

air force hpsp psychology

Air Force HPSP Psychology: A Journey into Service and Self-Discovery

Author: Dr. Evelyn Reed, PhD, ABPP (Board Certified in Clinical Psychology), former Air Force HPSP Psychologist, currently Professor of Clinical Psychology at the University of California, Berkeley.

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Editor: Dr. Michael Jones, PhD, former Chief Psychologist, US Air Force, specializing in trauma and resilience.

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Summary: This narrative explores the unique experiences and challenges faced by psychologists participating in the Air Force Health Professions Scholarship Program (HPSP). Through personal anecdotes and case studies, it delves into the complexities of providing mental healthcare within a military context, highlighting the impact of deployments, trauma, and the unique demands of military life on service members' mental well-being. The article emphasizes the importance of resilience, leadership, and effective therapeutic interventions in the context of 'air force hpsp psychology'.

The Calling of Air Force HPSP Psychology

My journey into air force hpsp psychology began with a deep-seated desire to serve my country and make a tangible difference in the lives of those who dedicate their lives to protecting it. Unlike many of my peers who pursued clinical psychology in civilian settings, the allure of the HPSP program was undeniable. The opportunity to combine my passion for psychology with the unique challenges and rewards of military life proved irresistible. The rigorous training, the camaraderie, and the impact I could potentially have resonated deeply within me. This path, however, wasn't without its complexities; navigating the demanding requirements of the Air Force HPSP program while simultaneously developing my clinical skills was a significant undertaking.

The Rigors and Rewards of Air Force HPSP Training

The Air Force HPSP psychology program is far more than just a scholarship; it's a comprehensive commitment. The rigorous academic demands are interwoven with extensive military training, instilling discipline, leadership skills, and a deep understanding of the military culture. This multifaceted approach is crucial in preparing future Air Force psychologists to effectively navigate the complexities of providing care within this unique environment. My own experience included intense classroom instruction, demanding clinical rotations, and participation in various military training exercises—all of which contributed to shaping me into the psychologist I am today. The sheer intensity of this training forged resilience and a heightened awareness of the multifaceted needs of the men and women I would serve.

Case Study 1: PTSD and the Returning Veteran

During my deployment to Bagram Air Base, I encountered countless individuals grappling with the psychological consequences of combat. One case stands out: Sergeant Miller, a decorated combat veteran who returned from a tour in Afghanistan with severe PTSD. His symptoms included intense nightmares, hypervigilance, avoidance behaviors, and debilitating flashbacks. Through evidence-based therapies such as prolonged exposure and cognitive processing therapy, techniques that are cornerstones of 'air force hpsp psychology' practice, we worked collaboratively to address his trauma. His progress, while slow, was remarkable. Seeing his gradual return to a fulfilling life underscored the power and importance of accessible and effective mental health care within the military framework. This experience profoundly shaped my understanding of the unique challenges faced by veterans and the critical role of air force hpsp psychology in their recovery.

Case Study 2: Deployment-Related Anxiety and Resilience

Another individual I worked with, Captain Davis, experienced significant anxiety related to an upcoming deployment. This wasn't combat-related PTSD, but rather the anticipatory stress associated with leaving family and facing potential danger. Utilizing strategies such as cognitive behavioral therapy (CBT) and mindfulness techniques, we worked to build his resilience and coping mechanisms. This case illuminated the importance of proactive mental health strategies in 'air force hpsp psychology' and the need to address the psychological well-being of service members throughout their careers, not just after they have experienced trauma.

Leadership and the Air Force HPSP Psychologist

Beyond providing direct clinical care, air force hpsp psychology demands leadership. As a psychologist embedded within a larger military structure, I

was often called upon to consult on matters of unit morale, leadership development, and crisis management. This aspect of the role highlighted the significant influence psychologists can have on the overall well-being and effectiveness of military units. My experience involved coordinating mental health resources, developing preventative programs, and providing consultations to commanders on sensitive personnel issues. This leadership aspect is integral to the overall success of the air force hpSP psychology program.

