



# Resiliency USASOC Perspective

COL Morgan Banks

Director, Psychological Applications

USASOC



# Perspective



“The United States is suffering from an outbreak of Psychology. In earlier days, this science was kept strictly confined to the colleges, where it had no particular connection with anything at all, and did no visible harm to those who studied it.”

Steven Leacock, 1924



# The Enemy's Viewpoint



...supreme excellence consists in breaking  
the enemy's resistance (*Resilience*)  
without fighting

Sun Tzu, 490 B.C.



# General Thoughts



- The Enemy's Job is to Destroy Resilience.
- Our Job is to Strengthen Resilience (Prepare for Combat).
- Screen, Select, Train, Monitor, Treat.
- Embed Psychologists within Organizations.
- Form a Partnership with Providers.
- If You Build It, They Will Come!



It is the fashion these days to  
make war, and presumably  
it will last a while yet.

Letter from Frederick the Great to Voltaire,  
1742