



STORY RELEASE



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Dragoon resiliency training aims to build well rounded 2CR Troops

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ROSE BARRACKS, Germany – Resilience is arguably the most important characteristic a U.S. Army Soldier can possess in today's military. Being able to sustain oneself through adversity and the everyday hardships that are a part of every Troops job description is an essential part of maintaining balance and composure.

2nd Cavalry Regiment implemented resiliency training, known as Dragoon Total Fitness, as part of the Army's Comprehensive Soldier Fitness and Family program Feb. 22, here at Rose Barracks.

The Army has developed a training program, with psychologists from the University of Pennsylvania, to teach leaders about resilience, positive psychology and post-traumatic growth. The program, known as the Master Resilience Trainer Course, is now an integral part of the Army's Comprehensive Soldier Fitness and Family program designed to instill resilience within the ranks.

After the training, leaders, now master resilience trainers, take their newly acquired knowledge and tutor Soldiers on how to use the training to their advantage.

The training is designed to help Troops understand and realize things they already have within themselves. It helps them use the tools they have already been given to cope with stressful situations and helps the unit as a whole.

"The training is important because all of us are resilient, we just don't know it," said Sgt. 1st Class Irving Domenech, master resilience trainer for Headquarters and Headquarters Battery, Field Artillery Squadron, 2CR. "Everyone needs to know they are a better person and this training brings that to the surface and not only helps them as a person, but it also helps the unit."

Resiliency training has the ability to help Troops prepare for overseas tours and a continuous implementation of the training helps with reintegration afterwards. It allows for a realization of self-understanding.

“This would definitely give them the tools and resources to better prepare themselves for a deployment,” said Chief Warrant Officer 2 Benjamin Richards, Officer in Charge of the master resilience trainers for 2CR and native of Victoria, Texas. “When we continue to conduct resilience training now through deployment, Soldiers are going to understand themselves. When they are returning they are going to know what sources and skills to use to prepare themselves and deal with certain situations.”

The training helps with the difficulties residing within the tasks Troops are given by helping them realize there is a bigger part of themselves. Even resiliency trainers take experiences away from the classes they give in order to make themselves more qualified to train others.

“The Soldiers need to understand they have so much more to offer and they aren’t just a Soldier in a formation,” said Domenech. “If they know that and feel that way, the mission would be so much easier. I went to the training and it was an eye opener. Just when you think you know yourself, the actual training will help you understand yourself better than you thought.”

A focus on the resiliency of Troops and Family Members is an essential part of life in 2CR because of the many obstacles Troops face and overcome.

“We are a very unique unit and we have a lot of exercises and missions,” said Richards. “The Soldiers are asked a lot from the Regiment and because of that, it’s very important to focus on comprehensive Soldier and Family fitness.”