



Military and Family Life Counseling Program

Military and Family Life Counseling services are available at installation Military and Family Support Centers.

If an installation is not nearby, military service providers can request non-medical counseling services for unit events at <https://supportrequest.militaryonesource.mil>.

Find select Military and Family Life Counseling presentations on the Military OneSource website at <http://www.militaryonesource.mil/confidential-help/mflc>.

Presentation Library Adult Military and Family Life Counselors



Current as of November 2015

Adult Military and Family Life Counselors

Adult military and family life counselors offer briefings and presentations for service members and their families in addition to confidential, in-person non-medical counseling. Explore the wide range of topics available through the Military and Family Life Counseling Program.

ANGER MANAGEMENT

- ▶ Anger Management
- ▶ Anger Management From Combat to Home
- ▶ Controlling Anger

COMMUNICATION

- ▶ Communication and Assertiveness Training
- ▶ Communication Training
- ▶ Coping With Challenges While on R&R
- ▶ Talking to Parents: Effective Parent-Caregiver Communication
- ▶ The Three Cs of Communication

CONFLICT RESOLUTION

- ▶ Conflict Resolution
- ▶ At-risk Service Members: A Guide for Command

DEPLOYMENT

- ▶ Deployment Survival
- ▶ Issues Families Face When the Military Deploys
- ▶ Maintaining a Healthy Marriage During Deployment
- ▶ Making Marriage Work After Deployment
- ▶ Pre-deployment & the Single Service Member
- ▶ Stages of Deployment
- ▶ The Emotional Cycle of Deployment
- ▶ When a Sibling Deploys

GRIEF AND LOSS

- ▶ Mortuary Affairs and Grief Issues
- ▶ Supporting the Bereaved at Home and Downrange
- ▶ Survivor's Guilt
- ▶ What to Say When Someone's Grieving

MARRIAGE AND COUPLES

- ▶ Building Healthy Marriages
- ▶ Challenges Faced by Dual-military Couples
- ▶ Creating Healthy Relationships
- ▶ Facing the Challenges of Divorce
- ▶ Healthy Relationship Skills for Singles
- ▶ Matri-money: Money and Marriage
- ▶ Military Spouse: Commander and Chief on the Home Front
- ▶ Mission-based Marriages
- ▶ Principles of Healthy Relationships and Marriages
- ▶ Recovering from Divorce
- ▶ Reigniting the Passion after Deployment

PARENTING

- ▶ From Couplehood to Parenthood
- ▶ Parenting Skills for the Single Service Member

PROGRAM BRIEFING

- ▶ Effects of Extended Daylight and Darkness
- ▶ Emotional Eating
- ▶ Coping With Transitions
- ▶ Motivational Interviewing



RETURN AND REUNION

- ▶ Family Reunion
- ▶ Homecoming and Reunion
- ▶ Post Combat Risk-taking Behaviors
- ▶ Reintegration
- ▶ Reintegration Challenges for the Single Service Member
- ▶ Return & Reunion Workshop for Spouses
- ▶ Reunion Briefing
- ▶ Reunion: It's a Process, Not an Event
- ▶ Transitioning to Civilian Life
- ▶ From Combat to Home

STRESS MANAGEMENT

- ▶ Balancing Work, Life and Command
- ▶ Building Stress Resiliency: Making Stress Work For You
- ▶ Combat-related Stress Reactions: What Service Members & Family Members Need to Know
- ▶ Coping Skills for the Recruiter Lifestyle
- ▶ Coping Strategies for the Uncertainties of Life
- ▶ Life in Balance: Relaxation and Stress Relief
- ▶ Stress During the Holidays: Maintaining Balance & Stress Resilience
- ▶ Stress Management
- ▶ Stress Reactions and Coping Mechanisms: Honor Guard