

Military and Family Life Consultants (MFLCs):

Military and Family Life Consultant (MFLC) support is aimed at enhancing operational and family readiness. MFLCs provide private and confidential short-term, situational, problem-solving counseling services to individuals, couples, families, and groups.

MFLC consultants have earned at least a master's degree in a mental health related field, such as social work, psychology, marriage and family therapy or counseling, are licensed by a state or territory to provide independent practice in their field, and have completed a background investigation.

MFLC Support:

Counseling: MFLC(s) provide non-medical, short term, situational, problem-solving counseling support designed to help Service members and their families cope with normal reactions to the stressful/adverse situations associated with the military lifestyle. MFLC(s) utilize a "coaching/walk around" approach and provide direct one on one counseling support. Counseling is limited to defined problem areas that address situational "problems-in-living." Long term counseling needs will be referred to a Military Medical Treatment Facility, TRICARE, or other providers of professional mental health care.

Program Overview: MFLCs are available to provide a program overview briefing and discussion regarding the many ways MFLCs can support the unique needs of military service command units, troops and families.

Education and Training: MFLCs provide education and training on a wide variety of topics such as; but not limited to:

Anger Management	Parent/Child Communication
Conflict Resolution	Parenting
Coping Skills	Reintegration
Deployment Stress	Relationship/Family Issues
Grief and Loss	Relocation Adjustment
Homesickness	Separation

MFLC(s) use a psycho educational approach to help participants understand the impact of deployments, reunions, and other factors associated with the military lifestyle. The goal is to provide information about signs and symptoms of potential problems, how to address them, where to turn for help, and when to seek medical assistance.

Resource Booth/Table: MFLCs provide a variety of educational materials that address military family life support available to Service members and their families, service providers, and command leaders. This resource booth/table is an excellent source of information and assistance for attendees at command sponsored family days, Yellow Ribbon/deployment support /reintegration programs, conferences, trainings and similar events.