



Military Culture and Terminology: Enhancing Clinical Competence

Center for Deployment Psychology
Uniformed Services University of the Health Sciences



Disclaimer

The views expressed are those of the presenters and do not necessarily reflect the opinions of the Uniformed Services University of the Health Sciences, the Department of Defense, or the U.S. Government.



Purpose

- Establish a functional understanding of military culture.
- Develop a comfort level with the organization, structure, branches, and subcultures of the military.
- Understand elements that identify a service member as a member of the military culture.
- Become familiar with military language and terminology.



Presentation Objectives

- The United States Military
 - What is it?
 - Who runs it?
 - How is it organized?
- Military Culture
 - The Basic Elements of Culture
 - Military Culture: Information You Should Know
- Military Language & General Terminology
 - General Terms & Acronyms
 - Deployment-Related Terms & Acronyms



5



United States Military

- The United States Military
 - What is it?
 - Seven federally established Uniformed Services of the United States
 - Four departments:

DHHS

DOC

DOD

DHS



6



Uniformed Services of the United States

Noncombatant Uniformed Services



Department of Health & Human Services (DHHS)

U.S. Public Health Service Commissioned Corps



Department of Commerce (DOC)

National Oceanic & Atmospheric Administration Commissioned Corps



7



The “Armed Forces”

Department of Defense (DOD)



United States Army (USA) – Jun 14, 1775



United States Navy (USN) – Oct 13, 1775



United States Marine Corps (USMC) – Nov 10, 1775



United States Air Force (USAF) – Sept 18, 1947



8



Department of Homeland Security
(DHS)



United States Coast Guard (USCG) –
August 4, 1790

The Coast Guard also operates under the
Department of Defense during wartime, and in
military operations.



The National Guard of the United States



Army National Guard



Air National Guard



National Guard: Some Important Details

- A reserve military force: State National Guard militia members/units
- All 50 states (U.S. territories)
- State governors or territorial adjutant general
- Called up for active duty by their respective states
- CAN BE mobilized for active duty during times of war (or of national emergency), as declared by Congress, the President, Secretary of Defense
- CAN BE mobilized individually through voluntary transfers and Temporary Duty Assignments



National Guard: You Should Be Aware That...

- Prior to September 11, 2001, National Guard's policy: Guardsmen would be required to serve no more than one year cumulative on active duty (with no more than six months overseas) for each five years of regular drill
- Post 9/11: mobilization time was increased to 18 months (with no more than one year overseas)
- With the invasion of Iraq: mobilization time increased to 24 months
- August 2007: soldiers will be given 24 months between deployments of no more than 24 months

*Individual states may have differing policies.



...and Reserves

- Primary Distinction from National Guard:
 - A **Federal** Entity versus A **State** Entity
 - Army Reserves
 - Navy Reserves
 - Air Force Reserves
 - Marines Corps Reserves
 - Coast Guard Reserves
- One weekend a month, two weeks a year
- Organized, trained, and equipped similarly to active duty components



Military Culture Perspective from the Top

The Armed Forces
Who runs it?
How is it organized?

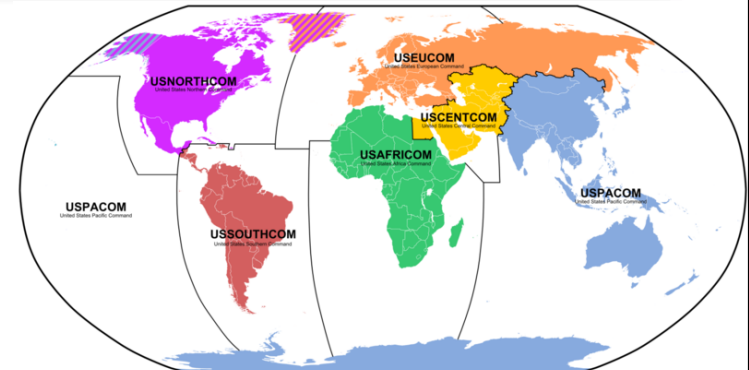


The Armed Forces: The President & Congress

- The United States Constitution
 - Ultimately rests responsibility for the nation's defense upon the shoulders of the President
 - Congress has no direct constitutional authority over the conduct of war
- The Chain of Command
 - President – Commander-in-Chief of the Military.
 - Secretary of Defense
 - Combatant Commanders



