

ACEP OVERVIEW

WARRIOR RESILIENCE CONFERENCE

3 NOV 09

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“The Psychopathology of the Average”

“If we want to know how fast a human being can run, then it is no use to average out the speed of a ‘good sample’ of the population; it is far better to collect Olympic gold medal winners and see how well they can do...”

On the whole I think it is fair to say that human history is a record of the ways in which human nature has been sold short. The highest possibilities of human nature have practically always been underrated....

Certainly it seems more and more clear that what we call ‘normal’ in psychology is really a psychopathology of the average, so undramatic and so widely spread that we don’t even notice it ordinarily.”

~Abraham Maslow~



Shifting the Training Paradigm

Developing the Entire Human Dimension

ARMY STRONG

Mental Effort
Self Aware
Self-Regulating
Instinctive
Adaptive
Agile

Build Confidence
Establish Purpose
Control Attention
Recover Energy
“See” the Battlefield

“The Next Level”

Physical Effort
Self-Critical
Analytical
Judgmental

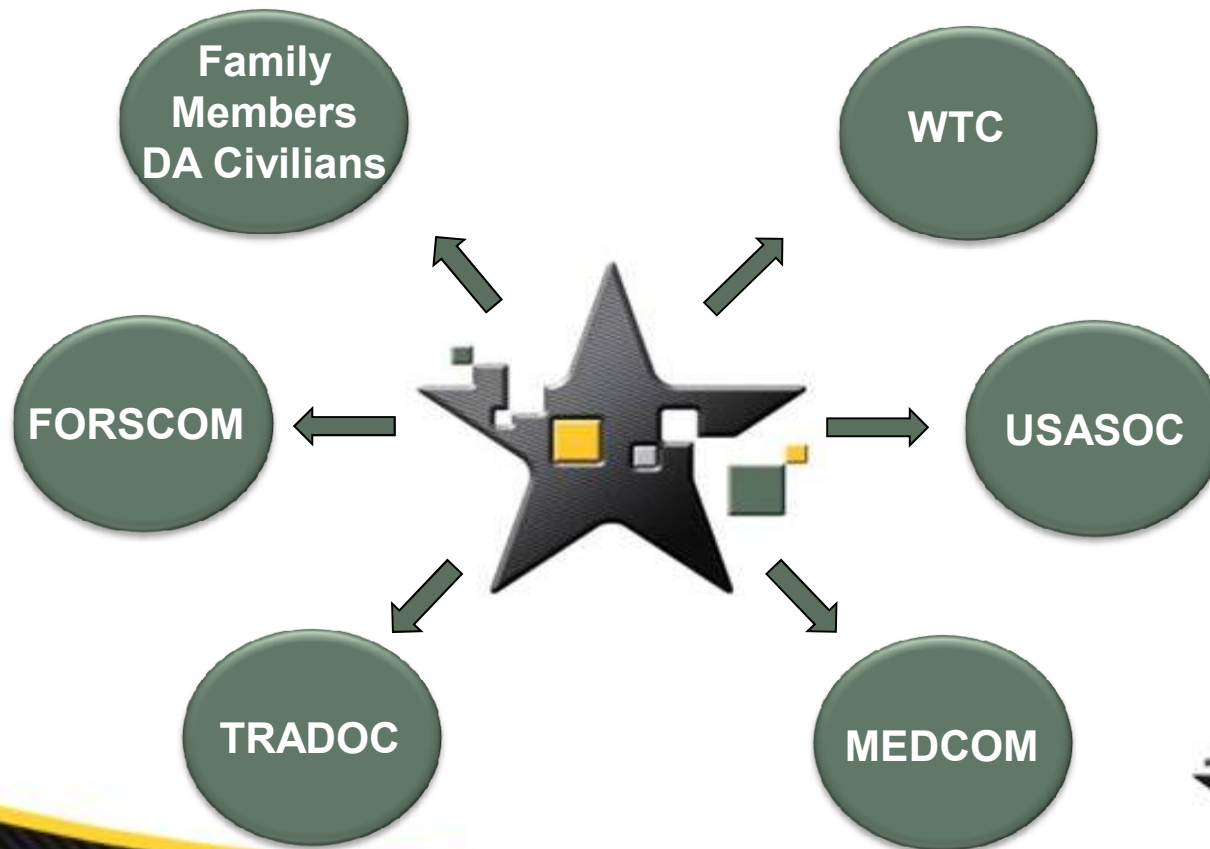
PT
8-Step Tng model
AAR’s
Repetition



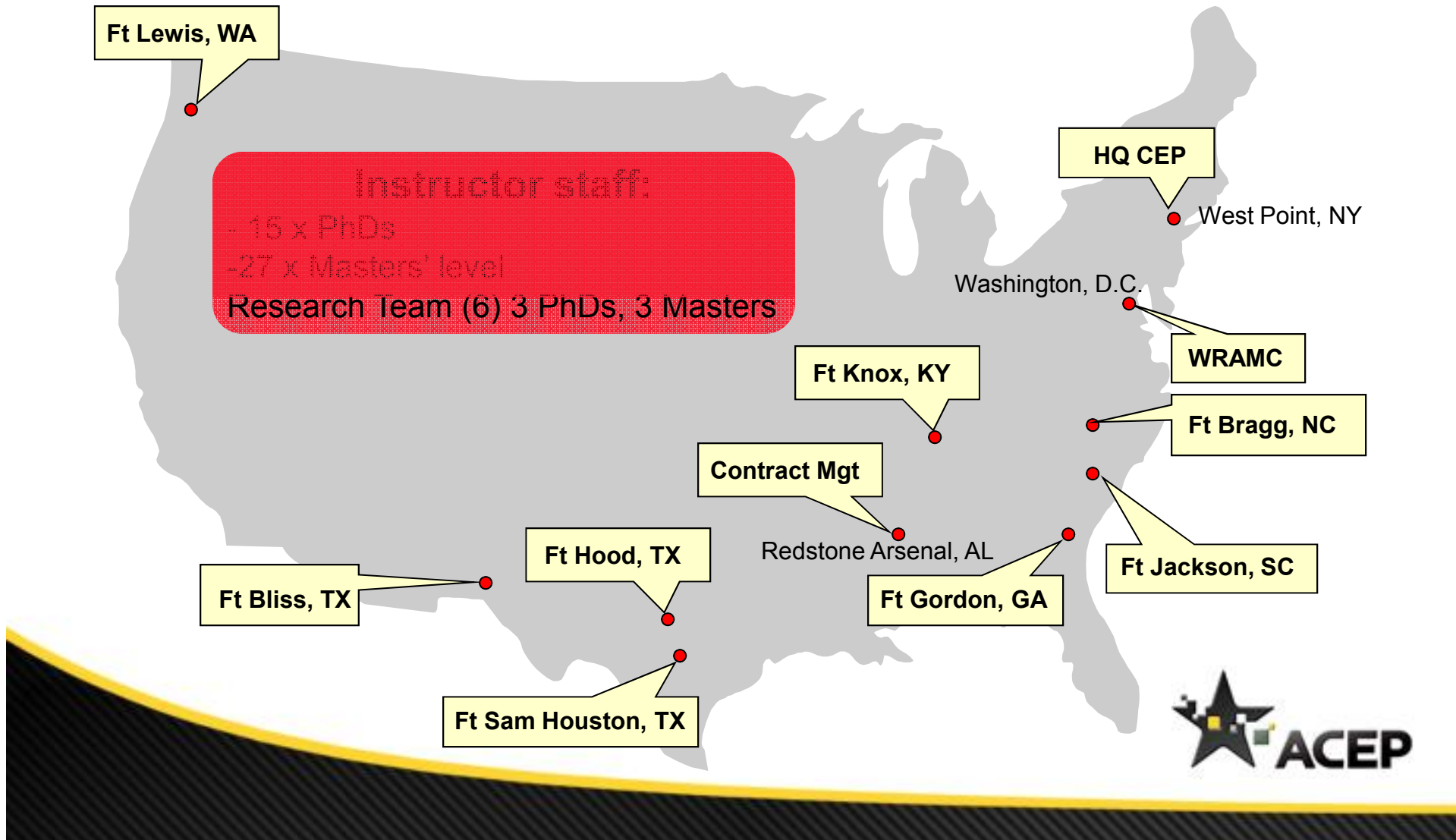
ACEP Mission

The mission of the ACEP is to develop the full potential of Warriors and Family Members using a systematic process to enhance the mental skills essential to the pursuit of personal strength, professional excellence, and the Warrior Ethos.

