

NAVAL CHAPLAINCY SCHOOL AND CENTER



* FIDELITY * LEADERSHIP * SPIRITUALITY *



Cycle of Deployment

Lesson 9.6
PNC-BLC



Deployment Ministry

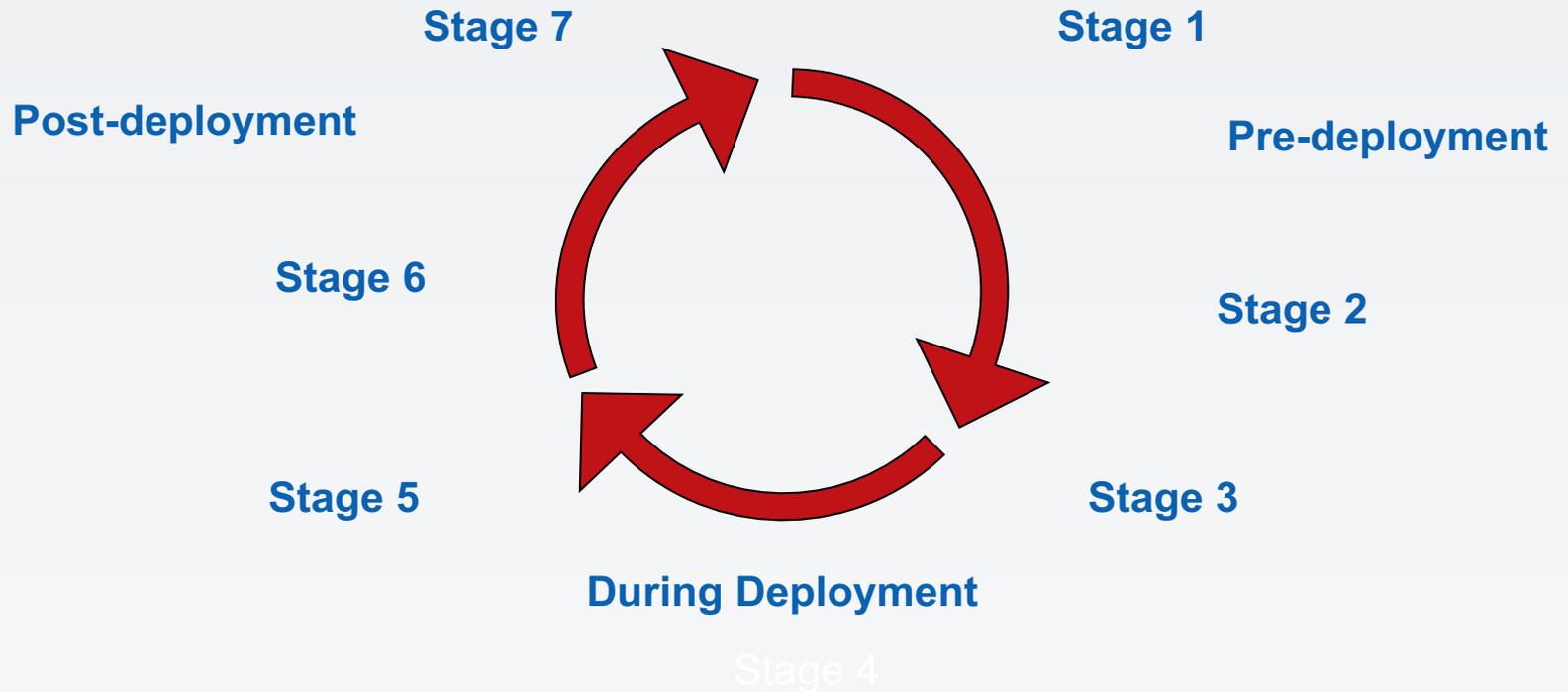
Ministry Moments

- **PRE-DEPLOYMENT-** Chaplains help commands prepare for deployments.
- **MID-DEPLOYMENT-** Chaplains help service and family members during deployments
- **POST-DEPLOYMENT-** Chaplains continue their ministry after deployments



Deployment Ministry

Emotional Cycle of Deployment





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The Emotional Cycle of Deployment

Success Vs. Survival

- The Key: Knowledge
- Understand the cycle!
- It's PREDICTABLE!





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Stage 1

Anticipation of loss

- 4-6 weeks prior
- Spouses: denial – pain
- Sailor / Marine: busyness
- Spouse: angry & resentful
- Sailor / Marine: guilty
Singles & kids too

Marriage

FITNESS REPORT & COUNSELING RECORD

1. Name (Last, First MI Suffix)					2. Gra	
5. ACT	TAR	INACT	AT/ADSW/DIS	6. UIC	7. Ship/Station	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Occasion for Report		Detachment of Individual		Detachment of Reporting Senior		13. Special
10. Periodic	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>		
16. Not Observed Report		Type of Report		18. Concurrent		19. Ops Cdr
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		
22. Reporting Senior (Last, FI MI)			23. Grade	24. Desig	25. Title	
28. Command employment and command achievements.						



