Companion Document

CSF2 and Military Resilience Programs: Sources, Key Quotations, and Cross-Branch Reference

*A study companion to the article "*Compare and Contrast: The U.S. Army's Comprehensive Soldier and Family Fitness Program and Biblical Soul-Care*" and to the* Strength for the Weary *military soul-care curriculum.*

Part One: Primary Source Citations (APA, 7th edition)

The January 2011 Special Issue of American Psychologist

The introduction of CSF to the broader psychological community was presented in a single issue of the American Psychological Association's flagship journal, edited by Martin Seligman and Michael Matthews. Thirteen articles were published, each authored by a program participant. The most directly relevant articles for our purposes are listed below.

Casey, G. W., Jr. (2011). Comprehensive Soldier Fitness: A vision for psychological resilience in the U.S. Army. *American Psychologist*, *66*(1), 1–3. https://doi.org/10.1037/a0021930

Cornum, R., Matthews, M. D., & Seligman, M. E. P. (2011). Comprehensive Soldier Fitness: Building resilience in a challenging institutional context. *American Psychologist*, *66*(1), 4–9. https://doi.org/10.1037/a0021420

Peterson, C., Park, N., & Castro, C. A. (2011). Assessment for the U.S. Army Comprehensive Soldier Fitness program: The Global Assessment Tool. *American Psychologist*, *66*(1), 10–18. https://doi.org/10.1037/a0021658

Reivich, K. J., Seligman, M. E. P., & McBride, S. (2011). Master Resilience Training in the U.S. Army. *American Psychologist*, *66*(1), 25–34. https://doi.org/10.1037/a0021897

Gottman, J. M., Gottman, J. S., & Atkins, C. L. (2011). The Comprehensive Soldier Fitness program: Family skills component. *American Psychologist*, *66*(1), 52–57. https://doi.org/10.1037/a0021706

Pargament, K. I., & Sweeney, P. J. (2011). Building spiritual fitness in the Army: An innovative approach to a vital aspect of human development. *American Psychologist*, *66*(1), 58–64. https://doi.org/10.1037/a0021657

Critical Responses (October 2011)

Eidelson, R., Pilisuk, M., & Soldz, S. (2011). The dark side of Comprehensive Soldier Fitness. *American Psychologist*, *66*(7), 643–644. https://doi.org/10.1037/a0025272

Phipps, S. (2011). Positive psychology and war: An oxymoron. *American Psychologist*, *66*(7), 641–642. https://doi.org/10.1037/a0025112

Quick, J. C. (2011). Missing: Critical and skeptical perspectives on Comprehensive Soldier Fitness. *American Psychologist*, *66*(7), 645. https://doi.org/10.1037/a0025051

Foundational Works in Positive Psychology

Seligman, M. E. P. (2011). *Flourish: A visionary new understanding of happiness and well-being*. Free Press. *Chapters 6 ("Army Strong: Comprehensive Soldier Fitness") and 7 ("Turning Trauma into Growth") are most directly relevant.*

Seligman, M. E. P., & Csikszentmihalyi, M. (2000). Positive psychology: An introduction. *American Psychologist*, *55*(1), 5–14. https://doi.org/10.1037/0003-066X.55.1.5

Peterson, C., & Seligman, M. E. P. (2004). *Character strengths and virtues: A handbook and classification*. American Psychological Association & Oxford University Press.

Army Regulations and Government Documents

Department of the Army. (2014). *Army Regulation 350-53: Comprehensive Soldier and Family Fitness*. Headquarters, Department of the Army. https://armypubs.army.mil

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Chairman of the Joint Chiefs of Staff. (2011). *Chairman's Total Force Fitness Framework* (CJCSI 3504.01). U.S. Department of Defense.

Department of Defense. (2011). *Maintenance of psychological health in military operations* (DoDI 6490.05). U.S. Department of Defense.

Department of the Air Force. (n.d.). *Comprehensive Airman Fitness* (AFI 90–506). Department of the Air Force.

Independent Analysis

Hofmann, E. F. (2013). *The United States Army Comprehensive Soldier Fitness: A critical look* [Strategy research project, U.S. Army War College Strategic Studies Institute]. Defense Technical Information Center. https://apps.dtic.mil/sti/citations/ADA590241

Meadows, S. O., Miller, L. L., & Robson, S. (2015). *Airman and family resilience: Lessons from the scientific literature*. RAND Corporation. https://www.rand.org/pubs/research_reports/RR1117.html

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Part Two: Key Quotations and Study Notes

Each quotation below appears verbatim from the cited source. The notes that follow each quotation are study prompts for the Strength for the Weary *curriculum and for our own theological reflection.*

On the Vision of CSF2

From Casey (2011), p. 1, on what the Army intended to build: "psychological resilience."

