

## TEM Facilitators Course

### When and where is the course held?

Current dates can be found at <https://ke2.army.mil/DBHS> under the Combat & Operational Stress Control (COSC) option button. The course is held in San Antonio, Texas. It can be held at your location by a Mobile Training Team (MTT) if coordinated in advance.

### Who can attend?

All components of the Army (Active Duty, Reserve, and National Guard), other members of the Armed Forces (as local funds and space are available), Department of Defense Civilians that may provide TEM to Warriors, contractors (as local funds and space are available) may attend the course. This course is targeted towards behavioral health personnel and unit ministry teams.

### How long is the course?

The course is five days (40 hours) long.

### What do I get out of attending?

You will gain necessary tools to support individuals and units before, during, and after a PTE; help build resilience and promote post-traumatic growth (PTG). You will also get a chance to build relationships and actively engage with others. This training offers 35 Continuing Education Contact Hours.

### How do I register for the course?

Register at <https://ke2.army.mil/DBHS>. Select the Combat & Operational Stress Control (COSC) option button on the lower left side of the screen. Look for the Traumatic Event Management (TEM) Facilitators Course among the list of courses. Read across the description; at the end of the description is a self-nominate button; select it and follow the directions. If you experience problems look in the FAQs on the main page before contacting the webmaster.

### Points of Contact

Email: [TEM@amedd.army.mil](mailto:TEM@amedd.army.mil)

Registration website:  
<https://ke2.army.mil/DBHS>

AKO COSC website:  
<https://www.us.army.mil/suite/page/619086>



Academy of Health Sciences  
Attn: MCCS HPS  
Dept of Behavioral Health Sciences  
3630 Stanley Rd STE 031  
Fort Sam Houston, TX 78234-6100

**How do I help them**

**after something like this?**



## What is Traumatic Event Management (TEM)?

Traumatic Event Management or TEM is the approved US Army model to assist Warriors exposed to potentially traumatizing events (PTE). TEM incorporates holistic approaches and support activities that are conducted before, during, and after a potentially traumatizing event (PTE) to assist units and Warriors.

## What is a potentially traumatizing event (PTE)?

A potentially traumatizing event (PTE) can be defined as an event that may cause individuals or groups to experience intense feelings of terror, horror, helplessness, and/or hopelessness. It is an event that may be perceived and/or experienced as a threat to one's safety or to the stability of one's world. This may include the death of a battle buddy, natural or man-made disasters (terrorism), civilian deaths, serious injuries, home-front issues, accidents, and a myriad of other events.

## What are the goals of TEM?

The goals of TEM are to successfully transition units and individuals after a PTE, assist in building resilience in Warriors, promote posttraumatic growth (PTG) or increased functioning and positive change after enduring a PTE. The bottom line is that TEM should "quickly restore and/or enhance unit cohesion and effectiveness."

## What can I do to assist a unit before a PTE?

You can assist a unit in preparing a TEM standard operating procedure (SOP) before an event occurs. Consult with command about the TEM process in case an event does occur. Educate Warriors and family members about predictable reactions after a trauma, resources available, and how to activate those resources.

## What is a TEM unit needs assessment (UNA)?

The TEM UNA is an essential tool in the development of an effective support plan for those who experience a PTE. It begins with a discussion between TEM facilitators and the Command team. It may require multiple sources of information to get a complete picture. Examples of sources include not only the Command team, but also medical staff, operations staff, and subordinate leaders. The UNA may be driven by one or multiple events or conducted to cover a specific period of time for a unit.

AMEDDC&S  
Readiness Start Here