Combatant Commanders' Areas of Responsibility





Basic Elements of Culture

- Common to all
 - Ceremonies, Rituals, Rites, & Celebrations
 - Symbols, Artifacts, & Symbolic Actions
 - Histories, Stories, Legends, & Myths
 - Beliefs, Values, & Attitudes
 - Rules, Taboos, & Ethical Codes
 - Language & Technology



Military Culture



Military Culture

- **Cultural Elements Common to all Branches:**
- An Organizational Structure
 - Shapes roles and responsibilities
- Army
 - Corps > Division > Brigade > Battalion > Company > Platoon > Squad
- Air Force
 - Wing > Group > Squadron > Flight > Section > Element
- Marine Corps
 - Division > Regiment > Battalion > Company > Platoon > Squad > Team
- Navy – organizational structure is complex – in general there are...
 - Operating Forces - consisting primarily of combat and service forces
 - Shore Establishment – which provide support to the Operating Forces



Military Culture

- Chain of Command (CoC)
 - Most salient feature of military culture
 - Clearly defines individual's roles, responsibilities, and anticipated behaviors
 - Determines who may speak to whom & when. A "Lawful Order."
 - Determines who lives where (Officer quarters, Senior enlisted quarters, etc.)
 - Defines social and economic status (Officer housing, Senior enlisted housing, junior enlisted housing, fraternization, etc.)
 - Defines and shapes roles and responsibilities
 - "Stay in your pay grade"
 - "Stay in your Lane"



Military Culture

United States Military Rank Structure

Officers & Enlisted



Military Culture

Commissioned Officer Ranks

0-1	0-2	0-3	0-4	0-5	0-6	0-7	0-8	0-9	0-10	SPECIAL
Second Lieutenant (2LT)	First Lieutenant (1LT)	Captain (CPT)	Major (MAJ)	Lieutenant Colonel (LTC)	Colonel (COL)	Brigadier General (BG)	Major General (MG)	Lieutenant General (LTG)	General (GEN)	General of the Army (GA)

ENS LTJG LT LCDR CDR CAPT

Navy

Rank of CAPT is a pivotal rank amongst Commissioned Officers
Note that a CAPT in the Navy is a COL in other Services.



Military Culture

- Understanding Officer Roles and Responsibilities
- Officers are:
 - leaders
 - organizers
 - strategists
 - managers
 - “THE MILITARY OFFICER must fill a number of roles, often simultaneously . . . as a warfighter, as the Nation’s servant, as a member of the profession of arms, and as a leader of character.”



