



AMES IN ACTION

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KENNESAW STATE UNIVERSITY
CENTER FOR THE ADVANCEMENT OF MILITARY AND EMERGENCY SERVICES RESEARCH

AMES RESEARCH CLINICAL CORE IS READY TO BUILD PSYCHOLOGICAL HARDINESS



WHAT DID AMES DO?

The AMES Research Clinical Core recently completed a train-the-trainer session, in which they learned to deliver a psychological hardiness program. Dr. Jason Judkins, an occupational therapist, trained the AMES Research Clinical Core in how to deliver this interactive six-hour program designed to increase an individual's ability to adapt to and respond to stressful life events. The AMES Research Clinical Core then completed a supervised practice session, delivering the psychological hardiness program to KSU students, veterans, and law enforcement professionals.

HOW DOES THIS APPLY TO MILITARY, VETERANS, AND EMERGENCY SERVICES?

Hardiness is grounded in positive psychology and has shown to offer protective factors against stress in military, first responder, and civilian populations. Hardiness is positively related to coping, social support, increased well-being, job performance, life and training satisfaction, and psychological health. Fortunately, hardiness can be learned and improved through training programs such as this one.

HOW CAN YOU APPLY THIS INFORMATION?



FIND TRAINING PROGRAMS



REFRAME CHALLENGES



PROMOTE THE 3 C'S

It is recommended that organizations find a training program designed to improve hardiness. Reach out to the AMES Research Center if your organization is interested in psychological hardiness training.

Confront your perception or viewpoint of challenging events. For example, instead of looking at a challenge as something negative, perform self-talk that persuades you that the challenge is a positive thing for your growth.

The psychological hardiness program focuses on 3 C's: control, commitment, and challenge. To implement these concepts, focus on what is in your control, commit to your goals and relationships, and view challenges with a growth mindset.