

BEYOND THE UNIFORM

EMOTIONAL, SOCIAL, AND SYSTEMIC CHALLENGES WITHIN THE MILITARY AND VETERAN COMMUNITY

1.5 HOUR CE Credit (See Page 3)

*Hosted by Give an Hour, and Supported by the
Pedersen Foundation*



**Originally Recorded
Friday, April 3rd, 2026
12pm - 1:30pm EST**

MORAL INJURY AND MORAL DISTRESS: CLINICAL FOUNDATIONS FOR MILITARY AND CIVILIAN CONTEXTS

Course Description:

This 90-minute introductory training, eligible for 1.5 CEs, provides mental health professionals with a foundational understanding of moral injury in military and veteran populations and its distinction from moral distress in civilian contexts. Participants will examine morally injurious events experienced by service members and veterans and review associated psychological, relational, and physiological impacts. The training also explores how moral distress manifests across institutional settings, including healthcare, first response, and social-impact organizations, highlighting similarities, differences, and cumulative effects.

While designed to meet continuing education requirements for licensed mental health professionals, this training is also appropriate for non-clinical providers, peer supporters, leaders, and organizational stakeholders seeking to better understand moral suffering and its impact across systems.



Hosted on ZOOM- For system requirements please visit: **ZOOM WEBSITE**

Learning Objectives:



Define moral injury in military and veteran populations and identify its core features, including morally injurious events (e.g., transgression, betrayal, witnessing or failing to prevent harm) and associated psychological, relational, and physiological impacts.



Compare and contrast moral injury and moral distress across civilian populations and institutional contexts, including identification of similarities, differences, and potential cumulative effects.

INSTRUCTORS:

Dr. Daniel L. Roberts, DM/IST
**President & CEO, Moral Injury Support Network
for Servicewomen, Inc.**



Dr. Daniel L. Roberts is President and CEO of the Moral Injury Support Network for Servicewomen, Inc., a nonprofit advancing women-focused education and research on moral injury. A mission-driven leader, writer, and advocate with over two decades of

experience supporting service members and veterans, he works at the intersection of research, advocacy, and lived experience. Dr. Roberts specializes in moral injury, trauma-informed care, and the unique experiences of women veterans, translating complex research into practical resources for caregivers, military families, and organizations. He holds a Doctor of Management in Organizational Leadership, an M.S. in Information Systems, and a B.A. in Management and Ethics.

COURSE COMPLETION AND CE INFORMATION

FOR GIVE AN HOUR MENTAL HEALTH PROFESSIONAL LIVE TRAINING & WORKSHOPS

Course completion requirements:

- For any general questions or concerns, including those related to accessibility, please contact: providerrelations@giveanhour.org.
- At the end of the training session, a link to the post-assessment will be shared in the Zoom chat. The link will also be sent via email the following day.
- Two unique codes will be shared at random times during the session. Please take note of these codes – they are required to complete the post-assessment.
- Licensed Mental Health Professionals must attend the entire course, pass the post-assessment with a score of 80% or higher, and complete a course evaluation to be eligible for CE credit. Once all items are completed, the certificate will be automatically available for download in the ProProfs system.
- Cancellation and refund policies do not apply to Give an Hour trainings, as all of our trainings are offered free of charge. If you are unable to attend, simply do not participate—no penalties will be incurred, and no further action is required.
- You must join the training through Zoom using a web browser or the app. Phone (audio-only) participants are not eligible for credit, as attendance cannot be tracked.

CE Statements:

- Give an Hour provider # 2097, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 04/30/2025– 04/30/2026. Social workers completing this course receive 1.5 cultural competence continuing education credit.
- Give an Hour has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7552. Programs that do not qualify for NBCC credit are clearly identified. Give an Hour is solely responsible for all aspects of the programs
- Give an Hour is approved by the American Psychological Association to sponsor continuing education for psychologists. Give an Hour maintains responsibility for this program and its content.

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TRAINING AGENDA



Originally Recorded
Friday, April 3rd, 2026
12pm - 1:30pm EST

Moral Injury and Moral Distress: Clinical Foundations for Military and Civilian Contexts

Date: Friday, April 3rd, 2026

Time: 12:00 PM – 1:30 PM ET

Format: Live, Non-Interactive Webinar

CE Credit: 1.5 CE Hours

INSTRUCTOR: Dr. Daniel Roberts, President & CEO, Moral
Injury Support Network for Servicewomen, Inc.

12:00 – 12:05 PM (5 minutes)

Welcome, Housekeeping & Learning Objectives

- Welcome and speaker introductions
- CE information and requirements
- Overview of training scope
- Review of learning objectives

12:05 – 12:20 PM (15 minutes)

Defining Moral Injury in Military & Veteran Populations

Content will include:

- Plain-language definition of moral injury
- The three-component framework (event(s), violation of deeply held moral beliefs, difficulty integrating experience)
- Distinction between morally injurious events and moral injury itself
- How moral injury differs from PTSD

12:20 – 12:40 PM (20 minutes)

Morally Injurious Events (MIEs) in Military Contexts

- Types of MIEs: transgression, betrayal, witnessing harm, failing to prevent harm
- The role of military culture
- Combat-related examples (e.g., civilian casualties, drone operations)
- Institutional betrayal (e.g., cover-ups, double standards, discharge injustices)
- Chronic, cumulative exposure (not only extreme events)
- Gendered experiences and moral expectations