Enlisted Ranks

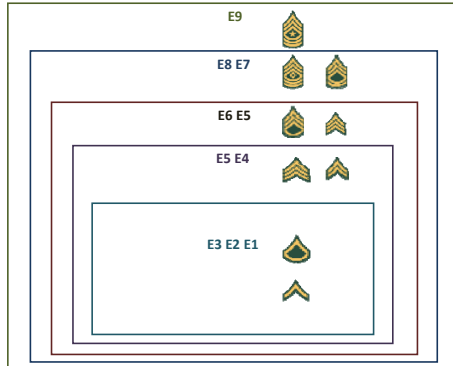
E-1	E-2	E-3	E-4	E-5	E-6	E-7	E-8	E-9	SEMPER PARVUS				
no insignia Private E-1 (PV1)	 Private E-2 (PV2)	 Private First Class (PFC)	 Corporal (CPL)	 Sergeant (SGT)	 Staff Sergeant (SSG)	 Sergeant First Class (SFC)	 Master Sergeant (MSG)	 First Sergeant (1SG)	 Sergeant Major (SGM)	 Command Sergeant Major (CSM)	 Sergeant Major of the Army (SMA)		
no insignia Private (PV)	 Private First Class (PFC)	 Lance Corporal (LDC)	 Corporal (CPL)	 Sergeant (SGT)	 Staff Sergeant (SSG)	 Gunnery Sergeant (GySgt)	 Master Sergeant (MSG)	 First Sergeant (1stSgt)	 Master Sergeant (MSG)	 Sergeant Major (SgtMaj)	 Sergeant Major of the Marine Corps (SgtMajMC)		
no insignia Airman Basic (AB)	 Airman (Amm)	 Airman First Class (A1C)	 Senior Airman (SrA)	 Staff Sergeant (SSgt)	 Technical Sergeant (TSgt)	 Master Sergeant (MSG)	 First Sergeant (E-7)	 Senior Master Sergeant (SMSgt)	 First Sergeant (E-8)	 Chief Master Sergeant (CMSgt)	 First Sergeant (E-9)	 Command Chief Master Sergeant (CCM)	 Chief Master Sergeant of the Air Force (CMSAF)
no insignia Seaman Recruit (SR)	 Seaman Apprentice (SA)	 Seaman (SN)	 Petty Officer Third Class (PO3)	 Petty Officer Second Class (PO2)	 Petty Officer First Class (PO1)	 Chief Petty Officer (CPO)	 Senior Chief Petty Officer (SCPO)	 Master Chief Petty Officer (MCPO)	 Force or Fleet Command Master Chief Petty Officer (FLTCM)	 Master Chief Petty Officer of the Navy (MCPON)	 Master Chief Petty Officer of the Coast Guard (MCPON-CG)		
Seaman Recruit (SR)	Seaman Apprentice (SA)	Seaman (SN)	Petty Officer Third Class (PO3)	Petty Officer Second Class (PO2)	Petty Officer First Class (PO1)	Chief Petty Officer (CPO)	Senior Chief Petty Officer (SCPO)	Master Chief Petty Officer (MCPO)	Force or Fleet Command Master Chief Petty Officer (FLTCM)	Master Chief Petty Officer of the Navy (MCPON)	Master Chief Petty Officer of the Coast Guard (MCPON-CG)		





Military Culture

- Understanding enlisted roles and responsibilities
- The more stripes...



25



Military Culture Promotes

- An ordered and disciplined social environment through rituals, ceremonies, and celebrations:
 - Example:
 - The Uniform
 - Everybody gets one
 - Generally speaking – the SAME one
 - Uniform differences can denote Social Status, Job Duties, etc.



26



Military Culture Promotes

- An ordered and disciplined social environment through rituals, ceremonies, and celebrations:
 - Example:
 - The Salute – a show of respect
 - Enlisted Service Members Salute Officers
 - Junior Officers Salute Senior Officer
 - Enlisted Service Members do not salute each other regardless of rank



27



Military Culture Promotes

- An ordered and disciplined social environment through rituals, ceremonies, and celebrations:
 - Example:
 - Ribbons, Medals, and Honors
 - Uniform Inspections
 - Promotions – Timely and Consistent
 - Celebrations – Birthday Balls and Long Weekends
 - Ceremonies – Change of Command, Promotions, and Retirements



28



Military Culture Promotes

- An ordered and disciplined social environment through rituals, ceremonies, and celebrations:
 - Example:
 - The Military Installation
 - “A Gated Community”



Military Culture Promotes

- An ordered and disciplined social environment through its beliefs, values, and attitudes
- Army Values
 - Loyalty * Duty * Respect * Selfless Service * Honor * Integrity * Personal Courage

“Army Strong”

“I am a guardian of freedom and the American way of life.”



Military Culture Promotes

- An ordered and disciplined social environment through its beliefs, values, and attitudes
- Navy Core Values
 - Honor * Courage * Commitment

“It's Not Just a Job. It's an Adventure”

“I represent the fighting spirit of the Navy and those who have gone before me to defend freedom and democracy around the world.”



Military Culture Promotes

- An ordered and disciplined social environment through its beliefs, values, and attitudes
- Air Force Core Values
 - Integrity First * Service Before Self * Excellence in all we do...

