential difficulty service members may have when seeking mental health assistance, thus it is important clinicians recognize this factor for delivering competent care, and targeted outreach interventions.

**Communication**

Lastly, participants discussed how crucial communication was to their survival. Within the camps, some were subjected to solitary confinement or otherwise isolated from other POWs and thus many mentioned the development of a “tap code” which was taught across the camps. This code could typically be utilized by physically tapping on pipes or walls, or by opening and closing curtains. One participant, “Steve”, described the tap code and communication by saying “We were fanatics at communication. We did unbelievable things in communication, we learned what we called the tap code…And every day we communicated to as many people as we possibly could in the camp. Anybody that was being tortured and put in solitary we had ways to finally get to them and a way that they could at least see us at a distance.” The code enabled POWs to communicate with and support those in isolation to maintain a sense of unity.

The importance of communication also continued once the POWs returned home, one participant felt it was key for successfully reintegrating. “What helps you the most to come through something like I came through, and be able to reintegrate, readjust, an’ come to lead a fairly normal life, is the ability to talk to people about your experience, to be able to share, and dialog…through that sharing find some meaning for yourself. These quotes help to shed light on the potential healing role communication and sharing their story can have following a traumatic experience.

**Brief Discussion of Connection and Communication**

Connection and Communication come together as shared aspects of social support. Few studies have examined the role of social support during reintegration among former POWs. In one study, King and colleagues (2015), indicated Vietnam POWs were often older at their time of capture and this was associated with greater social support later in life. This group had less late-life psychopathology, when compared to previous POW cohorts, thus social support could have played a role in strengthening their resilience and ability to reintegrate back into society at various successful positions. Sledge and colleagues (1980) also found among Vietnam POWs, greater physical torture was associated with a greater value of communication and more interaction with cultural interests (i.e. becoming involved with politics) compared with non-POWs. These findings highlight the critical role of interaction among the POWs between themselves, and others, and its role in mitigating the effects of, or helping to heal a traumatic experience.

**Limitations**

Limitations of this study include that many participants may have previously given speeches about their experi-
ence within various community domains. Thus, potentially influencing study results though practice effects by having perfected telling their experience of their time as a POW. However, the semi-structured interview format, hopefully allowed for similar interpretation across participants. Secondly, recruiting using a snowball method, may have led to participants with similar personality traits or worldviews. Future studies may consider utilizing more standardized recruiting methods or other first-hand military debriefings in order to mitigate this effect. However, these results serve an important exploratory role that could base future studies with other era veterans and maintains a significant position in history due to the rapidly aging Vietnam Veteran population.

Conclusions & Implications

Overall, the emergent themes gleaned from this preliminary analysis indicate coping and survival strategies that potentially contributed to the unique reintegration experience of the Vietnam era prisoners of war. The two overarching themes of Optimism and Social Support indicate the methods the service members utilized during internment and likely impacted the way they viewed everyday situations beyond repatriation.

These findings support previous studies, while providing qualitative insight and highlighting several opportunities for interventions that may benefit service members today. Optimism relates to the previous finding that it as an important intervention point because it can be honed and taught (Segovia et al, 2013). Negative thought patterns such as “I have nothing” can be relearned to focus on what the individual can and cannot control, which is likely an experience many individuals face, and could help to improve their resiliency. Further research is warranted in this area potentially examining the utility of optimism training as a skill taught to current and future service members.

Social Support can serve as an intervention point for improving service member experience. Many of the POWs stated how important it was they felt connected to facets such as other service members, their family back home, and their country. Numerous institutions such as the Veterans Assistance system have begun implementing peer support programs in order to better serve military personnel. Future studies may examine the utility of psychoeducation or programs specifically aimed at bringing awareness to the importance of social support before, during, and after service.

Overall, the findings from these personal accounts highlight the importance of interpersonal, intrapersonal, and external factors which may have played a significant role in the successful reintegration of many Vietnam POWs. It is the hope the wisdom gleaned from these heroes can serve to better train, screen, and improve conditions during and after service for the service members of current and future generations.

Author Note

The following study has not been previously published, nor is it under consideration for publication at any other institution. Additionally, all participant names have been changed to retain anonymity. For a complete reference list, contact the corresponding author.

Corresponding Author: Athena Jones M.A, atjones@llu.edu, 619-384-9214, Loma Linda University Department of Psychology, 11130 Anderson St. Loma Linda, CA 92350
Can you believe it’s already time to be planning for APA 2020? This year’s APA convention will be held in Washington, DC (August 6th-9th) and I am so excited about the programming we have in store for you all!

As we begin this new year, I want to thank our 2019 Program Chair, Dr. Ryan Landoll, for his service and welcome our 2021 Program Chair and suite coordinator this year, Dr. William Brim. We have an excellent team in place for this year’s convention.

Speaking of great teams, we had a phenomenal team of over 30 reviewers this year who completed reviews of over 130 submissions. Thank you to all the reviewers (names listed below). Your contribution ensures continued high-caliber Division 19 Programming. We hope you will join us in DC to see the product of your hard work!

The product of these reviews is an exceptional program of over 100 posters across 3 sessions, and 18 hours of programing. The goal of this year’s Division Programing is to highlight and celebrate the expansive roles that psychologists play in the realm of military psychology. As a little preview, we’ll be offering talks on topics including bridging soldier performance and psychological health, enhancing risk reduction, building resilience, and mindfulness applications in the military, just to name a few. Be sure to follow Division 19 on social media (Twitter: @APADiv19 and Facebook: APA Division 19 - Military Psychology) and check out website (militarypsych.org) in the coming months for convention updates.

I hope you are as excited as we are about this year’s convention! Did you know that the number of hours we receive from the APA for programming is the direct result of how many division members attend APA? With your help and attendance at this year’s convention, we can offer even more high-quality programming in 2021.

Looking forward to seeing you all in DC!