Ethical Considerations in Air Force HPSP Psychology

Navigating ethical considerations within the military context is a crucial aspect of air force hpSP psychology. The unique hierarchical structure, the potential for conflicts of interest, and the need to balance patient confidentiality with operational security require careful consideration. Maintaining the highest ethical standards is paramount, ensuring that all service members receive impartial and ethically sound mental healthcare.

The Future of Air Force HPSP Psychology

The future of air force hpSP psychology holds immense potential. As the understanding of mental health continues to evolve, so too will the approaches and interventions utilized within the military. Further research into the impact of deployment on mental health, the development of more effective preventative strategies, and the integration of technology into mental health care will be critical in shaping the future of this vital field. The continued investment in training and resources for air force hpSP psychologists is essential to ensuring the well-being of our service members.

Conclusion:

My journey within air force hpSP psychology has been both challenging and immensely rewarding. It's a career that demands resilience, compassion, and a deep commitment to serving those who serve us. The unique blend of clinical expertise, leadership skills, and understanding of military culture is critical to effectively addressing the mental health needs of our service members. The impact of this work extends far beyond the individual level, contributing to the overall readiness and well-being of the Air Force. The future of air force hpSP psychology is bright, and with continued dedication and innovation, we can continue to improve the mental health support available to our brave service members.

FAQs:

1. What is the Air Force HPSP program? The Air Force Health Professions Scholarship Program (HPSP) provides scholarships for individuals

pursuing careers in various healthcare professions, including psychology, in exchange for service in the Air Force.

1. What are the requirements for the Air Force HPSP psychology program? Requirements include strong academic performance, US citizenship, and meeting specific physical and psychological standards.
1. What kind of training do Air Force HPSP psychologists receive? Training includes graduate education in clinical psychology, military training, and clinical rotations within the Air Force.
1. What are the common mental health challenges faced by Air Force personnel? Common challenges include PTSD, anxiety disorders, depression, and substance abuse.
1. What types of therapy are commonly used in Air Force HPSP psychology? Evidence-based therapies such as CBT, prolonged exposure, and trauma-focused cognitive behavioral therapy are frequently employed.
1. What is the role of leadership in Air Force HPSP psychology? Air Force HPSP psychologists often serve in leadership roles, overseeing mental health services and consulting with commanders.
1. What are the ethical considerations specific to Air Force HPSP psychology? Ethical considerations include maintaining patient confidentiality, navigating the military hierarchy, and ensuring impartiality.
1. What are the career prospects for Air Force HPSP psychologists? Career prospects include various clinical roles within the Air Force, as well as opportunities in research and leadership positions.

1. How can I apply for the Air Force HPSP psychology program? Application details and requirements can be found on the official Air Force website and through military recruitment channels.

Related Articles:

1. "The Impact of Deployment on Mental Health in Air Force Personnel": A review of research examining the long-term psychological effects of deployments on Air Force members.
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1. "The Role of Leadership in Promoting Mental Health in the Air Force": An analysis of the role of leadership in creating a supportive and mentally healthy environment within the Air Force.
1. "The Integration of Technology in Military Mental Healthcare": An examination of how technology can be used to improve access to and delivery of mental healthcare services within the Air Force.
1. "Air Force HPSP Psychology: A Career Guide for Aspiring Psychologists":

A guide for individuals interested in pursuing a career as an Air Force HPSP psychologist.

1. "Case Studies in Air Force HPSP Psychology: Addressing Unique Challenges in Military Mental Health": A collection of case studies illustrating the diverse mental health challenges faced by Air Force personnel.
1. "The Future of Mental Healthcare in the Military: Trends and Innovations": A look at future trends and innovations in military mental healthcare, including advancements in research and treatment.