“My mission is to fly, fight, and win.”

“It's not science fiction; it's what we do every day!”



Military Culture Promotes

- An ordered and disciplined social environment through its beliefs, values, and attitudes
- Marines Core Values
 - Honor * Courage * Commitment

“My rifle and myself are the defenders of my country.”

“Marines never give up, never give in, never willingly accept second best.”



Military Culture Promotes

- An ordered and disciplined social environment through its beliefs, values, and attitudes

“In war there is no substitute for victory.”

“I am a soldier, I fight where I am told, and I win where I fight.”

“We are not retreating - we are advancing in another direction.”

“If you can't get them to salute when they should salute and wear the clothes you tell them to wear, how are you going to get them to die for their country?”



Rules, Taboos, & Ethical Codes

- Disrespecting an NCO
- Disrespecting an Officer
- “Jumping” the CoC
- Fraternalization
- Uniform Code of Military Justice (UCMJ)
 - An Article 15 – Non-Judicial Punishment
- Dishonorable Discharge



Military Culture

- The Military Culture is a Dynamic Culture
 - The Decision to Belong is a Conscious One
 - You don't wake up one day and determine you are a part of it, to the contrary – you go looking for it
- Beliefs, Values, and Attitudes:
 - Are instilled from day one (Boot Camp)
 - Are passed on without question
 - Are acceptable to the individual



Military Culture

- BIG THINGS happen in small groups
 - Names/Terms Used:
 - Patrol
 - Convoy
 - Squad
 - Team
 - PSD (Personal Security Detail)
 - PRTs (Provincial Reconstruction Teams)
 - MiTTs (Military Transition Team) (“MiT Team”)
 - QRF (Quick Reaction Force)



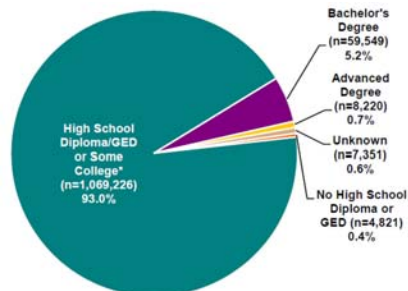
Military Culture

- Who are these individuals?
 - Across ALL uniformed services, combining both Enlisted and Officer, data indicates the average trends:
 - The majority come from middle income families
 - The majority have graduated high school with more than a GED
 - Minorities: NOT overrepresented in military



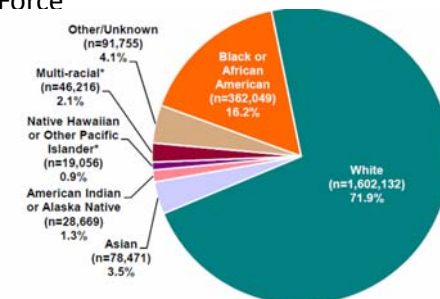
Military Culture

- Majority have graduated H.S. with more than a GED
 - Active Duty Enlisted Education Level
 - (N = 1,149,167)
 - H.S. Diploma = 93%
 - BA Degree = 5.2%



Military Culture

- Minorities: NOT overrepresented in Military
 - Race of Active Duty Force
 - (N = 2,228,348)
 - White = 71.9%
 - Minority = 28.1%
- Comparable to Census Bureau statistics





Military Culture

- And, why do they join?

Family tradition * Transition to man/womanhood
To serve country * Support family * Friend did it
Get out of trouble with the law * Do something noble
with life * Give life (death) a purpose * Protect
people, country and way of life * Be a part of team;
something bigger than self * Inherent sense of
Selflessness * College money * Free medical care *
Travel * Get out of poverty * Leave unhealthy family environment



Subcultures

- Be aware of military subcultures (different cultures within the larger military culture)
 - Medical providers, infantry, Special Forces, Rangers, etc.
- Influences individual's military experiences differently
- Culture is different among service branches, units, and teams
 - Example: the Marines are thought of as culturally "different" from the other branches of service



Subcultures: National Guard & Reserves vs. Active Duty

- "Weekend Warriors"
 - A subculture of citizen soldiers
 - Viewed differently by Active Duty Components
 - May or may not adopt military culture in its fullness