> The Army's stated goal was psychological resilience as the antidote to the cumulative cost of repeated deployments. Here, resilience is a property of the soldier himself, developed through training, rather than a fruit of the soldier's communion with the Lord and his place in the body of Christ. Compare this with 2 Corinthians 4:7–10, where the Apostle Paul names the source of his endurance not as personal resilience but as the surpassing power of God in clay jars.

On the Spiritual Dimension

From Pargament and Sweeney (2011), p. 59, on how spirituality is defined within CSF2: "the journey people take to discover and realize their essential selves."

> This phrase is the hinge of the entire critique. The article then describes the spirit as the essential core of the individual and the deepest part of the self. Compare this with Jeremiah 17:9 on the heart of man, with Ephesians 2:1–5 on the spiritual condition of the person apart from Christ, and with Galatians 2:20 on what it means for the believer to have been crucified with Christ so that the life now lived is no longer one's own. This is precisely the redefinition of a Scriptural word into a humanistic construct that the Devil's Trident framework anticipates.

On the Framing of Combat Trauma

From Reivich, Seligman, and McBride (2011), p. 26, on how the developers characterized clinically diagnosed combat trauma: "a nasty combination of depressive and anxiety symptoms."

> Independent critics have singled out this phrase as a significant reduction. Survivors of combat live with intrusive memories, hypervigilance, avoidance, moral injury, sleep disturbances, and personality changes that do not fit neatly within depression and anxiety. Our preference for the term Post–Trauma Distress (PTD) over the clinical label is grounded in the conviction that the survivor's experience deserves language that honors its depth rather than language that compresses it for ease of intervention.

On the Empirical Concerns

From Eidelson, Pilisuk, and Soldz (2011), p. 643, on the absence of preliminary testing: "launched without pilot testing."

> The October 2011 critiques argued that a $125 million resilience initiative was rolled out across the entire Army without the kind of preliminary evaluation typically required for an intervention of that scale. This is not an argument against military resilience training per se; it is an argument

against the confidence with which CSF2 has been presented to soldiers and families.

On the Vision Statement of the Program

From Department of the Army (2014), Army Regulation 350–53, on the Army's stated vision: "physically healthy and psychologically strong."

> The regulation describes the Total Army team as one whose resilience and total fitness enable thriving in both the military and civilian sectors across a wide range of operational demands. Note the absence of any reference to spiritual life as a relationship with the living God, even though the spiritual dimension is named elsewhere in the regulation. The vision is fitness for performance, not communion with the Lord.

On the Construction of the Program

From Cornum, Matthews, and Seligman (2011), p. 4, on the institutional context in which CSF was built: "a challenging institutional context."

> The article describes the program as the largest planned psychological intervention in human history, designed and implemented simultaneously across the Active Army, the Army National Guard, and the Army Reserve. The scale and pace of implementation are themselves part of the ethical concern raised by independent reviewers. Compare this with the slower, embedded, generational pace at which the Lord builds His people through the ordinary ministry of the local church.

On the Family Component

From Gottman, Gottman, and Atkins (2011), pp. 52–53, on the inclusion of military families: "the Comprehensive Soldier Fitness program."

> The Gottmans developed the family skills component to address marriage, parenting, and household stability throughout the deployment cycle. The instinct is sound. Marriage and family receive direct attention in Scripture (Ephesians 5:22–6:4, Colossians 3:18–21, 1 Peter 3:1–7), and the household is a primary context for formation throughout the biblical narrative. The

> Gottman material is built on what they call a "sound relational house," which overlaps structurally with what Scripture teaches about a household built on the Lord (Psalm 127:1). This is one place where the parallel runs closest, and also one where the foundational difference matters most.

On Positive Psychology Generally

From Seligman and Csikszentmihalyi (2000), p. 5, the founding statement of the field: "positive psychology."

> The field defines itself as the scientific study of what makes life worth living, focusing on positive emotion, character, and institutions. Compare this with what Scripture identifies as worth living for (Philippians 1:21, Galatians 2:20) and with what Scripture identifies as the source of character (Galatians 5:22–23). The field is not hostile to virtue; it has simply detached virtue from its only true ground.

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Part Three: Cross-Branch Reference

The Comprehensive Soldier and Family Fitness program is the Army's adaptation of a broader Department of Defense initiative. The service member, veteran, or military family member entering a counseling room may use the vocabulary of any of the following parallel programs, depending on the branch in which he or she served.

Department of Defense Umbrella

Total Force Fitness (TFF) was established in 2010 by Admiral Mike Mullen, then–Chairman of the Joint Chiefs of Staff. It was distributed through CJCSI 3504.01 in September 2011. TFF identifies eight domains of fitness: behavioral, environmental, medical, nutritional, physical, psychological, social, and spiritual. TFF serves as the common conceptual framework underlying the service–specific programs.