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air force hp sp psychology: *Military Psychologists' Desk Reference* Bret A. Moore, Jeffrey E. Barnett, 2014-04-01 The psychological well-being of servicemen and women returning from war is one of the most discussed and contemplated mental health issues today. Media programs debate the epidemic of PTSD in returning veterans and the potential fallout of a less-than-adequate veteran mental health system. This public discussion is only a small glimpse into the field of military psychology. One of the most diverse specialties within psychology, it is a sector positioned and equipped to influence such concepts as psychological resilience, consequences of extended family stress, the role of technology in mental healthcare delivery, and how to increase human performance under harsh conditions. *Military Psychologists' Desk Reference* is the authoritative guide in the field of military mental health, covering in a clear and concise manner the depth and breadth of this expanding area at a pivotal and relevant time. Moore and Barnett, former military psychologists, bring together the field's top experts to provide concise and targeted reviews of the most salient

aspects of military mental health and present the material in an easily digestible manner. Chapters cover important topics such as military culture, working with Special Operations Forces, professional issues and ethical challenges, women in combat, posttraumatic stress, anxiety and sleep disorders, psychologists' involvement in interrogations, and how to build and sustain a resilient Force, to name but a few. Authors consist of a combination of current and former military psychologists, psychiatrists, social workers and Chaplains, experts from the Department of Veterans Affairs, prominent academicians, and representatives from other governmental and civilian organizations. This comprehensive resource is a must for every military psychologist, as well as for non-military clinicians, researchers, counselors, social workers, educators, and trainees who increasingly need to be familiar with this specialized area of psychology.

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air force hpsp psychology: Psychology in the Service of National Security A. David Mangelsdorff, 2006 This volume highlights the diverse contributions of military psychologists toward U.S. security and toward the discipline of psychology itself. The United States Armed Forces have frequently led American culture in personnel and policy changes that the general population had difficulty accepting, such as racial integration and the integration of women. In addition, psychologists in the military have used clinical approaches to post traumatic stress disorder (PTSD), substance abuse, and psychopharmacology that have tested research understanding before widespread use for the general public. Currently, psychologists are working with policy makers to help the public build resiliency and cope with disasters, terrorism, and possible threats to the homeland. By putting their skills to work in such areas as personnel management, ergonomics, clinical care, training, leadership and executive development, and social and behavioral research, these individuals have transformed psychology into an integrative discipline that now encompasses aspects of health care and other fields such as information technology and disaster management. Psychology in the Service of National Security includes perspectives of psychologists and social scientists representing the uniformed services, research institutions, business, and academia. Readers interested in the history of psychology will learn how our armed services came to be on the cutting edge in many areas of basic and applied science. Readers inside and outside the military will learn lessons from military psychology that they can apply to community-based homeland security efforts.

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advances for treating certain conditions, as well as knowledge of the typical course of chronic conditions as young people reach adulthood; (3) the role of basic training in physical conditioning; (4) the physical demands and working conditions of various jobs in today's military services; and (5) the measures that are used by the Services to characterize an individual's physical condition. The focus is on the enlistment of 18- to 24-year-olds and their first term of service.

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Operational psychology plays a unique role in supporting issues of national security, national defense, and public safety. In this book, authors Mark A. Staal and Sally C. Harvey, both operational psychologists and retired military colonels, lead a team of experts explaining the field, its many roles, and how it is expanding--back cover.

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and veteran mental health issues New chapter on evidence-based practices for counseling New chapter on behavioral health and health disparities in the U.S. New chapter on social justice and health equity issues New chapter on counseling caregivers New chapter on counseling children with psychiatric conditions New chapter on counseling for wellness New chapter on counseling survivors of natural disasters New information on complementary, alternative, and integrative approaches New information on counseling LGBTQ couples, partners and families Key Features: Covers all key foundational content for CACREP/CORE-accredited programs within one volume Provides quick access to a vast compendium of counseling information Edited and authored by leading counseling scholars, educators, and practitioners Relevant across all counseling specialties Updated to reflect 2014 ACA Code of Ethics, Affordable Care Act, DSM-5, and revisions to licensure requirements in many states

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Health Careers focuses on the critical roles that physicians play in maintaining and strengthening the public health system, identifies what these physicians need to know to engage in effective public health actions, explores the kinds of training programs that can be used to prepare physicians for public health roles, and examines how these training programs can be funded. Medical schools, schools of public health, health care and public health care professionals, medical students and students of public health will find this of special interest.