Subcultures: National Guard & Reserves vs. Active Duty

- "Weekend Warriors"
 - Hesitant to bring dependents into the fold (knowing that it is only a temporary change)
 - Dependents feel more "out of the loop"
 - Typical services and benefits may not be readily available
 - Typically "disperse" back into the community after deployment



Military Dependents

- The key cultural elements of the military, cohesion, camaraderie and esprit de corps, apply to military families as well.
- Military families have a unique lifestyle, including values, norms, stressors, and risk factors that may vary from the civilian population

“When something happens, we are a big family. We take care of each other.”



Military Dependents

	Active Duty Members*		Family Members**		Total DoD and Families		Ratio of AD Members to Family Members
	N	%	N	%	N	%	
Army	546,057	38.3%	880,743	61.7%	1,426,800	100.0%	1 to 1.6
Navy	314,339	43.9%	401,728	56.1%	716,067	100.0%	1 to 1.3
Marine Corps	198,820	48.2%	213,646	51.8%	412,466	100.0%	1 to 1.1
Air Force	328,812	42.5%	445,552	57.5%	774,364	100.0%	1 to 1.4
Total DoD	1,388,028	41.7%	1,941,669	58.3%	3,329,697	100.0%	1 to 1.4

** Active Duty members include both married and single members.
** Family members include spouses, children, and adult dependents.



Military Families



Dependents

- Spouse
- Same sex-spouses
- Children
- Step-children

Non-Dependents

- Parents
- Siblings
- Extended Family
- Partners
- Adult Children



Military Dependents

The screenshot shows a White House blog post from December 22, 2010. The title is "PRESIDENT OBAMA AND THE LGBT COMMUNITY". The post includes a photo of President Obama and Vice President Biden with a group of people. The text of the post discusses the President's support for the military and the LGBT community, mentioning the repeal of the Don't Ask, Don't Tell (DADT) policy. The post is dated December 22, 2010, at 10:23 AM EST.



Military Dependents

- Repeal of DOMA
 - “Defense of Marriage Act” found unconstitutional by the US Supreme Court
 - DoD will extend benefits to same-sex domestic partners of military members
 - Military health insurance
 - Increased base and housing allowance
 - Relocation assistance
 - Surviving spousal benefits



SECRETARY OF DEFENSE
2008 DEFENSE PRESSION
WASHINGTON, DC 20301-1000
FEB 11, 2010

MEMORANDUM FOR SECRETARIES OF THE MILITARY DEPARTMENTS
ACTING UNDER SECRETARY OF DEFENSE FOR PERSONNEL
AND READINESS

SUBJECT: Extending Benefits to Same-Sex Domestic Partners of Military Members

The implementation of the repeal of the “Don’t Ask, Don’t Tell” law has been met effectively by leaders throughout the chain of command and to now successfully completed. Discriminatory based on sexual orientation is no longer a problem in the military. Military leaders are ensuring that all America’s sons and daughters who volunteer to serve our Nation as soldiers are treated with equal dignity and respect, regardless of their sexual orientation. Our work must now expand to changing our policies and practices to ensure fairness and equal treatment and to bring care of all of our service members and their families to the same elevated level.

It is imperative that to address the question of the benefits we will extend to same-sex domestic partners of military service members. There are currently 20 educational, service, and travel and transportation benefits that are available to dependents of the service member. A list of these member-developed benefits is contained in Attachment 1.

At the direction of the President, the Department has conducted a careful and deliberate review of the benefits currently provided to the families of service members. We have now identified additional family member and dependent benefits that we can lawfully provide to same-sex domestic partners of military service members and their children through changes to Department of Defense policies and regulations. A list of these benefits is contained in Attachment 2. These benefits shall be available to the same-sex domestic partners and, where applicable, children of service members, until the service members and their same-sex domestic partners have signed a declaration attesting to the existence of their committed relationship. A final copy of the proposed directive is in Attachment 3.





