



NAVY AND MARINE CORPS
COMBAT & OPERATIONAL
STRESS CONFERENCE
2011

Combat and Operational Stress First Aid (COSFA) Lecture Series

COSFA 1 – 26 APR 2011, 1300 – 1500 HR
 COSFA 2 – 27 APR 2011, 1300 – 1500 HR
 COSFA 3 – 28 APR 2011, 1300 – 1500 HR

COSFA is a critical component of the overall COSC doctrine. To help meet the COSFA training needs at the Navy and Marine Corps COSC Conference a modified schedule has been developed to provide a two hour COSFA training block for each of the three conference days. The COSFA modules have been modified to fit in the new time frames. Each of the presentations will provide a meaningful training experience for any participant who attends only one session and yet will provide a complete COSFA training for anyone who attends all three sessions.



Seven Cs of Stress First Aid:

- 1. CHECK**
Assess: observe and listen
- 2. COORDINATE**
Get help, refer as needed
- 3. COVER**
Get to safety ASAP
- 4. CALM**
Relax, slow down, refocus
- 5. CONNECT**
Get support from others
- 6. COMPETENCE**
Restore effectiveness
- 7. CONFIDENCE**
Restore self-esteem and hope

COSFA 1:
Foundations and
Recognizing Stress Injuries

This presentation will describe the conceptual and theoretical frameworks used to develop COSFA and strategies for recognizing stress injuries.

COSFA 2:
Primary
and Secondary Aid

This presentation will describe how to provide Primary and Secondary Aid for individuals with identified orange zone stress injury.

COSFA 3:
Post Event and Disaster
Assessment

This presentation will describe how to conduct a COSFA based assessment of units following exposure to traumatic events or disasters and implications for cross service and cross-cultural use.

Attendance at all 3 COSFA lectures required for COSFA course completion certificate.