Hannah Tyler, Ph.D.
Chair, 2020 APA Program

Many thanks again to our Program Committee Reviewers:

Albert Ly
Alexa Anderson
Allison Battles
Anderson Rowan
Brandilynn Knapp
Brian Letourneau
Carrie Kennedy
Charley Blunt
Chaska Gomez
Demietrice Pittman
Heather Smigowski
Jason Cantone
Jessica Cardinalli
Jessica Ford
Joanna Dziura
Lisa Boyce
Michael Gasser
Michelle Kelley
Rachel Bangit
Rebecca Blais
Richard Ievoli
Ryan Landoll
Sakshi Chopra Gupta
Samantha Daniel
Shara N. Francin
Sherrie Wilcox
Taylor Zurkinden
Tiffany Brakefield-Allen
Tracy Durham
Trina Do
William Brim
Wyatt Evans
He offered his gratitude to Ryan Landoll (Program Chair) and Hannah Tyler (Incoming Program Chair) for all their work planning the conference and the suite, and encouraged that people attend the presentations, posters, social hour, Society Night event, Society Leadership Program presentations, and other events on the schedule. He indicated that the APA Executive Director planned to attend one of the Division 19 social events during the convention and that the APA President and President-Elect would also be attempting to attend one of our social events.

He thanked Mark Staal for his work as the Awards Chair and introduced him as the new Ethics Chair for the Society.

**Mark Staal’s Presentation to Ethics Code Task Force**

Mark Staal presented the report. He commented that the Society-sponsored Operational Psychology Practice Guidelines are under review by APA. He identified common ethics-related issues for military psychologists (see below). He also noted that these areas of concern are common to other areas of practice.

He offered the following comments on military and operational practice issues:

- Multiple relationships are common.
- The subjects and recipients of our activities receive semi-informed assent, rather than informed consent.
- Since things, at times, are classified, there may be limited oversight by external agencies or elements such as the APA, which can lead to mistrust by peers.
- Areas where the community has felt some pressure:
  - Hoffman was a significant event, and it has cast a negative (and unfair) light on several of our Society’s members. Our members are still under a cloud from the Hoffman Report and we need to continue to be sensitive to this issue.
  - If psychologists cannot provide healthcare for detainees, it violates Common Article 3 of the Geneva Conventions; this had made a vulnerable population more vulnerable.

He noted that there are divisions within APA that have tried to set guidelines for psychologists beyond what is appropriate and professional and that, while there are people who care deeply about doing the right thing and addressing these challenges, they need to reach out to us (the Brookline Principles).

In response to ECTF member questions, Staal reported that the Practice Guidelines TF had been working on the draft document for two years. When asked how many mil-
itary practitioners would be affected by the Guidelines, he indicated that there were approximately 500 to 600 in uniform and an equal number of civilians supporting their Department of Defense-related work. An additional group of perhaps 200-300 civilian psychologists operate in the national security sector who would likely rely on such guidance in their community practice. Lastly, there is an equally large community of public safety and law enforcement psychologists who would find the Guidelines relevant.

He noted that other organizations are developing ethical guidelines (e.g., police and public safety psychologists, forensic psychology court evaluations) and that coordinating efforts and consulting with these organizations might be helpful. He concluded by pointing out that the ethics code should be an umbrella framework that encompasses the spectrum of military psychology practice; however, many non-clinicians feel that the APA ethics code is designed for clinical practitioners and falls short in several areas in addressing non-clinician ethics issues.

He answered the following questions:

- What is your timeline to enact this ethics task force?
  - A: As soon as possible
  - Q: How many psychologists are operational psychologists?
  - A: Several hundred civilians among the interagency and close to 100 in the military
  - A: Approximately 500 to 600 in uniform and an equal number of civilians supporting their Department of Defense-related work

### Secretary’s Report

**Motion:** Ainspan moved to approve the 17 June minutes. Staal seconded the motion and the motion was unanimously approved.

### Treasurer’s Report

Scott Johnston presented the Treasurer’s Report in writing:

1. The financial health of Division 19 remains very strong. At year-end 2018, the Division had total Net Assets of $572,000. Net Income for 2018 was $91. The largest contributor to Income was Royalties and the largest contributors to Expenses were the Convention and Awards. See table below for details.

2. The performance from the Division Investment Plan is strong. In 2018, the Division investment portfolio grew to $436,000. See table below for details.

3. The Division has made great strides over the past five years to ensure it is putting the income to work for Division initiatives and not increasing our Net Assets. This year we were the closest we have been in achieving Net Income of $0.

### Future Plans and Actions and Proposed Activities:

1. Maintain approximately two years of expenses in cash and invest the remainder.
2. Monitor asset allocation of investments and adjust as necessary, maintaining approximately 80 percent in bonds and 20 percent in stocks.

Ensure seamless transition to the new Treasurer.

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Division 19 Membership Committee
Michelle L. Kelley, past Chair

It’s all good news from the membership committee. First, let me introduce the new membership Chair, Dr. Kristin Saboe. Kristin is a veteran, an I/O psychologist, and is a Senior Manager at Boeing. Josh Camins will be joining us as a new committee member. I will be continuing to serve as a membership member as well.

Now for more good news. As of December 31, 2018, our total Division 19 membership was 1,195. As of December 31, 2019, our total membership was at 1,323. **That’s a 10% increase!** These numbers represent the work of many of you who are helping to reach out to welcome new members to Division 19! Many of these new members are student affiliates who will become our future Early Career Psychologists (ECPs) and leadership.

Our goal again this year is to increase Division 19 membership by 5%. Kristin will be spearheading a series of e-mail letters to all members at all levels. Further, we will be reaching out to VA intern and post-doc directors, chairs of graduate programs in psychology, and DoD researchers; however, we need your help. Please invite your colleagues and students to our mission to advance science and the practice of military psychology and join Division 19.

Do you have ideas for increasing membership? If so, we want to hear from you! Please contact Kristin at Kristin.saboe@gmail.com

**Need to renew your membership? Want to help a colleague join Division 19?**

- Simply go to http://www.apa.org/about/division/join.aspx and click on the link for Division 19: Military Psychology.
- Enter your APA User ID and password or register for an APA website account.
- Follow the instructions to renew/sign up!