Implementation of these benefit changes will require substantial policy review, testing, and the use of identification cards, technical upgrades. However, it is my expectation that these benefits will be made available to same-sex domestic partners as expeditiously as possible. The Military Services will submit their offer to receive eligible same-sex domestic partners of service members and their families’ request for benefits listed in Attachment 2 by August 31, 2011, but no later than October 1, 2011. The Acting Under Secretary of Defense for Personnel and Readiness, in coordination with the Military Departments, The Military Departments will submit their replies on their progress implementing this directive through the Acting Under Secretary of Defense for Personnel and Readiness.



Engaging the Culture with Confidence



Some Opening Questions

- What branch of service are you (were you) in?
 -  Soldier
 -  Sailor
 -  Airman
 -  Marine
- What is/was your Military Occupational Specialty (MOS), Navy Enlisted Classification (NEC), or Air Force Specialty Code (AFSC)? (Army & Marines both use MOS)
- Were you an Officer or Enlisted?
- Why did you join the military? Why did you join the specific branch of service that you did?



Some Opening Questions

- What was your rank?
- Did you deploy?
- How many times?
- To where?
- Did you stay with your unit?
- What did you do while deployed?





Military Language and Terminology

- Some common acronyms and phrases you should know
 - **CONUS/OCONUS** – Continental US/ Outside Continental US
 - **Post** - Army installation
 - **Base** - Air Force or Navy Installation
 - **Camp** - Marine Corps Installation
 - Marines also use Base for Aviation Installations



Military Language and Terminology

- Some common acronyms and phrases you should know
 - **PCS** – Permanent Change of Station (Relocating)
 - **TDY** - Temporary Duty
 - **Leave** - Off Duty - (usually vacation)
 - **AWOL** - (“ A-Wall”) - Absent without Leave
 - **UA** – Unauthorized Absence
 - **MEB** – Medical Evaluation Board



Military Language and Terminology

- Deployment-Specific
 - **MOB/DEMOB** – (“MOB” as in Mobilize) Mobilization/Demobilization
 - **OIF/OND/OEF** –
 - **Operation Iraqi Freedom** is the military campaign that began in March 2003 with the invasion of Iraq and ended September 2011
 - **Operation New Dawn** is the withdrawal of troops September–December 2011
 - **Operation Enduring Freedom** is the official name used by the U.S. Government for the war in Afghanistan
 - **BOG** – “ Boots on the Ground”
 - **CHU** – “ Chew” Containerized Housing Unit “CHUville”
 - **FOB** – “ FOB” - rhymes with “Bob” Forward Operating Base
 - **COP** – Combat Outpost



Military Language and Terminology

- Deployment-Specific
 - **MRAP** – (“m-wrap”) Mine Resistant Ambush Protected Vehicle
 - **IED** – Improvised Explosive Device
 - **VBED** – (“ V-Bed”) Vehicle Borne Explosive Device
 - **DFAC** – (“ D-Fac”) dining facility, mess hall
 - **IBCT** – Infantry Brigade Combat Team
 - **SBCT** – Stryker Brigade Combat Team
 - **HBCT** – Heavy Brigade Combat Team
 - **HMMWV** – (“Humvee”) High Mobility Multi-purpose Wheeled Vehicle –



Military Language and Terminology

- Deployment-Specific
 - **Kevlar** – Typically the helmet made of the material Kevlar
 - **IOTV** – Improved Outer Tactical Vest
 - **MRE** –Meal Read to Eat
 - **OPTEMPO** – (“ Op-tempo”) Operations Tempo
 - **COSC** – (“COS”) Combat Operational Stress Control

http://www.dtic.mil/doctrine/jel/doddict/acronym_index.html



57



Military Language and Terminology

- Deployment-Specific
 - **Outside the wire** – Off the base
 - **Inside the wire** – On the base
 - **Down range** – Deployed
 - **Fobbit** (“Fobbit” - rhymes with “Hobbit”)
 - **Battle Rattle** – Tactical gear (e.g., body armor, ammo, etc)
 - **Gunner** – “My Gunner”
 - **Driver**
 - **“11 Bravo”** – Infantryman



