



How to register for the course

US Army - Active Duty Enlisted

Complete and email a signed DA Form 3838 to the COSC program manager at COSC.DA3838@AMEDD.ARMY.MIL. If selected for attendance you will be notified and we will enter a reservation into the ATRRS.

US Army - Active Duty Officers

Complete and email a signed DA Form 3838 to S-1 / Human Resource Command (HRC) Career manager. ATRRS: School Code 081, Course # 6I-F9/302-F31

US Navy and USPHS

Contact your normal unit schools system to submit the request into the ATRRS, and to request funding with your unit funds. ATRRS: School Code: 081, Course # 6I-F9/302-F31

US Air Force

Air Force members on tasking for deployment, contact representative from 2d AF

US Army Reserve and National Guard Components-Officer and Enlisted members. Contact your unit training NCO to submit the request into the ATRRS A-1 application process. ATRRS: School Code: 081, Course # 6I-F9/302-F31

Course Locations

- Resident Courses held in San Antonio, TX
- Off-site Courses held in Germany and Hawaii for OCONUS personnel stationed in those areas
- Mobile Training Team (MTT) Courses can be held at Med Det (CSC) locations

Points of Contact

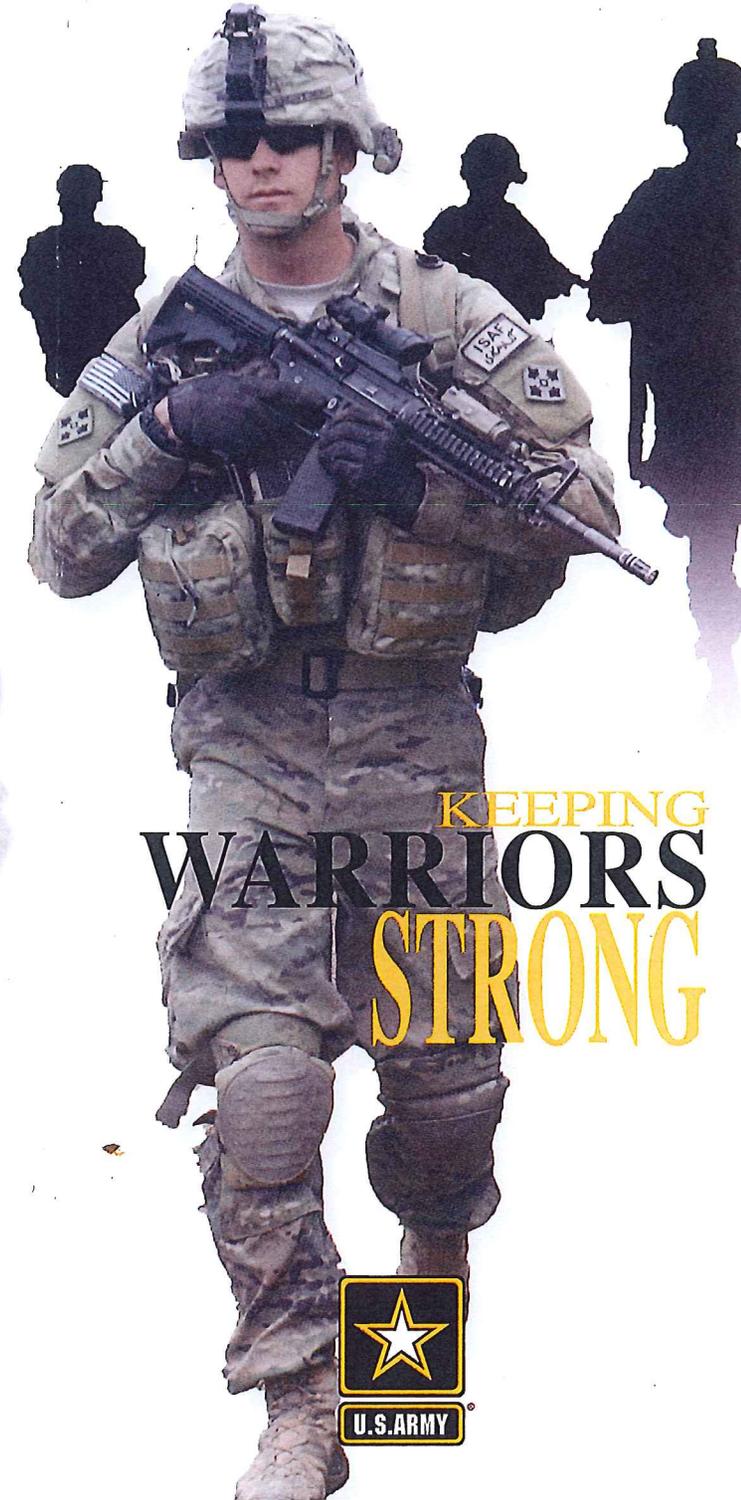
Email: COSC@amedd.army.mil

Registration website:

<https://www.us.army.mil/suite/page/619086>
(AKO/DKO login required)



Academy of Health Sciences
Attn: MCCS HPS
Dept of Behavioral Health Sciences
363 Stanley Rd STE 031
Fort Sam Houston, TX 78234-6100



Combat and Operational Stress Control (COSC) Course

What is the purpose of COSC?

COSC is a Commander's program focused on optimizing mission performance; conserving the fighting strength; and preventing or minimizing the adverse effects of combat and operation stress reactions on Warriors and their physical, psychological, intellectual, and social health.

The ultimate goal is to return Warriors to duty.