**Note: even if you’re not an APA member, you can join Division 19 as a Professional Affiliate ($30; for non-students) or a Student Affiliate ($10; for graduate and undergraduate students). Remember, Division 19 membership is free for the first year.** After the first year, membership is $30 for non-student Professional Affiliates, $10; for graduate and undergraduate students, and $27 for APA members.
2020 is already off to a great start! We are looking forward to an exciting year for the Student Affairs Committee (SAC)!

With the expansion of opportunities for student involvement in Society initiatives, including the second annual Society Leadership Program, further expansion of the Student Chapter Network, and continued opportunities for students to present their research at regional and national levels, there has never been a better time for students to get involved. The best way to stay up-to-date with the latest leadership position openings, training experiences, networking opportunities, and other CV boosters is to follow our monthly listserv announcements, follow us on social media, or visit our recently overhauled student website at http://www.division19students.org.

Welcome New Leaders

I am happy to announce and warmly welcome our new Chair-Select, Alyssa Allen to our Student Affairs Committee. Alyssa is a second-year Psy.D. student at the Graduate School of Professional Psychology at the University of Denver and an intelligence officer in the Colorado Army National Guard. Alyssa is passionate about her work with cadets at the U.S. Air Force Academy Peak Performance Center and has clinical interests in the areas of assessment and selection and moral injury. Alyssa has already proven herself to be a valuable asset to our team and will no doubt make a positive impact on the military psychology community. The 2020 Student Leadership Team is eager to continue many of the important initiatives started by our predecessors and we look forward to further engagement with our student affiliates in the process. Please visit the leadership page on our website for an overview of our leadership structure and to learn more about our team!

Farewell Past Leaders

While we are grateful to bring on emerging student leaders, January was also a time to say a fond farewell to our veteran leaders as they continue on their professional and personal journeys. We say goodbye to Afik Faerman, our former VPO. Afik has made a profound impact on our...
team and student affiliate community by modeling leadership, professionalism, and successful student engagement throughout his time with us. Afik, you have left very large boots to fill.

In December 2019, Kelsi Rugo ended her watch as Past-Chair and transitioned off the SAC. Throughout her time on the SAC, Kelsi served as a great mentor to our students and engaged meaningful and successful initiatives for students across the nation. She has kept Jourdin Navarro (now, Past-Chair) and I laughing throughout our busy, sometimes stressful, work and has reminded us to find joy in everything we do. Kelsi’s spirit will continue to motivate us as graduate students and developing leaders. Kelsi, we wish you the best of luck moving forward, and thank you for your service to this committee.

What to Look Forward to in 2020

As we look forward to a successful 2020, I hope to continue the momentum initiated by the leaders who have established our robust committee. In the early parts of this year I plan to make two major changes. We are a grass-roots organization who finds the most success when our student affiliates are actively engaged at the community level. With this in mind, our committee plans to offer more support to our regional and campus networks to encourage these groups to remain active. First, our regional representatives are gaining increased leadership responsibility by taking on new educational initiatives at the national level. Second, we plan to publish updated guidelines for our campus representatives to encourage active campus level work in support of our overall mission.

The Division 19 Student Chapter Network’s mission is threefold: (1) To increase the total number of qualified, interested candidates for commissioned or civil service as US Air Force, Army, Navy, or VA psychologists; (2) To develop strong leaders in anticipation of eventual military service and/or participation in Division 19 governance; (3) To enhance military cultural awareness in civilian graduate education programs with respect to treatment of US military personnel (current and previous) and their family members. With this mission in mind, we hope a clear and succinct set of standard operating guidelines will further support our already robust campus network to thrive in the maintenance of the growing and complex field of military psychology. For any students interested in creating a campus chapter within their graduate department, we encourage you to find more information on our website: https://www.division19students.org/campus-representatives.html

This past August we announced and celebrated the recipient of our 2019 Outstanding Chapter of the Year Award. The Student Association for Military Psychology (SAMP) at the California School of Professional Psychology – San Diego is a wonderful example of a campus chapter striving to effectively engage our mission. The SAMP hosted a ton of great events on their campus over the past year and have been devoted to serving their community. We look forward to witnessing their growth this coming year and hope they serve as a model for other eager campus networks! We plan to continue this tradition by awarding another successfully engaged chapter this year at the annual APA Convention, being held in Washington D.C. on August 6-9, 2020. If you are looking for guidance on how to take your campus chapter to the next level, do not hesitate to reach out to your regional reps or the SAC.

We already have several training opportunities in the pipeline, and we are looking forward to the opportunity to collaborate with other divisions and organizations to meet the needs of a diverse student population. Thank you to everyone who helped play a role in shaping our success in 2019, including our society leadership, mentors, webinar presenters, campus representatives, faculty sponsors, and of course all of our student affiliates!

Engage us on Facebook, tweet at us (@div19students), and email us your dissertation participation announcements so we can assist in distribution. Cheers to another great year!

Ethan Bannar, M.S.
Chair, Student Affairs Committee

Point of Contact Information

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Early Career Psychology Committee Perspective
Neil Shortland, Chair

A Thank you to our Past Chair

This year Dr. Ryan R. Landoll passes on from his role of ECP Past-Chair, to the role of Treasurer for Division 19. In 2019 Dr. Landoll finished his three-year term as Chair-Elect, Chair and Past-Chair of the Early Career Psychologist (ECP) Committee of Division 19. Over the past 3 years, Ryan worked tirelessly to expand the role of the ECP committee within Division 19, and his efforts to improve the services provided for ECP members of the division. First and foremost, he expanded the size of the ECP committee to increase visibility of ECP members within the Division as well as provide engagement opportunities for ECP members to become involved in Division 19. He also created professional development grants and oversaw the awarding of 4 grants in the 2018 cycle. These four research grants stimulated a host of research and professional development activities, and all recipients have since progressed to serve on Division 19 committees, or actively engaged in Div. 19 initiatives (such as the Strategic Leadership Program). In addition to this, Dr. Landoll worked alongside the Student Affairs Committee to develop a series of informative webinars to assist both transition from student to ECP, as well as retention of student members as they graduate and become ECPs in the field. Overall, Dr. Landoll’s work immensely benefitted the ECP committee and the representation and mentorship of ECP members of Div. 19. He is an asset to the division and he will be sorely missed by the ECP.

