

Military Culture 101

Continuing Education Course

Course Available 11/1/14 through 6/30/15

2 Continuing Education Contact Hours

About the Continuing Education Course

For professionals who are working with military service members, veterans, or their families, it is important to understand the military culture. This brief training will provide an overview of the military, an understanding of acronyms and terminology, military ranks, military values, military engagements, recognizing barriers to seeking help, knowledge of support and resources available, recognizing the unique needs of each individual - the service member, the veteran, the military spouse and the military child - and an understanding the military populations you work with starts with understanding the culture.

This course is offered as a noncredit online program through Kansas State University. Instruction strategies include a video lecture (approximately one hour) and a case vignette video (approximately 30 minutes). All course materials are available online only and allow for self-directed learning.

The course cost is \$50 for 2 Continuing Education Contact Hours.

Your assessment of learning is accomplished through an online discussion board following the lecture and video vignette. Completing the online discussion post will allow you to receive Continuing Education Units (CEUs) from Kansas State University. It is your responsibility to verify with your state/governing agency or professional development committee that these CEUs will be accepted.

An Internet connection with a wired broadband connection is recommended. Wireless, mobile, satellite and dial-up connections are not always as fast or stable. We also encourage you to test the readiness of your system before registration. **Please note:** You cannot view portions of program content using mobile devices (iPhone, iPad, or Android devices).

Please contact Dr. Briana S. Nelson Goff, bnelson@k-state.edu or 785-532-1490, if you have questions or need further information about this continuing education course.

[Register Now](#)

[Registration](#) for "Military Culture 101" is handled through the Kansas State University Global Campus (credit card registration only). The course cost is \$50.

<http://www.militaryfamilies.ksu.edu/programs/educationalprograms/militaryculture.html>

Trauma and Traumatic Stress

Course Available 9/1/2014 through 6/30/2015

12 Continuing Education Contact Hours

About the Continuing Education Course

This course is offered as a noncredit online program through Kansas State University. This course will introduce and review the theoretical and historical beginnings of the concept of trauma, which includes the inclusion of posttraumatic stress disorder (PTSD) as a diagnosis in the original DSM III (1980) through DSM-5 (2013). It will highlight the other forms of recognized traumatic events and stressors that have more recently been brought to light. It will discuss various trauma reactions, effects of stressful events, as well as the treatment of trauma. Resilience and transcendence of trauma will be outlined, with an emphasis on the importance of self-care for clinicians and helping professionals working in this area.

Instruction strategies include video lectures, readings, and vignettes. The 12 modules and all course material are available online only and allow for self-directed learning.

The course cost is \$300 for 12 Continuing Education Contact Hours.

Your assessment of learning is accomplished through an online pretest-posttest exam that covers content from all **12 modules**, readings and learning activities. You must achieve a post-test score of **70% for successful program completion**. Passing the test will allow you to receive Continuing Education Units (CEUs) from Kansas State University. It is your responsibility to verify with your state/or governing agency/or professional development committee that these CEUs will be accepted.

Internet Connection with a wired broadband connection is recommended. Wireless, mobile, satellite, and dial-up connections are not always as fast or stable. We also encourage you to test the readiness of your system before registration. Please note: You cannot view portions of program content using mobile devices (iPhone, iPad, or Android devices).

Recommended Texts (not included in course fee)

- Herman, J. (1997). *Trauma and recovery: The aftermath of violence-from domestic abuse to political terror*. New York: Basic Books
- Resick, P. A. (2001). *Stress and trauma*. Philadelphia, PA: Psychology Press
- Additional supplemental readings for selected modules are provided online

Please contact Dr. Briana S. Nelson Goff, bnelson@k-state.edu, 785-532-1490, if you have questions or need further information about this continuing education course.

REGISTER for *Trauma and Traumatic Stress* at the Kansas State University Global Campus (credit card registration only). The course cost is \$300.

<http://www.militaryfamilies.ksu.edu/programs/educationalprograms/traumaticstress.html>