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Stage 2

Detachment & withdrawal:

- Most difficult
- Life out of control.

Intimacy:

- Difficult
- Pre-deployment fight

Marriage
FITNESS REPORT & COUNSELING RECORD

1. Name (Last, First MI Suffix)

2. Crew

3. Ship/Station

4. UIC

5. Detachment of Reporting Senior

6. Detachment of Individual

7. Special

8. Occasion for Report: ACE FAR OIACT AE/ADSW/DS

9. Periodic Report: Not Observed Report

10. Reporting Senior (Last, FI MI)

11. Regular Design

12. Grade

13. Title

14. Command employment and command achievements.



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Stage 3

Emotional Disorganization

- Shock
- Relief...And... Guilt
- The scenario
- Tougher on the stay at home spouse

Marriage FITNESS REPORT & COUNSELING RECORD

1. Name (Last, First MI Suffix) _____ 2. Gra _____

3. ACT 4. FAR 5. INACT 6. UIC _____ 7. Ship Station _____

8. Detachment of Individual 9. Reporting Senior 10. Periodic 11. Type of Report 12. Detachment of Reporting Senior 13. Special

14. Not Observed Report 15. Regular 16. Component 17. Obs Cdt

18. Reporting Senior (Last, FI MI) _____ 19. Grade _____ 20. Desig _____ 21. Title _____

22. Command employment and command achievements.



Deployment Ministry

Stage 4

Recovery & stabilization

- Ok and surviving
- New patterns & routine
- Single but married
- Navy spouses
- More mature & independent

Marriage

FITNESS REPORT & COUNSELING RECORD

1. Name (Last, First MI Suffix)					2. Gra	
5. ACT	TAR	INACT	AT/ADSW/DMS	6. UIC	7. Ship/Station	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Occasion for Report		Detachment of Individual		Detachment of Reporting Senior		13. Special
10. Periodic	<input type="checkbox"/>	11. Type of Report		12. Reporting Senior		<input type="checkbox"/>
16. Not Observed Report	<input type="checkbox"/>	17. Regular		18. Concurrent		19. On Cdr
22. Reporting Senior (Last, FI MI)		23. Grade		24. Desig	25. Title	
28. Command employment and command achievements.						



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Stage 5

- Homecoming anticipation
- 4-6 weeks before return
- Anticipation / Apprehension
- Marriage re-evaluation
- High divorce potential
- Teachable moment

Marriage

FITNESS REPORT & COUNSELING RECORD

1. Name (Last, First MI Suffix)				2. Gra	
5. ACT	TAR	INACT	AT/ADSW/DS	6. UIC	7. Ship/Station
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Occasion for Report		Type of Report		13. Special	
10. Periodic	<input type="checkbox"/>	11. of Individual	<input type="checkbox"/>	12. Reporting Senior	<input type="checkbox"/>
16. Not Observed Report	<input type="checkbox"/>	17. Regular	<input type="checkbox"/>	18. Concurrent	<input type="checkbox"/>
22. Reporting Senior (Last, FI MI)			23. Grade	24. Desig	25. Title
28. Command employment and command achievements.					



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Stage 5 cont.

Post deployment seminars

- Have I changed too much?
- Does he / she need me?
- Moving beyond need
- Careful / care-filled reunion

Marriage

FITNESS REPORT & COUNSELING RECORD

1. Name (Last, First MI Suffix)				2. Gra	
5. ACT	TAR	INACT	AT/ADSW/DS	6. UIC	7. Ship/Station
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Occasion for Report		11. Detachment of Individual		12. Detachment of Reporting Senior	
10. Periodic	<input type="checkbox"/>			13. Special	
16. Not Observed Report		Type of Report		18. Concurrent	
<input type="checkbox"/>		17. Regular		<input type="checkbox"/>	
22. Reporting Senior (Last, FI MI)			23. Grade	24. Desig.	25. Title
28. Command employment and command achievements.					



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Stage 6

Renegotiation

- Together physically but not yet emotionally
- From “single” to “couple”
- Loss of independence
- Burden of responsibilities

Marriage

FITNESS REPORT & COUNSELING RECORD

1. Name (Last, First MI Suffix) 2. Gra

5. ACT TAR INACT AT/ADSW/MS 6. UIC 7. Ship/Station

Occasion for Report Detachment of Reporting Senior 13. Serial

10. Periodic 11. of Individual 12. Reporting Senior 14. Occ Cdr

16. Not Observed Report 17. Regular 18. Concurrent 19. Occ Cdr

22. Reporting Senior (Last, FI MI) 23. Grade 24. Desig 25. Title

28. Command employment and command achievements.



Deployment Ministry

Stage 6 (cont.)