New for 2020

One of the many innovations in Division 19 for 2019 was the launch of the Society Leadership Program (SLP). The Society Leadership Program (SLP) is designed to inspire and develop our future leaders in military psychology. The outcomes of the each SLP members capstone leadership project was presented at the 2019 APA Annual Convention in Chicago. I’ll mention two of these projects here. Members of the ECP committee worked with Whitney S. Livingston, M.S., (Utah State University) on her project title “Increasing Engagement of Division 19 Chapter Members and Supporting Their Transition to Early Career Psychologists”. The aim of this project was to identify the following: 1) how to improve engagement of SCMs in Division 19 and student chapters, and 2) how to support Student Chapter Members (SCM) as they transition to Early Career Psychologists (ECPs) following graduation. This project surveyed four hundred and ninety student members to participate in a survey focused on their membership of Division 19. Among many other findings, this project highlighted the need for SCM to (1) Hear about Div. 19 opportunities and (2) Receive military-related resources for research/clinical work.

Alongside these findings, SLP research presented by Ryan C. Warner, Ph.D., CRC, and Joshua S. Camins (Sam Houston University), reinforced the importance of communicating opportunities, and military-related resources to both SCM and ECP members of Division 19. Assisting ECPs, and SCMs as they transition from a student to an early career psychologist is the central purpose of the ECP committee and therefore based on the results of these SLP research projects, in 2020 the ECP committee will be launching the following initiatives:

1) **The Launch of the ECP Opportunity Brief Series (via Listserv):** In a Division as active and engaging as Division 19, it is easy to miss critical opportunities, or programs. In order to ensure the ECP and SCM members receive the information that is most relevant to them, the ECP Committee is working with APA to launch an ECP specific Listserv for all Division 19 members who are registered as an ECP. Listserv messages will be send on an as-must basis based on submissions (no more frequently that once per month) and will seek to communicate opportunities that are specifically targeted to SCM and ECP members (such as ECP research grants and SLP enrollment).

2) **The Launch of the ECP/SCM Spotlight on Research:** One of the ECP Committee priorities over the past several years has been to support ECPs who are engaging in empirical research on topics associated with Division 19. This can range from research related to Post Traumatic Stress Disorder and the effectiveness of treatment interventions, to traditional Cognitive or Industrial/Organizational Psychology research aimed at investigating aspects of military performance. In 2020 we want to not only help stimulate ECP research, but help share and communicate the work our ECP members are doing too. As part of the ECP Opportunity Brief series we will include a “Spotlight on Research” that showcases the research of an ECP (or senior SCM) member. Research will be communicated via an informative “Quickwin” brief that will be shared via current Div. 19 social media and outreach platforms.

If you would like any more information on the ECP, would like to sign up for the ECP Listserv, or be featured in our “Spotlight on Research” please contact me at neil_shortland@uml.edu
As an ECP committee, we look forward to launching these new initiatives alongside our current initiatives such as the ECP Research grants throughout 2020 and beyond!

Kind regards,
Neil Shortland, Ph.D.,
Early Career Psychologist Committee Members:
Neil Shortland, PhD (Chair), Jessica Ford, PhD (Chair Elect)

Point of Contact Information
For further information, please contact:
Neil Shortland Ph.D.,
neil_shortland@uml.edu
I am pleased to join with former APA Presidents with military experience -- Jack Wiggins, Joe Matarazzo, Don Bersoff, and Barry Anton -- in expressing our collective appreciation for the extent to which the Division 19 leadership has provided critical leadership to our profession over the years and, as a direct result, served our nation with distinction. During the past decade, our nation’s health care environment has undergone unprecedented change. Fundamental elements include the ongoing advances occurring within the communications and technology fields with their direct impact on the delivery of care (i.e., telehealth); the steadily evolving nature of what society considers “quality” care (i.e., the importance of the holistic and psychosocial-economic-cultural aspects); the growth and expansion of clinical knowledge and expertise within a wide range of health care professions to best meet the clinical needs of those being served (i.e., interprofessional education (IPE), collaborative team-based care, and obtaining prescriptive authority (RxP)); and the active involvement of psychology and advanced practice nursing in critical local and national health policy deliberations.

**IPE & Telehealth:** The federal government and in particular the Veterans Administration (VA) is leading the nation in developing the capability for providing quality behavioral health care through the use of telehealth technology. For every profession their educational system shapes the vision, and thus the behavior, of the next generation. At the University of Kansas Health System, Eve-Evelyn Nelson and her colleagues have developed one of psychology’s first graduate level telehealth training programs. Several trainees have gone on to telepractice careers, including careers in the VA. The timeliness of such a visionary initiative is underscored by Catherine Grus’s report that for academic year 2017-2018, where 23,080 doctoral students were enrolled in APA accredited programs with a health service focus. The underlying rationale for Eve-Lynn’s training initiative – present gaps in meeting the behavioral health needs of the underserved in rural and urban areas in Kansas; providing an interprofessional focus, including shadowing telebehavioral health services across disciplines (e.g., psychology, psychiatry, developmental medicine, behavior analysis); emphasizing the essential partnerships with communities in meeting prevention and intervention goals; and developing a win-win addition to outreach-focused grants (e.g., HRSA, SAMHSA, NIH, etc.). Telehealth sites include early learning centers, Telehealth ROCKS schools (Rural Outreach to Children in Kansasas), primary care sites, and other locations.

The Kansas program is not one-size-fits all and offers a range of training experiences to meet trainee needs. The dose of training ranges from 1-day observations of established telebehavioral professionals/teams to semester-long experiences with psychology graduate students; to year-long intern and postdoctoral experiences. Most behavioral services that are offered onsite in Kansas City are now also offered across the predominately rural state through telehealth; the focus is extending the highest impact interventions across the state. Fortunately, adult and child clinical psychology services over telehealth has a growing evidence-base across assessment and treatment. Evidence-based parent-child interaction therapy (PCIT) is also being offered over telemedicine to school sites with much success. Partnering with the Center for Children’s Healthy Lifestyles and Nutrition, trainees have many telehealth training opportunities in pediatric psychology. This includes family-based pediatric obesity treatment and “feeding team” assessments and treatments, especially around team-based approaches using technologies.