58

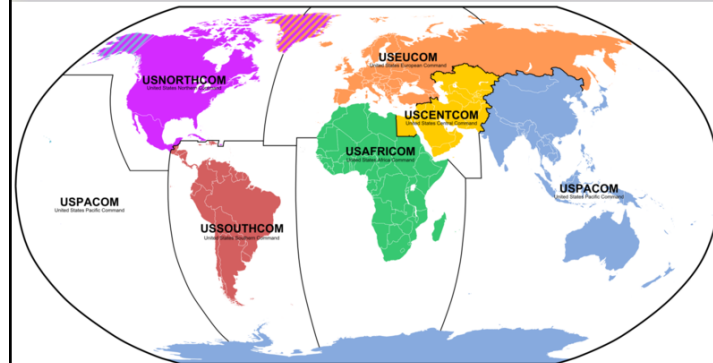


Military Language and Terminology

- Deployment-Specific
 - Theater Clinic
 - Landstuhl Regional Medical Center:
 - located near Landstuhl, Germany it serves as the nearest full service hospital treatment center for wounded soldiers coming from Iraq and Afghanistan
 - **MEDEVAC** - Medical Evacuation
 - **WTB/WTU** – Warrior Transition Battalion/Warrior Transition Unit



59



60



CDP Website: Deploymentpsych.org

Features include:

- Descriptions and schedules of upcoming training events
- Blog updated daily with a range of relevant content
- Articles by subject matter experts related to deployment psychology, including PTSD, mTBI, depression, and insomnia
- Other resources and information for behavioral health providers
- Links to CDP's Facebook page and Twitter feed



61



Online Learning

The following online courses are located on the CDP website at:

<http://www.deploymentpsych.org/content/online-courses>

NOTE: All of these courses can be take for free or for CE Credits for a fee

- Cognitive Processing Therapy (CPT) for PTSD in Veterans and Military Personnel (1.25 CE Credits)
- Prolonged Exposure Therapy for PTSD in Veterans and Military Personnel (1.25 CE Credits)
- Epidemiology of PTSD in Veterans: Working with Service Members and Veterans with PTSD (1.5 CE Credits)
- Provider Resiliency and Self-Care: An Ethical Issue (1 CE Credit)
- Military Cultural Competence (1.25 CE Credits)
- The Impact of Deployment and Combat Stress on Families and Children, Part 1 (2.25 CE Credits)
- The Impact of Deployment and Combat Stress on Families and Children, Part 2 (1.75 CE Credits)
- The Fundamentals of Traumatic Brain Injury (TBI) (1.5 CE Credits)
- Identification, Prevention, & Treatment of Suicidal Behavior in Service Members & Veterans (2.25 CE Credits)
- Depression in Service Members and Veterans (1.25 CE Credits)

All of these courses and several others are contained in the Serving Our Veterans Behavioral Health Certificate program, which also includes 20+ hours of Continuing Education Credits for \$350.



62



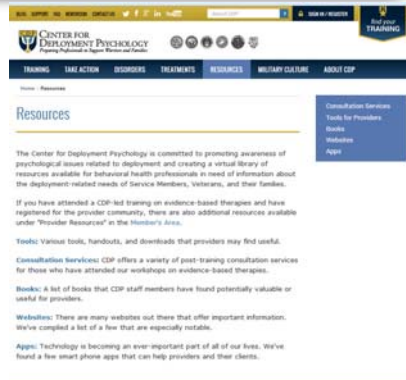
Provider Support

CDP's "Provider Portal" is exclusively for individuals trained by the CDP in evidence-based psychotherapies (e.g., CPT, PE, and CBT-I)

Features include:

- Consultation message boards
- Hosted consultation calls
- Printable fact sheets, manuals, handouts, and other materials
- FAQs and one-on-one interaction with answers from SMEs
- Videos, webinars, and other multimedia training aids

Participants in CDP's evidence-based training will automatically receive an email instructing them how to activate their user name and access the "Provider Portal" section at Deploymentpsych.org.



63



How to Contact Us

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64