Where and when can I get training in COSC?

The COSC Course is a 40-hour course designed to enhance and update the skills and knowledge of Behavioral Health and Unit Ministry Team Members of the US Military.

The course exposes each student to US Army doctrinal tenets of COSC along with an opportunity to understand and practice some of the skills underlying the COSC functional areas. As a required course for deploying MEDCOM Army Behavioral Health Providers and Technicians, it is focused on theater-specific issues faced by US Forces deployed.

Who should attend?

This course is designed for a broad audience with varied knowledge, skills, and experience. Students are Active Duty, Reserve, and National Guard members of all uniformed Services from the following specialties:

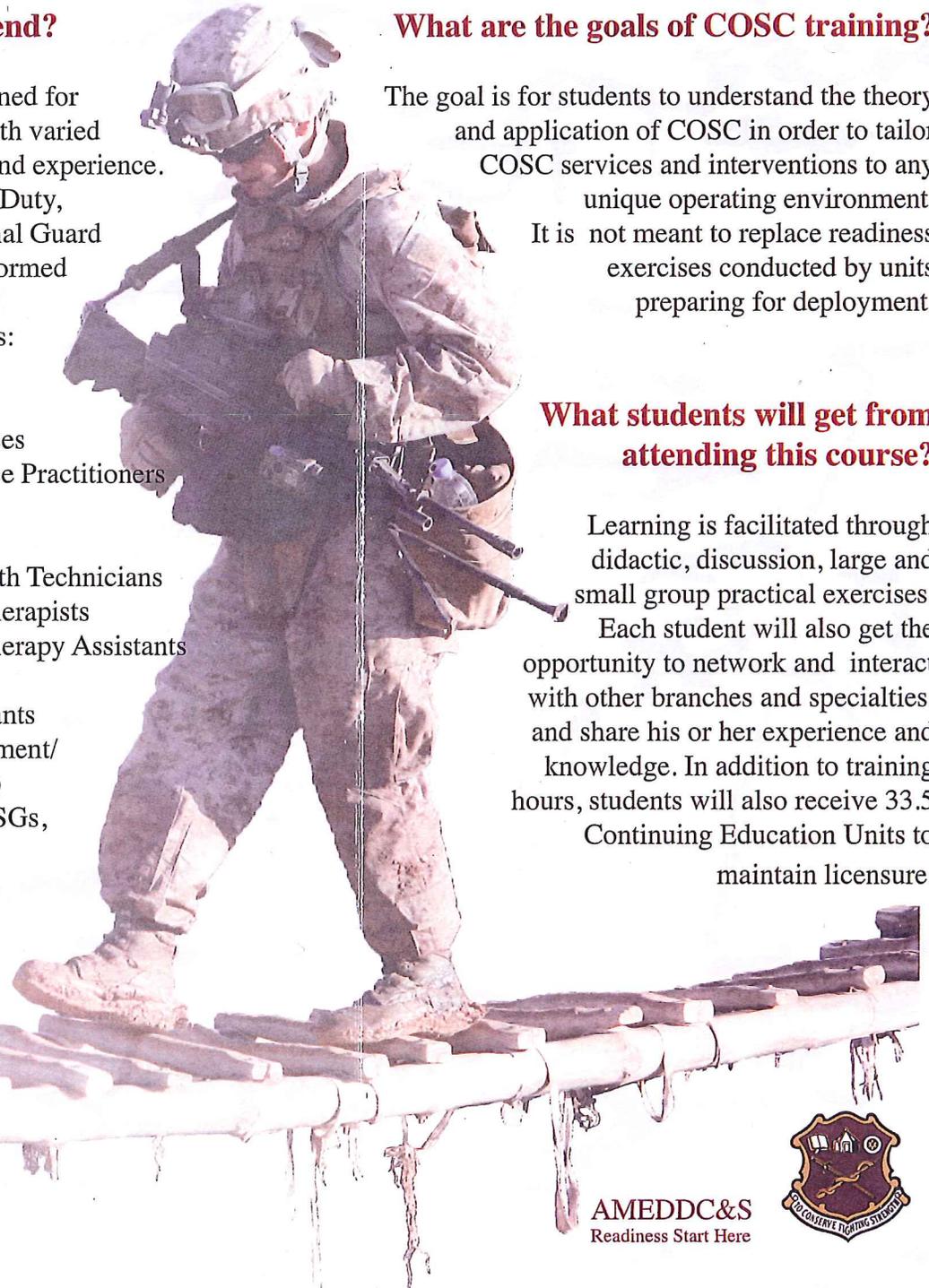
- o Psychiatrists
- o Psychiatric Nurses
- o Psychiatric Nurse Practitioners
- o Psychologists
- o Social Workers
- o Behavioral Health Technicians
- o Occupational Therapists
- o Occupational Therapy Assistants
- o Chaplains
- o Chaplain Assistants
- o Medical Detachment/ Company (CSC) Commanders, 1SGs, and Detachment Sergeants

What are the goals of COSC training?

The goal is for students to understand the theory and application of COSC in order to tailor COSC services and interventions to any unique operating environment. It is not meant to replace readiness exercises conducted by units preparing for deployment.

What students will get from attending this course?

Learning is facilitated through didactic, discussion, large and small group practical exercises. Each student will also get the opportunity to network and interact with other branches and specialties, and share his or her experience and knowledge. In addition to training hours, students will also receive 33.5 Continuing Education Units to maintain licensure.



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Readiness Start Here