Trainees are encouraged to observe Kansas’ unique model of autism assessment. To best support the child and family throughout the assessment process and beyond, the autism specialist team (e.g., developmental pediatrician, psychologist, and other health professionals) meets with the family and the local school-based autism diagnostic team over videoconferencing and utilizes this rich multi-informant information to inform diagnosis and treatment recommendations. Trainees also have the opportunity to observe the Online and Applied System for Intervention Skills (OASIS) Training Program, a behavior analysis program that pairs online parent training modules with therapy sessions over videoconferencing in order to reinforce the behavioral approaches. Through grant-funded trials, advanced trainees have the chance to participate in home-based telebehavioral interventions which include interventions with pregnant/parenting teens; a group-based telebehavioral interventions in the home which include interventions with a family intervention for pediatric obesity and with an intervention for parents of newly diagnosed children with diabetes. The telehealth clinics reinforce training and competencies around the quadruple aim – improving the health of populations, enhancing the experience of care for individuals, reducing the per capita cost of health care, and attaining joy in work. As in onsite clinics, trainees learn through didactics/readings focused on telebehavioral guidelines and best practices; observation of telebehavioral providers’ and supervision/telesupervision. *A Practitioner’s Guide to Telemental Health* is shared, co-authored by a former military
psychologist and telehealth pioneers (Luxton, Nelson, & Maheu, 2016). In addition to telebehavioral technical proficiency, training focuses on clinical competency with the outreach populations served and outreach/community engagement competencies across systems of care (e.g., school-based telehealth, primary care-based telehealth). Trainees are supported in bringing the same relationship skills and rapport building to the telehealth setting, with confidence growing over the course of training.

University of Kansas clinical psychology students participate in the telehealth training as part of their 3rd year training rotations, as well as semester-long telebehavioral rotations with KU clinical and clinical child psychology trainees. Trainees also include behavioral trainees from the HRSA-funded Leadership in Neurodevelopmental Disabilities (LEND) program. Through the KUMC Department of Psychiatry APA-accredited internship, interns on the underserved track participate in year-long training and supervision. Funding for this year-long telebehavioral training is supported through HRSA’s Behavioral Health Workforce Education and Training (BHWET) Program. interns have the opportunity to visit the rural communities (schools, community health centers) where they provide supervised services. In addition, psychologist Larry Long advances telebehavioral training for counseling postdoctoral fellows, building upon the HEMHA’s College Counseling at the Distance guide. Participation in the telebehavioral services sometimes sparks broader interest in telehealth and outreach/community engaged research, including completion of theses and dissertations, as well as fellowships (e.g., Doris Duke Fellowship).

Telehealth training opens the door to broader outreach opportunities and it is hoped future practice in rural and other underserved areas. Those involved share innovative ideas of how telehealth can be applied in their own interest areas. Eve-Lynn directs the federally funded Heartland Telehealth Resource Center and introduces trainees to national resources, including the Telebehavioral Center of Excellence (TBHCE) initiative and web resource. Trainees have opportunities to present and participate in Project ECHO telementoring sessions. They interact with institutional outreach programs including Telehealth ROCKS (Rural Outreach to Children in Kansas), the Kansas Care Collaborative (the largest rural ACO in the state), Center for Children’s Healthy Lifestyles and Nutrition, and the National Cancer Institute-designated cancer center. In the future, Eve-Lynn expects to provide experiences with new models of care (e.g., ACO primary care interventions, home based telehealth) and increase access to behavioral interventions across the lifespan.

An Important and Increasing Federal Legislative Presence: Peter Reinecke, former chief of staff for U.S. Senator Tom Harkin (D-Iowa), shared with us an important Congressional directive included in the recently signed National Defense Authorization Act (NDAA) for 2020. “Sec. 720. Strategy to Recruit and Retain Mental Health Providers. Not later than 180 days after the date of the enactment of this Act, the Secretary of Defense shall submit to the Committees on Armed Services of the Senate and the House of Representatives a report that—(1) describes the shortage of mental health providers of the Department of Defense; (2) explains the reasons for such shortage; (3) explains the effect of such shortage on members of the Armed Forces; and (4) contains a strategy to better recruit and retain mental health providers, including with respect to psychiatrists, psychologists, mental health nurse practitioners, licensed social workers, and other licensed providers of the military health system, in a manner that addresses the need for cultural competence and diversity among such mental health providers.” Peter is working with AARP and its Center to Champion Nursing in America to promote adoption of the National Academy of Medicine’s recommendation that states and the federal government should remove barriers to nurses “practicing to the full extent of their education and training.” APA’s Heather O’Beirne Kelly has similarly been effectively pursuing legislation and appropriate administrative actions on behalf of federal psychology, especially in furtherance of their RxP authority.

Reflections from the Past: “International Travel: It was July 1978 when I [Florence Denmark] learned I had been elected the 88th President of APA. By the time 1980 began, people assumed I was Past President. Being elected APA President solidified a real interest in travel, both national and international. In 1979, I represented APA in Lima, Peru (President Nick Cummings was unable to attend the meeting). At the international Congress of Psychology, APA and I were very concerned with the ‘disappeared psychologists.’ In 1980, I traveled a great deal — in the US and abroad. I selected Sun Valley, Idaho for my retreat since Idaho had passed the Equal Rights Amendment (ERA). I did not want to meet in any state that hadn’t ratified the ERA. I went to regional meetings and was invited to speak at many colleges and universities. I did not get a stipend from APA, but APA did reimburse me for travel when the host could not afford to pay. I returned every week to teach my doctoral course, The Psychology of Women, on Tuesday at CUNY’s graduate center.

