Join us for an exciting panel discussion of citizen-soldiers as they discuss the Master Resilience Training (MRT) program—an important aspect of military training meant to assist in handling the rigors of long combat deployments and how to endure extremely stressful situations.

MRT is designed to teach proactive strategies to address some of the underlying causes of PTSD before they develop. Many of these techniques can be applied to everyday life. The panelists will discuss how MRT can be used to mitigate panic attacks, general anxiety, and tense situations when dealing with your own family, coworkers, students, and others.

Keynote Speaker: Sergeant Matthew James Marcello, Esquire  
Non-Commissioned Officer in Psychological Operations, University of Pittsburgh School of Law graduate, practicing attorney at Pitt’s Legal Services Incubator

Major Michelle Steimer, MA, NCC, LPC, Ph.D Candidate  
Licensed professional counselor in Pennsylvania, nationally credentialed counselor specializing with trauma, issues related to military service, family conflicts, anxiety, life transitions, and more, and Ph.D Candidate in Counselor Education and Supervision at Waynesburg University

All are welcome, no registration required.

Sponsored by the Mental Wellness Task Force of the University Senate’s Benefits & Welfare Committee