



# WARRIOR STRENGTHENING PROGRAM

Marine and Family Services  
MCCS, Marine Corps Logistics Base  
Barstow, CA

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## Agenda

- Monday-** Arrive and Settle.
- Tuesday-** Orientation to program by clinical staff  
Pre Instructional Testing
- Wednesday-** AM In-depth Interview  
PM Begin Complex Trauma  
Resolution Training (CTRT)
- Thursday-** CTRT
- Friday-** CTRT
- Saturday-** Skill Strengthening 1
- Sunday-** Skill Strengthening 2
- Monday-** Review Skill strengthening exercise  
CTRT
- Tuesday-** CTRT  
Post Instructional Testing
- Wednesday-** CTRT Completion  
Program Evaluation  
Graduation
- Thursday-** Travel Day
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**Note:** - Civilian attire is authorized.  
- Lodging and meals are the responsibility of the member.