Current Pilot Mission Sets



Current ACEP Locations



Performance Enhancement: An Overview

Learn about the nature of optimal performance and how to unlock it using mental skills and techniques

Learn practical and effective thinking techniques that develop, sustain, and protect confidence in any situation

Learn goal setting principles to plan, execute, and persevere to overcome challenges and achieve excellence



Learn how to direct, sustain, and shift attention on demand for greater concentration and mental agility

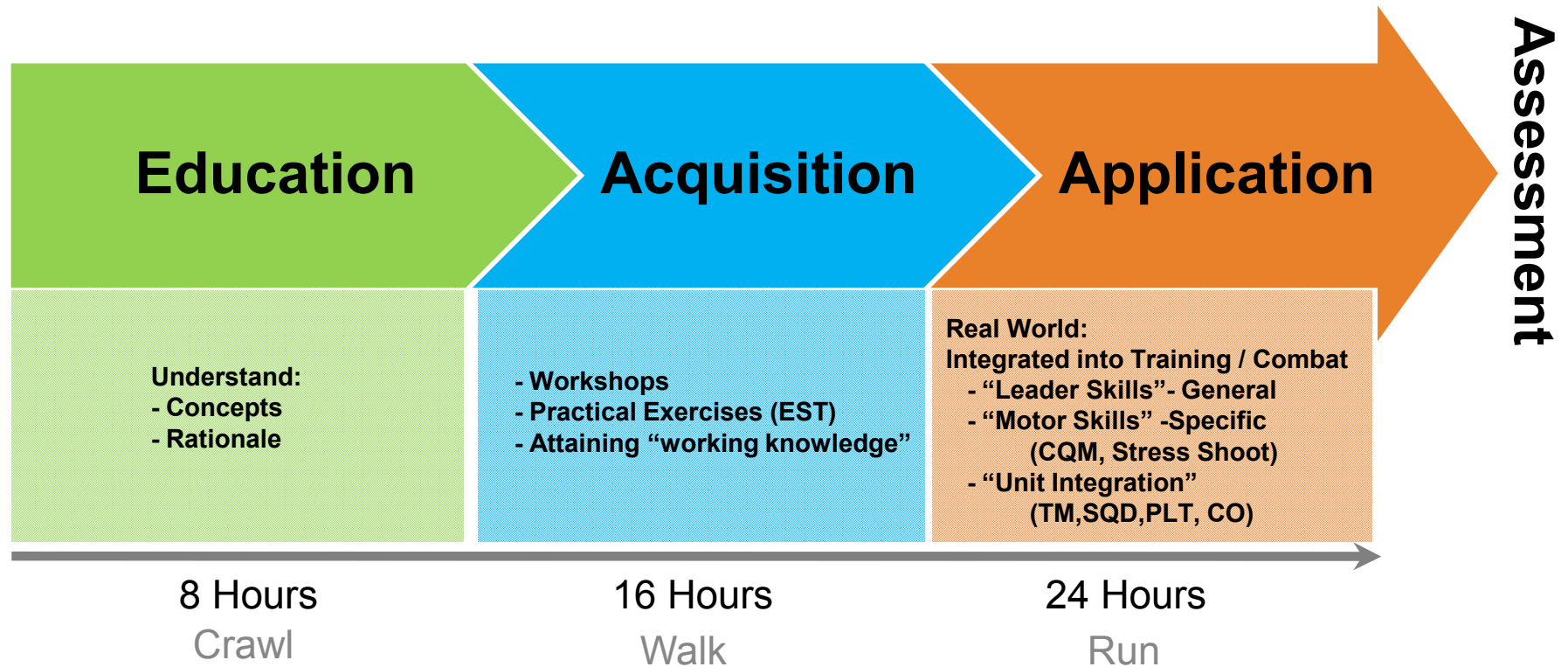
Learn energy management techniques that produce composure under stress, sustain energy, and maximize recovery