“In 1980, I represented APA at the International Congress of Psychology in Leipzig, Germany following the International Council of Psychology meeting in Bergen, Norway. Later that year I was part of a small group invited to China for a month-long trip visiting various colleges and universities in Beijing, Nanjing, WuSh, Suchow, and Shanghai. The group included Neal and Marian Miller, Herb Simon, Ray Fowler, Harold Stevenson and my spouse, Bob Wesner. We gave formal and informal talks, visited a reform school, a mental hospital, and were ‘regally’ entertained. We were also invited to the home of the US Ambassador to China, Leonard Woodstock. It was there I learned that my team, the Philadelphia Phillips, had won the World Series.

“At the end of the year, I was invited to give a keynote address at the first International Interdisciplinary Congress on Women held in Haifa, Israel. In the summer of 1981, I again represented APA at the Interamerican Congress of...
Psychology in the Dominican Republic. Neither APA President John Conger nor President Elect William Bevin were able to attend the meeting, so once again I filled in. APA hosted a party and we invited the US Ambassador who came to the party.

“I ran two APA Council of Representatives meetings successfully. I was afraid I would not recognize people at the back of the room due to poor eyesight. Fortunately, APA Secretary Norm Abeles (later APA President) told me the names of those in line to speak. I had to learn two sets of parliamentary procedure. For the winter meeting Kesey’s rules; for the summer meeting another. I was pleased when Council member Joanne Evansgardener complemented me saying ‘You ran the meeting very well; you had an iron fist and a velvet glove.’ In 1980, we did not have Presidential initiatives, but I did focus on women’s issues. We had childcare at APA conventions and did not meet in states that had not ratified ERA, the Equal Rights Amendment. Division 35 grew and I was asked, ‘What do the women members of Council want?’ Without consultation, I gave a good feminist answer. Things were quite exciting in 1980, it was a good time to be APA President. APA was growing, APS had not been established, and the women’s movement was growing” (Florence Denmark).

On a personal note, Joe Matarazzo and I both want to express our deepest appreciation for being honored this past year by the Division. This recognition was truly special. Mahalo. Aloha,

Pat DeLeon, former APA President -- Division 19 – January, 2020

Reference

Benjamin Franklin reminded us that there are two certainties in life, death and taxes. To these one may add a third certainty—that by virtue of being human, we inevitably experience adversity and challenge. At some point in our lives, we all encounter obstacles, frustrations, danger, trauma, and threats to our well-being. In the face of these threats, some people buckle and experience pathology. Others are able to soldier on, maintaining their sense of well-being despite their burdens. Still others experience personal growth by virtue of the challenges they face.

What makes the difference between pathology, resilience, or personal growth as the trajectory that follows life’s challenges? Psychologists Steven J. Stein and Paul T. Bartone provide a big part of the answer to that question in their new book, *Hardiness: Making Stress Work for You to Achieve Your Life Goals* (Wiley, 2020). Based on 40 years of research and practice, Stein and Bartone describe the concept of hardiness, how it empowers us to deal with stress, and its links to a well-balanced and productive life. And they do so in a readable and user-friendly manner. Although psychologists and other professionals will find this book of immense value, its greatest impact is on ordinary readers living ordinary lives and experiencing the challenges that contribute to the common human experience.

Hardiness is a cluster of personality traits that are associated with the ability to overcome adversity. Hardy people are like hardy plants. Like the hardy plant that can survive and even flourish in harsh environmental conditions, hardy people possess the moral courage and psychological body armor to bend, but not break, in the face of adversity. Stein and Bartone begin their book by explaining the history of the hardiness concept and some of the decades of scientific research that demonstrates the strong nexus between hardiness and resilience.

Stein and Bartone go on to break hardiness down into three components—referred to as the Three C’s. These are commitment, challenge, and control. Commitment involves the ability to remain steadfast in a belief of the importance and meaning that life provides, including that derived from hardship and adversity. People who are high in challenge define life’s obstacles as opportunities to learn and grow, not as existential threats to their well-being. Finally, control refers to a sense of personal agency. That is, the belief that your own actions will positively benefit any situation that you may encounter. Thus, a hardy soldier, deployed in combat believes in the importance and meaning of the mission (commitment), learns and grows in response to difficult situations (challenge), and has faith in her training, intelligence, and experience to overcome any obstacle encountered (control).

The first few chapters of *Hardiness* take a deep dive into the Three C’s. A real strength of the book is that the authors, after offering chapters that define each of the Three Cs in depth, follow with a chapter devoted to practical advice on how to grow and nurture each of the Three C’s. Chapter 2, Commitment, is thus followed by a chapter entitled Building Commitment. The authors lay out eight strategies for strengthening a sense of commitment. Each of these strategies is clearly explained and are grounded in solid psychological science. Chapters describing challenge and control, and then how to build each, follow.

Having described the core concept of hardiness and the Three Cs, Stein and Bartone then devote chapters on the role of hardiness in various contexts and outcomes. They describe the role of hardiness in health, in work, and in high stakes careers like the military, law enforcement, and among first responders.

A particularly compelling chapter focuses on the hardy leader. Whether you are a general officer commanding thousands of troops, or a CEO responsible for the success of a company and its employees, leading others results in weighty responsibilities and a host of challenges unique to leaders responsible for both the organization’s performance and the wellness of individual members. Stein and Bartone examine some of the world’s most successful leaders and how they employ the Three Cs to lead their organizations. Executive coaches will appreciate the authors’ insights on how to develop hardiness among leaders. The cost of low hardiness in a leader transcends compromises of their own resilience and well-being. The leader who is overwhelmed by a lack of commitment, challenge, or control often creates a work culture that makes it difficult for followers to excel and flourish.

The relevance of *Hardiness* to the military should be evident. Military members and their leaders operate in highly stressful and often dangerous settings. Separations from family and one’s personal social network is common. Spouses are often separated for extended periods of time. And for military members with children, frequent moves and deployments create special challenges for their children. Hardiness is relevant to understanding and improving the performance and adjustment of all military members, whether they are a military academy cadet, a mem-
ber of an elite special operations force, or a Soldier, Marine, Sailor, or Airman just doing his or her everyday job.

