

Who we are...

The Family Life Chaplain Training Center (FLCTC) is both a counseling center and a schoolhouse for chaplains. Our counselors are experienced chaplains and civilian interns working toward advanced therapy degrees. They work under the supervision of senior chaplains who are prior graduates and licensed therapists.

What we offer...

The FLCTC offers counseling to military members, government civilians, retirees, and dependents. Services offered include:

- Relationship (Couples) Counseling
- Family Counseling
- Children/Teen Counseling
- Trauma Counseling (including PTSD)*
- EMDR Therapy*
- Addiction/Recovery Counseling*
- Grief/Loss Counseling
- Anger Management
- Stress Management / Coping Skills Counseling
- Pre-Marital Counseling
- Pre-Marital Classes*
- Divorce Parenting Classes*
- Group Therapy (offerings may change, please call)

* See inside for more information.

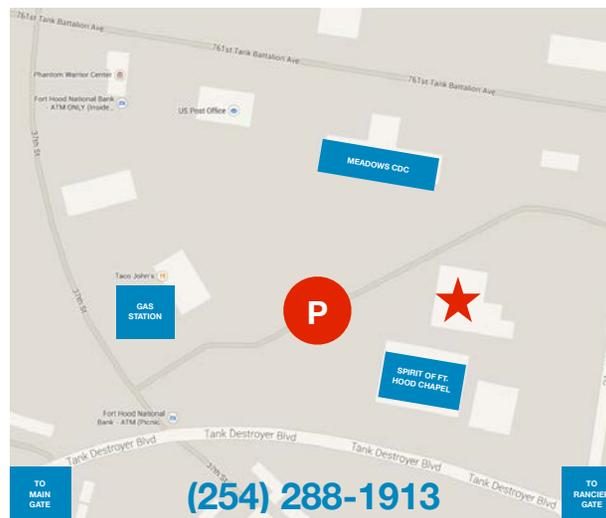
Finding Us

From the Main Gate (TJ Mills Blvd): Take the first right after entering post. Follow Tank Destroyer Blvd. for just under a mile. Turn left into the Spirit of Fort Hood Chapel parking lot just after passing 37th Street (AAFES Xpress on left).

From the Rancier Ave. Gate: Drive straight on Tank Destroyer Blvd. for just under a mile. After passing 31st Street, turn right into the Spirit of Fort Hood Chapel parking just past the chapel.

From the Main PX/Commissary: Head north on Clear Creek Road and turn right onto Tank Destroyer Blvd. Follow Tank Destroyer for 3 miles. Turn left into the Spirit of Fort Hood Chapel parking lot just after passing 37th Street (AAFES Xpress on left).

Online Mapping: Scan this barcode with your smart phone (or other device). The red star on the map is **Building 328**.



Family Life Chaplain Training Center



**Free 100% Confidential
Counseling**

Marriage - Individual - Family

Children - Pre-Marital - Life/Stress

Trauma/PTSD - Addictions

**Military ID Card Holders &
Dependents
(Including Reserve/Guard
Government Civilians and Retirees)**

**31st and Tank Destroyer Blvd.
(Just behind the Spirit of Fort Hood Chapel)**

(254) 288-1913

What to expect...

When you first call or visit us we will ask for some basic information (contact info, reason(s) for counseling). Within two duty days a counselor will return your call to schedule an appointment.

At your first appointment you will complete some simple paperwork and then meet with your counselor(s). This initial session is dedicated to helping you get to know one another.

There is **no limit** to the number of sessions you can have with your counselor(s). Each session generally lasts 50 minutes, and sessions continue until **your** goals are met.

Couples wishing to meet individually for counseling (in addition to relationship counseling) may do so. Each partner will usually work with a different counselor.

All communication with the FLCTC staff is **100% confidential** with **no exceptions**. This includes all paperwork which is kept securely locked and never removed from the facility.

This confidentiality belongs to **you**, the client, and may only be released **by you**.

Some official stuff...

Confidentiality is in compliance with the Chief of Chaplains Policy for Confidential and Privileged Communications (AR 165-1 paragraph 16-2).

Collection of information from clients is covered by the Privacy Act (10 USC 3012).

Trauma

Trauma is a normal emotional response to an unusual stressful event. Almost any painful event can create trauma. Often our minds process these events on their own, but sometimes the nature of the event creates lasting effects. In these cases it is helpful to work with a counselor to process the memories and emotions associated with the event. We provide a safe place to do this work.

Combat is one common cause of trauma, but many times childhood events, recent accidents, losses, and even issues from past relationships can create major or minor traumas.



(Permission was granted by both parties to use the above photo.)

Addiction/Recovery

Our chaplains are prepared to help you conquer whatever substance or behavior you want to remove from your life. We have helped people with everything from smoking to pornography. Like all other counseling, addiction counseling is 100% confidential.

Some of our personnel have received training in the “Feeling State” protocol for EMDR (see below). It has been shown to eliminate substance and process addictions often in as little as four sessions.

Children in the Middle - Call for Dates

Children in the Middle is a half-day class designed for divorced/divorcing couples and is designed to help minimize the impact of the divorce on children—to keep them from getting “caught in the middle.” (This class is required by the State of Texas if divorcing in-state.)

Marriage 101 - Call for Dates

Marriage 101 is designed for those planning to get married, newlyweds, or those just wanting to brush up on relationship skills. It is never too early or too late to enhance your marriage.

EMDR Therapy

Eye Movement Desensitization and Reprocessing Therapy (EMDR) is a model that uses the brain’s own healing mechanisms to process traumatic or painful events. It has proven to be extremely effective with everything from PTSD to minor trauma and even addictions (substance and behavioral).

The process **does not involve reliving** disturbing events, just remembering. EMDR does not erase memories, it helps the brain re-process them to disconnect them from the disturbing emotions.