

# MILITARY (MILT)

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**MILT 275 The Resilient Warrior 3 Credit Hour(s)**

**Online Prerequisite:** PSYC 101 or PSYC 210

This course will examine in depth the reality of tribulation and trauma in the lives of military warriors (as well as "warriors" in other marketplaces of life), key definitions and factors related to resilience, and the Resilience Life Cycle TM which addresses the Before, During, After, and Learn & Adapt (feedback) phases of personal resilience and Comprehensive Personal Fitness.

**Offered:** Online

**MILT 325 Resilient Marriage and Family 3 Credit Hour(s)**

**Online Prerequisite:** MILT 275

This course addresses precepts essential to the development of healthy and resilient military marriages and families. Topics include pre-deployment preparation, deployment, and post-deployment reintegration. Special emphasis is given to the stresses, challenges, and therapeutic needs of military families.

**Offered:** Online

**MILT 375 Military Career and Community Transition 3 Credit Hour(s)**

**Online Prerequisite:** MILT 275

This course is designed to introduce undergraduate students to the needs and issues facing our veterans as they seek to reintegrate back into family, community, church and career transitions. Students in this class will be challenged to examine these needs and explore avenues of services for veterans. Students will also develop a faith-based program to help meet needs presented by our military veterans.

**Offered:** Online

**MILT 475 Military Mental Health and Behavioral Health 3 Credit Hour(s)**

**Online Prerequisite:** MILT 275

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

**Offered:** Online