*Hardiness: Making Stress Work for You to Achieve Your Life Goals* is required reading for military psychologists of all types. If you are a member of the military psychology tribe, there is something in this book for you. In this book research psychologists will find new hypotheses to be tested. Operational psychologists will seize on ways to build hardiness to enhance individual and team performance. And clinical psychologists will see strategies to help military members who suffer from combat stress or other issues to recover and to become more resilient in the future.
Announcements
Christina Hein

Announcement Requests
Please submit any announcement requests for volunteer opportunities, research participant requests, training opportunities, or other requests to the incoming Announcement Requests Section Editor, Dr. Brianna Shumaker at briannashumaker@gmail.com.

General
Join Division 19 on social media!
- Facebook group: APA Division 19 - Military Psychology
- Twitter: @APADiv19, @Div19students
- LinkedIn group for ECPs: APA Division 19 - Military Psychology - Early Career Psychologists

Recommended Military Readings Lists
These reading lists are borrowed from recommendations from Division 19 leadership and the Edith Nourse Rogers Memorial VA Medical Center trainee reading list. Topics include military culture, treatment, and military special topics. https://www.division19students.org/recommended-reading-list.html

Resources
Join the Suicide Risk Management Consultation Program (SRM) in ensuring all providers have access to suicide prevention resources, risk management best practices, and consultation support to continuously improve Veteran care both inside and outside VA. The following materials can be easily downloaded, printed, and shared with your organizations or peer networks, so you can help us raise awareness about SRM's free services and resources. Caution-https://www.mirecc.va.gov/visn19/consult/share-srm.asp

Conferences
Summer Training Institute 2020 on Police and Public Safety Psychology
Summer Training Institute is five days of mix-and-match workshops June 15-19, 2020 by internationally recognized experts in Police and Public Safety Psychology. This professional training opportunity is perfect for mental health professionals who are planning to add a police and public safety specialty to their practice or who are planning to become board certified in the Police and Public Safety Psychology specialty by the American Board of Professional Psychology (ABPP). If you would like to ‘attend’ one or more of these workshops but cannot travel to Palo Alto, CA, consider virtual attendance via ZOOM. Virtual attendees will be emailed all the details to connect via ZOOM and will be sent electronic copies of all materials. For more information, please see: https://concept.paloalto.edu/sti2020/?fbclid=IwAR2XvnHu1fD4IibVSBxOZJmLeTWipvhs30T-T-8Z3QmpzIR2pxGaPbE1o

The Women Veterans Military Moral Injury Conferences
The Women Veterans Military Moral Injury Conferences will bring Women Veterans together with chaplains, community leaders, researchers on moral injury, and mental health care providers: to dialogue, increase community support for successful transitions, and share research, resources, and interventions. Regional conferences will be held March 26-27, 2020 at College of Charleston, Charleston, SC and May 14-15, 2020 at Virginia Commonwealth University, Richmond, VA. For additional information, please see: https://chaplainconsultants.com/products-and-services/wvc-conference-2/

62nd International Military Testing Association (IMTA) Conference
Save the date! Div 19 will host the in Raleigh, NC, 5-8 October, 2020. Details TBA.

7th Annual NMCSD Traumatic Brain Injury Symposium
March 13, 2020 0800 – 1530(PST)
Speaker topics include: Recent research, Decompressive cranietectomy for severe TBI, VA TBI/Polytrauma system of care, Suicide risk in TBI Patients, Art Therapies, Caregiving for the TBI patient. Free CME, CNE, CE Units. Base access available for non-military attendees. Register: https://nmcsdtbi.eventbright.com OR Contact Haley Cedarleaf (240) 706-2002 or Haley.j.cedarleaf.crt@mail.mil

Job Opportunities
Staff Psychologist, VA Hospital (Little Rock, AR)
The incumbent will serve as a psychologist on the Posttraumatic Stress Disorders Clinical Team (PCT) at the Central Arkansas Veterans Healthcare System (CAVHS). The PCT is an outpatient specialty mental health program that accepts referrals from across the hospital system for veterans and active duty service members who have been diagnosed with PTSD related to their military service. Services are rendered primarily on an outpatient basis but may also include treatment provided through a 28-bed, 8-week PTSD Residential Rehabilitation Treatment Program. Major duties and responsibilities include the diagnosis of mental disorders, conducting psychological/neuropsychological assessments, and provide adjunctive interventions. Qualifications: doctoral degree from APA-, CPA, or PCSAS-accredited program; APA- or CPA-accredited internship; full, current, and unrestricted license to practice psychology at the doctoral level. For more information and to apply, please see: https://www.usajobs.gov/GetJob/ViewDetails/539394100

Research Participation Requests
Processing Grief
Please participate in a doctoral study regarding how military service members and veterans process grief. You are eligible

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to be in the study if you are an active duty member, National Guard, Reservist, or veteran of the United States military and you know someone who has died within the past two years. If you decide to participate, you will answer a series of questions assessing demographic information, attitudes, preferences, and grief understanding. Answering these questions should take approximately 20 minutes of your time. You will be entered to win one of eight $25 Visa gift cards. This study has received IRB approval through Ball State University. If you would like to participate, please visit the following link: https://bsu.qualtrics.com/jfe/form/sv_6vbno9j3v5tfmvh.

Women’s Military Experience

We are interested in learning more about women’s experiences in the U.S. military across various branches. Specifically, we are interested in your experiences, attitudes, and feelings as a woman in a branch of the military. We value and appreciate your service to our country and hope that you will be willing to spend a few minutes to share your perspectives in this study. You will be entered to win one of 36 $25 Amazon gift cards and a chance to vote on which women’s veterans organization will get a donation of $100. The online survey should take no more than 20 minutes to complete. Your identity will remain anonymous and findings cannot be linked to any particular person or demographic location. Although we will ask for general information (e.g., years in service, branch of service, and deployment status), we will not link your data to any particular command.

