

The Deployment Cycles/Phases

I. Phased Training Concept

- A. Predeployment Preparation (Training)
- B. Deployment (Separation)
- C. Redeployment (Reintegration)
- D. Postdeployment/ Reconstitution (Retraining)

II. The Emotional Cycle of Deployment

A. Pre-Deployment

- Long hours, train-up
- Getting all in order
- Anticipating mental/physical distance, loss
- Arguments

B. Deployment

- Disoriented, overwhelmed
- Sad, alone
- Sleep problems
- Security Issues

C. Sustainment

- New routines established
- New support resources found
- Control regained, in balance, independence
- New self-confidence

D. Redeployment

- Anticipation, expectations, excitement
- Apprehension
- "Nesting" energy
- Difficulty making decisions, confusion
- Deliberate reintegration plan to ensure well-being (I.e. Army 7-half day plan)
- Plan to accomplish major tasks by approximately 45 days (<http://www.per.hqusareur.army.mil/reintegration>)

E. Post-Deployment

- Honeymoon period
- Loss of independence
- 'Forced' return to prior routines, status Vs Renegotiating
- Need for 'own' space
- Reintegrating (formerly deployed) spouse

III. Helpful hints in dealing with the Cycles of Deployment

- A. Avoid over-interpreting arguments
- B. Develop shared support systems
- C. Plan, make short dates, break time into small pieces
- D. Plan time without the kids
- E. Give time for renewed trust to develop