DoDI 6490.05 (Maintenance of Psychological Health in Military Operations, November 2011). Establishes the requirement that every service develop a Combat and Operational Stress Control program.

Army

Comprehensive Soldier and Family Fitness (CSF2) is governed by Army Regulation 350–53 (19 June 2014). It comprises five dimensions: physical, emotional, social, spiritual, and family. It is delivered through the Global Assessment Tool, ArmyFit (formerly the Comprehensive Resilience Modules), the Master Resilience Trainer program, and institutional resilience training across the Army's professional military education system.

Air Force

Comprehensive Airman Fitness (CAF). Established in 2014 and governed by Air Force Instruction 90–506. Four pillars: mental, physical, social, and spiritual. It draws on the same positive psychology research as CSF2. The Air Force previously ran a parallel Airmen Resilience Training program beginning in 2011, which was later absorbed into CAF**.**

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Navy

Operational Stress Control (OSC) is owned by the line community at OPNAV N135 and supported by Navy Medicine. Doctrine was signed in December 2010. OSC is paired with Combat and Operational Stress First Aid (COSFA) and the Stress Continuum model. Related initiatives include Project FOCUS, Reserve Resilience Initiatives, the Naval Special Warfare Resilience Enterprise, and Caregiver Occupational Stress Control. The Naval Center for Combat and Operational Stress Control (NCCOSC) in San Diego is the institutional home for much of this work. A "toughness" curriculum was added at Recruit Training Command beginning in 2017.

Marine Corps

Combat and Operational Stress Control (COSC) is governed by Marine Corps Bulletin 6490 and related directives. It includes the OSCAR program (Operational Stress Control and Readiness), which embeds mental health professionals directly with ground units rather than waiting for a referral chain. The Warrior Transition and Return and Reunion programs address the redeployment cycle. Marines also fall under the NCCOSC umbrella alongside the Navy.

Coast Guard

The Coast Guard has implemented its own resilience program through the Health, Safety, and Work–Life Service Center, using the same TFF framework. The Coast Guard chaplaincy plays a more prominent role in the spiritual dimension than in the other services.

Pastoral Note for Counselors

When a service member or veteran speaks of resilience training, the first useful question is which branch and era of service shaped their formation. A Marine veteran may have been shaped primarily by OSCAR and the Stress Continuum and may not recognize the term Master Resilience Trainer. An airman may speak of the four CAF pillars. An Army veteran from before 2008 will not have been exposed to CSF2 directly but may have encountered it during reserve duty in later years. The vocabulary varies by branch and by date of service. The underlying positive psychology framework is largely the same.

Part Four: Glossary of Key Terms

ATC Model. Activating event, Thoughts, Consequences. A cognitive skill taught within Master Resilience Training, drawn from cognitive behavioral therapy through the Penn Resiliency Program.

Battlemind. An earlier Army resilience initiative, developed at Walter Reed Army Institute of Research (WRAIR), which has since been folded into CSF2.

Character Strengths. A taxonomy of twenty–four strengths organized under six virtues, developed by Christopher Peterson and Martin Seligman in *Character Strengths and Virtues* (2004). The strengths are treated as traits resident in the autonomous self.

Global Assessment Tool (GAT). The 105–question self–report survey taken by every soldier annually or before deployment. Scores the soldier on emotional, social, spiritual, and family dimensions (with physical added later).

Hunt the Good Stuff. A daily practice taught within MRT in which soldiers identify and record positive experiences. Conceptually related to gratitude journaling within positive psychology research.

Master Resilience Trainer (MRT). A soldier, spouse, or Department of the Army civilian who has completed the ten–day Master Resilience Training Course and is certified to teach resilience skills within his or her unit.

OSCAR. Operational Stress Control and Readiness. The Marine Corps program that embeds mental health professionals directly within ground units.

Penn Resiliency Program (PRP). The cognitive behavioral resilience training curriculum developed at the University of Pennsylvania Positive Psychology Center, which forms the academic foundation of MRT.

Positive Psychology. The branch of psychology, founded by Martin Seligman during his APA presidency in 1998, which studies positive emotion, positive character, and positive institutions as the conditions of human flourishing.

Stress Continuum. The Navy and Marine Corps color–coded model (green/ready, yellow/reacting, orange/injured, red/ill) used within Operational Stress Control to describe the range of stress responses.

Total Force Fitness (TFF). The Department of Defense umbrella framework, established 2010, under which each service developed its own resilience program.

Warrior Ethos. The set of values articulated by the U.S. Army (Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, Personal Courage) and treated within CSF2 as a source of moral grounding.

Compiled for the Strength for the Weary *military soul-care curriculum, Truth in Love Biblical Counseling. May we continue to walk alongside those who have served, that they would find in Christ the strength that no training program can supply.*

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