



What is Deployment Cycle Resilience Training?

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that's OK – but try to limit to one card for reference)

What is Deployment Cycle Resilience Training (DCRT)?

The training is part of the Deployment Cycle Support Directive and DCS Checklist (DA Form 7631) and is a requirement for all United States Army, Army Reserve, and Army National Guard Soldiers who are deploying or have recently deployed away from their home station for 90 days or more.

What are the six modules of DCRT?

- 1.) Pre-Deployment Resilience Training for Soldiers
Provided 1-6 months prior to deployment
- 2.) Pre-Deployment Resilience Training for Leaders [Pending FY15]
1 hour module provided to leaders

- 3.) Pre-Deployment Resilience Training for Spouses
Not mandatory but must be offered 1-6 months prior to deployment
- 4.) Post-Deployment Resilience Training for Soldiers (Reintegration)
- 5.) Post-Deployment Resilience Training for Soldiers (3-6 Months)
- 6.) Post-Deployment Resilience Training for Spouses (Reintegration)

Are Soldiers spouses required to attend all six modules?
Resilience Training for Spouses, modules 3 & 6 are designed with spouses in mind and are not mandatory but highly advisable.