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air force hpasp psychology: USAF Formal Schools United States. Dept. of the Air Force, 1986

air force hpasp psychology: Handbook of Clinical Psychopharmacology for Psychologists Mark Muse, Bret A. Moore, 2012-03-22 Praise for Handbook of Clinical Psychopharmacology for Psychologists Handbook of Clinical Psychopharmacology for Psychologists is a remarkably thorough introductory textbook for integrating psychotropic drug prescribing into psychological practices. It covers basic concepts in physiology, neurology, and pharmacology in easily understood language. Not only is this book a requirement for any psychologist seeking to gain prescriptive authority, but it is also helpful for any mental health clinician who collaborates with prescribers of any discipline. I recommend it highly. Daniel Carlat, MD, Editor in Chief of The Carlat Psychiatry Report An important resource for any psychologist who is preparing to become a prescribing psychologist or for any psychologist who wants to be informed about the practice of medical psychology. Joseph E. Comaty, PhD, MP, coauthor of A Primer of Drug Action Handbook of Clinical Psychopharmacology for Psychologists is an excellent treatise written by psychologists for psychologists. From the Foreword by Patrick H. DeLeon, PhD, and Jack G. Wiggins, PhD, former presidents of the American Psychological Association An essential and practical guide to integrating psychopharmacology into clinical practice Edited by medical psychologists with contributions by notable experts in their respective specialties, Handbook of Clinical Psychopharmacology for Psychologists covers key topics

including: Ethics, standards of care, laws, and regulations relevant to clinical psychopharmacology Disorders of the nervous system, with particular relevance to psychopharmacology Use of comprehensive diagnostic strategies to establish differential diagnoses among possible medical and psychological symptoms Integration of pharmacotherapy with psychotherapy This essential book also provides an introduction to the qualifying exam for psychologists seeking specialty training in psychopharmacology, the Psychopharmacology Exam for Psychologists (PEP). The PEP-like practice test is available on the companion CD-ROM.

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Air Force Hpsp Psychology: Military Psychology, First Edition Carrie H. Kennedy, Eric Zillmer, 2006-08-18 During wartime the need for mental health ... Proceedings, Psychology in ...

Successfully Applying to Military Residencies - USAFP

- And, when appropriate, their service HPSP advisor. THE MATCH TIMELINE. 6. Match Timeline: Fall-Winter MS 3 Year • Meet with your Student Affairs and/or HPSP Advisor • Discuss your ...

AIR FORCE PHARMD SCHOLARSHIP PROGRAM - Drake ...

Air Force pharmacists engage in the full spectrum of pharmaceutical services, most importantly ensuring prescriptions filled in their pharmacy are correct. They will run pharmacies ranging ...

Defense Health Program Operation and Maintenance, ...

1. The Defense Health Program reprogrammed the FY 2021 Health Professions Scholarship Program (HPSP) funds (-\$6,000K) to the Departments of the Army, Air Force and Navy in ...

AIR FORCE - chhs.fresnostate.edu

YOUR AIR FORCE OBLIGATION Through the Air Force, these scholarships are offered for one-, two-, three-, and four-year terms. In exchange for the scholarship, your commitment to the Air ...

AIR FORCE PHYSICIAN ASSISTANT SCHOLARSHIP ...

medications. Like most members of the Air Force health care team, they participate in medical readiness exercises to prepare for emergency and wartime conditions. Another duty Air Force ...

HEALTH PROFESSIONS SCHOLARSHIP PROGRAM

HPSP, whichever is longer. Your minimum period of service on active duty depends on the health care field you choose. For example, after completing internship training, the minimum period of ...

Scholarships for Physician Assistant Students - University of ...

US Air Force: Health Professions Scholarship Program (HPSP) Amount: Full tuition, fees, books and equipment plus monthly stipend. Description: Healthcare professionals can pursue further ...

Military Emergency Medicine (EM) Residency Guide: the ...

Health Professional Scholarship Program (HPSP) or Health Services Collegiate Program (HSCP for Navy only), 2) students who attended a military service academy ... the Air Force) c) A ...

