

**AIAD #10855**

**Research Opportunity:** Faculty

**ORGANIZATION/PROJECT SPONSOR**

**Organization:** Human Research & Engineering Directorate, Soldier Performance Division

**Organization POC:** Debbie Patton

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**Location of Sponsoring Directorate or Division (City, State):** Aberdeen Proving Ground, MD

**PROJECT**

**Title:** The effect of CEP training on the ability to focus on a shooting task under the heightened stress of threat of return fire

**Description:**

The primary objectives of this research are to: (a) develop a tool for assessing the strength and robustness of CEP training, and (b) assess changes in cognitive resiliency and mental toughness as a result of increasing exposure to and practice of CEP training. A secondary objective of this study is to measure the level of physiological and psychological stress created by the Threat-Fire™ belt in a quantifiable and reliable way.

**ARL/Army Benefit:** Accounts from Soldiers returning from theater indicate that CEP instruction is beneficial, and in some cases, they attribute the CEP instruction to saving their lives. However, whether the techniques learned in the CEP actually improve performance or if West Point graduates simply possess better leadership skills is unknown. If it can be shown that the CEP instruction truly does create a “mental armor” that can benefit warriors engaging in combat activities, then this would justify CEP instruction for all Soldiers. If this “mental armor” can be measured and quantified, instruction could be tailored to meet the needs of the warfighter, giving him an edge in combat.

**Background Required:** Familiarization with the West Point Center for Enhanced Performance Program. Background in Cognitive Behavioral Research.

**Security clearance required:** None

**Capacity:** 2

**Duration:** 52 weeks

**Block Preference:** No Preference