Learn the “how to” of mental preparation by using practical imagery techniques to enhance skill development, tactical intuition, and instinctive execution

“Being at your best when it matters most”



ACEP Delivery Model Phases



Research & Program Evaluation

- Comprehensive Literature Review (in progress)
 - Over 637 studies
 - Last comprehensive Sport Psychology literature review conducted in 1996
 - Preliminary analysis shows overwhelming empirical support for ACEP foundations
- Research Studies
- Collaborative Efforts
- Program Evaluation Support



Research Studies / Status

- **Ft. Lewis WTU:**
 - Data collection complete
 - Analysis complete
 - Two journal articles
 - 1 in press
 - 1 in review
- **Ft. Lewis EST:**
 - Data collection complete
 - Analysis complete
 - Baseline data only
 - 1 x Pro journal article in preparation
- **Ft Jackson Pilot:**
 - Data collection complete
 - Analysis complete
- **Ft Jackson Full:**
 - Data collection complete
 - Analysis phase on-going
- **Ft Bragg:**
 - Data collection complete
 - Data analysis on-going
- **Ft. Lewis Stryker Battalion:**
 - Data collection complete
 - Analysis on-going
 - 4 x Pro journal articles submitted and in review
 - 2 x Pro journal articles in preparation



Scientific Manuscripts

- **WTU Self-Esteem:**
 - In press Journal of Instructional Psych
 - Hammermeister, Pickering & Ohlson
- **WTU Skills Mediation:**
 - In review Military Medicine
 - Pickering, Hammermeister, Ohlson, Holliday & Ulmer
- **Anxiety and S-BRM:**
 - In prep, Psychological Reports
 - Pickering & Hammermeister
- **Resilience Mediation:**
 - In review, Journal of Nursing Measurement
 - Hammermeister, Pickering, McGraw, Ohlson
- **CD-RISC Validation:**
 - In review, Journal of Nursing Measurement
 - Pickering & Hammermeister
- **Stryker Skills Cluster and APFT:**
 - In review Military Psychology
 - Hammermeister, Pickering, McGraw & Ohlson
- **Stryker Cluster Psychosocial:**
 - In review, Military Psychology
 - McGraw, Hammermeister, Pickering, Ohlson



Collaborative Efforts

- Walter Reed Army Institute of Research (WRAIR), Washington, D.C.:
 - MFS funded \$3,400,000
- University of Pittsburgh (Pitt):
 - BALT funded \$250,000
- Madigan Army Medical Center (MAMC), Ft. Lewis, WA:
 - TSNRP funded \$90,000
- Walter Reed Army Medical Center (WRAMC)
 - In development
- Keller Army Medical Center (KAMC), West Point, NY:
 - In development



Program Evaluation

Participant Feedback:

80%> Effective

85%> Will Use Skills

85%> Recommend to others

90%> Instructor Effectiveness



- *I have enjoyed and benefited more from this program and instruction than any other I can recall receiving in the military. Well organized and presented. Thank you very much.*
- *This class gave me the skills to organize my goals for transition and findings ways to work with my TBI symptoms – Warrior in Transition (WT)*
- *This training needs to be more wide-spread, ACEP training is a valuable set of tools that can help any unit in the Army*
- *Combat is a thinking man's game...you first need to get your mind right in order to ensure your survival. – SF MSG*



Questions for the Audience

1. During times of adversity, which leader attributes outlined in FM 6-22 *Army Leadership*, is most important for you to be at your best when it matters most?

- a) Confidence
- b) Composure
- c) Mental Agility
- d) Resilience
- e) Warrior Ethos
- f) Other



Questions for the Audience

2. What percentage of your success is directly related to the intangibles of the above listed attributes?

- a) 0-25%
- b) 26-50%
- c) 51-75%
- d) 76-100%



Questions for the Audience

3. How much time do you spend specifically educating and training yourself or your organization on these attributes?

- a) 0-25%
- b) 26-50%
- c) 51-75%
- d) 76-100%



The End