12:40 – 12:55 PM (15 minutes)

Psychological, Relational, and Physiological Impacts

- Emotional responses: Guilt vs. shame (how they function differently), Anger vs. helplessness
- Language clinicians should listen for
- Relational impacts
- Civilian transition impacts
- Dormancy and later activation (life transitions, parenthood, retirement)

12:55 – 1:10 PM (15 minutes)

Moral Distress in Civilian and Institutional Contexts

- Definition of moral distress
- Key differences from moral injury
- Cumulative exposure
- When moral distress may evolve toward moral injury

1:10 – 1:25 PM (15 minutes)

Clinical Considerations for Mental Health Professionals

- Importance of naming moral injury (without pathologizing)
- Assessment tools
- Avoiding inadvertent harm
- Narrative approaches and compassionate listening
- Real-world case example (combat-related moral injury)
- Practical implications for clinicians

1:55 – 2:00 | Closing and Q + A (5 min)

- Key takeaways and clinical applications
- How to claim CE credit
- Opportunities to join the Give an Hour Cadre
- Preview of upcoming modules
- Participant Q&A to follow

Agenda was subject to minor
adjustments based on presenter
flow or audience needs.

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1.5 HOUR CE Credit Approved (See Page 6)

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Originally Recorded
Friday, April 17th, 2026
12pm - 1:30pm EST

TRAUMA-INFORMED APPROACHES TO MORAL REPAIR: CLINICAL AND COMMUNITY-BASED STRATEGIES

Course Description:

This 90-minute training, eligible for 1.5 CE credits, builds upon foundational concepts of moral injury and moral distress and focuses on trauma-informed strategies that support moral repair, reconnection, and recovery. Participants will examine evidence-informed clinical approaches used to address moral injury in military and veteran populations, as well as civilian populations, including therapeutic principles that promote meaning-making, self-forgiveness, restoration of identity, and relational repair. The training also explores non-clinical pathways to healing, including peer support, community connection, spiritual and cultural resources, and system-level practices that foster belonging and help-seeking. Designed to meet continuing education requirements for licensed mental health professionals, this training is also appropriate for non-clinical providers, peer supporters, leaders, chaplains, and organizational stakeholders seeking to better understand trauma-informed responses to moral suffering across military and civilian contexts.



Hosted on ZOOM- For system
requirements please visit: **ZOOM**
WEBSITE

Learning Objectives:



Identify trauma-informed clinical approaches that support moral repair, reconnection, and recovery in individuals experiencing moral injury, including evidence-informed treatment modalities and core therapeutic principles



Describe trauma-informed non-clinical strategies that promote moral repair and restoration of connection, including peer support, community engagement, meaning-making practices, and system-level supports.

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COURSE COMPLETION AND CE INFORMATION

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CE Credit: 1.5 CE Hours

INSTRUCTOR: Dr. Daniel Roberts, President & CEO, Moral Injury Support Network for Servicewomen, Inc.

12:00 – 12:05 PM (5 minutes)

Welcome, Framing & Learning Objectives

- Welcome and speaker introduction
- CE information and requirements
- Overview of training focus: trauma-informed pathways to moral repair
- Review of session objectives

12:05 – 12:20 PM (15 minutes)

Core Therapeutic Principles for Moral Repair

- Trauma-informed principles that reduce shame, self-condemnation, and isolation in moral injury
- How safety, attunement, and a non-pathologizing stance support moral processing and identity stabilization
- Role of clinician presence in restoring moral agency and dignity

12:20 – 12:40 PM (20 minutes)

Evidence-Informed Clinical Interventions

- Clinical interventions used in military and civilian moral injury work (adaptive disclosure, meaning-centered approaches, forgiveness-based work)
- How these modalities address guilt, betrayal, identity rupture, and spiritual/existential distress
- When referral to specialized care (chaplaincy, group-based interventions, spiritually integrated care) may be indicated



Originally Recorded:

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12:40 – 12:55 PM (15 minutes)

Identity Reconstruction and Relational Repair

- Strategies that facilitate self-forgiveness and values reintegration
- Approaches that promote repair of relationships and restoration of moral agency
- Markers of movement from moral suffering toward moral repair

12:55 – 1:15 PM (20 minutes)

Role of Peer and Community Connection

- Role of peer support in moral repair
- How peer connection mitigates isolation and moral shame
- Protective role of belonging and shared meaning
- Impact of lived-experience sharing and peer-led examples in normalizing moral struggle and fostering connection

1:15 – 1:25 PM (10 minutes)

Meaning-Making and Cultural/Spiritual Resources

- How spiritual, cultural, and existential frameworks support moral reconciliation
- Practices that facilitate narrative integration and values clarification
- Importance of cultural humility when engaging spiritual or moral frameworks
- How systems can compound or repair moral harm

1:25 – 1:30 PM (5 minutes)

Institutional and System-Level Influences & Closing

- Key takeaways and closing remarks
- CE information and requirements
- Q&A to follow

**Agenda subject to minor
adjustments based on presenter
flow and audience needs.**