


BEYOND THE UNIFORM

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

1.5 HOUR CE Credit (See Page 2)
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.

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.



Hosted on ZOOM- For system requirements please visit: [**ZOOM WEBSITE**](#)

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.

For questions, grievances, or special accommodations, please contact us at providerrelations@giveanhour.org or 240-745-5641. You can also visit giveanhour.org or write to us at PO Box 1532, Clarksburg, MD 20871.



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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.

Contact Info for Questions or Grievances

<https://giveanhour.org> | Give an Hour, PO Box 1532,
Clarksburg, MD 20871 | 240-745-5641
providerrelations@giveanhour.org

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