Renegotiation

- Changes must be accommodated
- A chance to re-evaluate
- Determine direction
- Renewed relationships

Marriage

FITNESS REPORT & COUNSELING RECORD

1. Name (Last, First MI Suffix)				2. Gra	
5. ACT	TAR	INACT	AT/ADSW/DMS	6. UIC	7. Ship/Station
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Occasion for Report		Detachment of Individual		Detachment of Reporting Senior	
10. Periodic	<input type="checkbox"/>	11. Type of Report	<input type="checkbox"/>	12. Reporting Senior	<input type="checkbox"/>
16. Not Observed Report	<input type="checkbox"/>	17. Regular	<input type="checkbox"/>	18. Concurrent	<input type="checkbox"/>
22. Reporting Senior (Last, FI MI)			23. Grade	24. Desig.	25. Title
28. Command employment and command achievements.					



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Stage 7

Reintegration & stabilization

- Within 4-6 weeks after homecoming
- From “my” to “ours”
- Comfortable

Marriage

FITNESS REPORT & COUNSELING RECORD

1. Name (Last, First MI Suffix)				2. Gra	
5. ACT	TAR	INACT	AT-ADW/DIS	6. UIC	7. Ship/Station
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Occasion for Report		Detachment of Individual		Detachment of Reporting Senior	
10. Periodic	<input type="checkbox"/>	11. Individual	<input type="checkbox"/>	12. Reporting Senior	<input type="checkbox"/>
16. Not Observed Report	<input type="checkbox"/>	Type of Report		18. Concurrent	<input type="checkbox"/>
		17. Regular	<input type="checkbox"/>	19. Qm Cdr	
22. Reporting Senior (Last, FI MI)			23. Grade	24. Desig	25. Title
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Coping

- Realistic, flexible goals
- Include children
- **UNDERSTAND** “emotional cycle of deployment
- Don't do it alone!
- Pre-deployment briefs
 - Support groups
 - Chaplain's brief





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Post Deployment Briefs

- Initial euphoria
- Re-entry as an “honored” guest
 - Kids encounter a stranger
 - Doesn't insult stay-at-home spouse's “turf”
 - Expects & allows
 - Readjustment





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Post Deployment Briefs

Anticipate:

- Both have changed
- Honor those changes
- Cautious honesty
- about feelings
- No sudden confessions

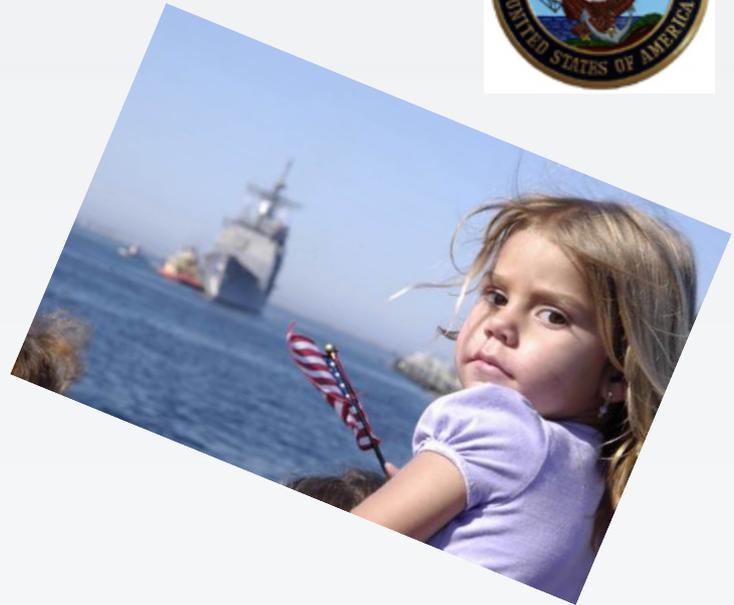




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Reunion

- Readjustment from ship or field to home
- Accepting the stranger home
- Sexual intimacy issues
 - Men focus on physical
 - Women on the emotional
- Reunion with children
 - Bittersweet





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Renegotiation

- Irreversibly changed people
- Chaplains can facilitate process
 - For difficult issues: counseling
 - For typical issues: enrichment
- Don't assume return to sop
 - Who pays bills, calls for repairs
 - Take the time it needs





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Review

Pre-/post-deployment briefs:

Chaplaincy is involvement in critical life points

- Deployments most difficult
- Separate own issues
- Use your own experience to help others
- Find joy in ministry