This study has been approved by the ASU IRB. If you are an active duty female service member willing to participate in this survey, please visit the following link: https://asu.co1.qualtrics.com/jfe/form/sv_9ace99hew0ptyvj

Additional research opportunities

If you would like to explore other ongoing research studies in need of participants, please see here: http://www.division19students.org/research-recruitment-announcements.html

Graduate School Student Openings

Military Social Science Laboratory (MSSL) at Utah State University

The Military Social Science Laboratory (MSSL) at USU is accepting 1-2 doctoral students to start Fall 2020. Dr. Becky Blais is the PI of this lab and she investigates how trauma exposure among military service members/veterans relates to individual and interpersonal function. Recent studies focus on combat exposure, military sexual trauma, suicide, PTSD, sexual dysfunction, and relationship distress. The MSSL is part of the Combined Clinical/Counseling PhD program. Students with clear research experience (in any area) will be competitive. USU is located in beautiful Logan, UT. Outdoor activities abound (Utah does have the best snow on earth!).

Come join us! For more information, see: http://psychology.usu.edu/academics/grad/clinical-counseling/application-process?fbclid=IwAR1N_fYUI0977udq18kUp55WPSYtVzPwWj32sedbm4Od4sCM0j4p-tSWjg

Self-Paced Courses and Webinars

Center for Deployment Psychology Online Courses

The CDP (https://deploymentpsych.org/online-courses) provides interactive web-based training to educate professionals working with Service Members, Veterans, and their families for FREE (CE credit available for cost). Highly Recommended: Military Culture: Core Competencies for Healthcare Professionals

Center for Deployment Psychology Webinar Series

Recorded webinar topics available to watch for free. Topics extend back to JAN 2015 (https://deploymentpsych.org/webinars)

Psychological Health Centers of Excellence

PHCoE Webinar Series https://www.pdhealth.mil/education-training/upcoming-presentations-0

Massachusetts General Hospital Psychiatry Academy

MGH (http://mghcme.org/courses/find-courses) offers 30+ FREE on-demand sessions related to treating veterans and their families. Topics include Military Culture, Trauma, Treatment, and Military Family Challenges.

Telebehavioral Health Center of Excellence Webinars - ECHO Clinic

TBHCE, in partnership with the University of New Mexico, provides a Chronic Pain and Opioid Management TeleECHO (Extension for Community Healthcare Outcomes) Clinic for primary care clinicians, pharmacists, behavioral health providers, physical therapists and other members of the clinical team to safely manage chronic pain and opioid prescribing.

ECHO clinics connect members of the clinical team to experts on Chronic Pain and Opioid Management. The experts provide virtual consultation and virtual mentoring with the goal of sharing their expertise to enable providers to treat patients in their own communities.

Each weekly TeleECHO session includes brief lectures or hands-on demonstrations by specialists on specific topics of interest. Webinars are free, and there is no cost to register or participate. Behavioral Health and Chronic Pain. https://www.ihs.gov/teleeducation/echo/

09/05/2019 Anxiety, Depression and Chronic Pain
09/12/2019 Cognitive-Behavioral Therapy
09/19/2019 Mindfulness
09/26/2019 Trauma and Chronic Pain
10/03/2019 Trauma-Focused Therapy
INSTRUCTIONS FOR CONTRIBUTORS TO THE MILITARY PSYCHOLOGIST NEWSLETTER

Please read carefully before sending a submission.

The Military Psychologist encourages submission of news, reports, and noncommercial information that (1) advances the science and practice of psychology within military organizations; (2) fosters professional development of psychologists and other professionals interested in the psychological study of the military through education, research, and training; and (3) supports efforts to disseminate and apply scientific knowledge and state of the art advances in areas relevant to military psychology. Preference is given to submission that have broad appeal to Division 19 members and are written to be understood by a diverse range of readers. The Military Psychologist is published three times per year: Spring (submission deadline January 20), Summer (submission deadline May 20), and Fall (submission deadline September 20).

Preparation and Submission of Feature Articles and Spotlight Contributions. All items should be directly submitted to at least one of the following assigned Section Editors: Feature Articles (Tim Hoyt: timothy.v.hoyt.civ@mail.mil), Trends Articles (Joseph B. Lyons: joseph.lyons.6@us.af.mil), Spotlight on Research Articles (Christine Hein: chein9@gmail.com), and Spotlight on History (Paul Gade: paul.gade39@gmail.com). For example, Feature Articles must be of interest to most Division 19 members; Spotlight on Research Submissions must be succinct in nature. If longer, please, consider submitting to the Division 19 Journal, Military Psychology, at the email address military.psychology.journal@gmail.com. If articles do not meet any of these categories, feel free to send the contribution to the Senior Editor, Shawnna Chee (shawnna.m.chee.mil@mail.mil) for potential inclusion.

Articles, including references, must be in electronic form (word compatible), must not exceed 3,000 words, and should be prepared in accordance with the seventh edition of Publication Manual of the American Psychological Association (APA-7). All graphics (including color and black-and-white photos) should be sized close to finish print size, at least 300 dpi resolution, and saved in TIF or EPS formats. Submissions should include a title, author(s) name, telephone number, and email address of corresponding author to whom communications about the manuscript should be directed. Submissions should include a statement that the material has not been published or is under consideration for publication elsewhere. It will be assumed that the listed authors have approved the manuscript.

Preparation of Announcements. Items for the Announcements section should be succinct and brief. Calls and announcements (up to 300 words) should include a brief description, contact information, and deadlines. Digital photos are welcome. All announcements should be sent to section editor, Bri Shumaker (briannashumaker@gmail.com).

Review and Selection. Every submission is reviewed and evaluated by the Section Editor, the Editor in Chief, and American Psychological Association (APA) editorial staff for compliance to the overall guidelines of APA and the newsletter. In some cases, the Editor in Chief may also ask members of the Editorial Board or Executive Committee to review the submissions. Submissions well in advance of issue deadlines are appreciated and necessary for unsolicited manuscripts. However, the Editor in Chief and the Section Editors reserve the right to determine the appropriate issue to publish an accepted submission. All items published in The Military Psychologist are copyrighted by the Society for Military Psychology.
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