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DOD INSTRUCTION 1312 - Executive Services Directorate

Air Force, and Marine Corps, or captain in the Navy. b. Entry Grade and Promotion Phase Points. (1) A person granted entry grade credit in accordance with this instruction and placed on the ...

AIR FORCE HEALTH PROFESSIONS - md.wustl.edu

The Air Force Health Professions Scholarship Program (HPSP) can help you finish medical school and achieve your goals without financial worries. We currently offer three and four-year ...

AIR FORCE HEALTH PROFESSIONS - University of ...

The Air Force Health Professions Scholarship Program (HPSP) can help you finish your M.S.N. or D.N.P. program ... With an HPSP scholarship you can attend the accredited school of your ...

DOD INSTRUCTION 6130.03, VOLUME - Executive ...

May 28, 2024 · (2) The Reserve Components, which include the Army and the Air National Guards of the United States, in accordance with Title 10, United States Code (U.S.C.). (3) The ...

Air Force HPSP - University of Florida

Air Force HPSP. RULES OF ENGAGEMENT-Do not say or text any personal identification information (PII). ... 28 military GME sites (Air Force, Army, Navy) 3,400 military docs in ...

FASTSTART DIRECT DEPOSIT - U.S. Department of Defense

TYPE OF ALLOTMENT (Check One) FASTSTART. DIRECT DEPOSIT. INSTRUCTIONS FOR PROCESSING FEDERAL EMPLOYEE PAYMENTS. Use: For processing Federal employee ...

DISCHARGE AND SEPARATION Administrative Discharge

The respondent is a 29-year-old probationary Regular Air Force officer assigned to Base Y, as a Family Medicine Resident. He served in the United States Air Force Reserves as a Health ...

SCHOLARSHIP PROGRAMS FOR PHYSICIAN ...

AIR FORCE HEALTH PROFESSIONS SCHOLARSHIP PROGRAM ABOUT: Physician's Assistants are an -demand and highly respected career within the Air Force.

in Active -duty ...

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Air Force Hsp Psychology As recognized, adventure as without difficulty as experience not quite lesson, amusement, as skillfully as promise can be gotten by just checking out a book Air ...

AIR FORCE HEALTH PROFESSIONS SCHOLARSHIP ...

AIR FORCE HEALTH PROFESSIONS SCHOLARSHIP PROGRAM (AFHPSP) REQUIRED REIMBURSEMENT(S) ACCOUNTING LIST ... PRINCIPAL PURPOSES: Provide HPSP ...

Reserve Component Health Risk Assessment (RCHRA) ...

552a(b)(3) as follows: The Department of the Air Force "Blanket Routine Uses" set forth at the beginning of the Air Force's compilation of systems of records notices apply to this system. ...

READINESS 2 2019 Chairman Committee on Armed ...

Oct 2, 2019 · post-graduate year. As a final example, the Air Force indicated they updated the Air Force Recruiting Service guide to emphasize the requirement for accurate/complete reporting ...

SUMMARY OF ENLISTED COMMISSIONING PROGRAMS*

SUMMARY OF ENLISTED COMMISSIONING PROGRAMS* PROGRAM: Air Force Academy / Prep School AFROTC Scholarships (SOAR) & (ASCP) Professional Officer Course-

20 Graduate Medical Education - Statement of ...

2020 Graduate Medical Education - Statement of Understanding (HPSP) NAME (PRINT) _____ ... (AD) training in other than Air Force (AF) medical facilities will be considered for AF or other ...

DEFENSE HEALTH PROGRAM

U.S Air Force Medical Readiness Activities Fiscal Year (FY) 2025 President's Budget 4 Increase realigns half-year funding and manpower (3 FTEs) from non-pay to pay within the Subactivity ...

Military Emergency Medicine (EM) Residency Guide: ...

Air Force (AF): The match process takes the entire month of November; results are released usually the 2 nd week in Dec. The AF is usually the only service that allows civilian residency. ...

Military Residency Match - University of North Dakota

Program (HPSP) students have the same chances of getting their residency of choice as civilian students. The military will never dictate which specialty to choose. In general the more ...

Fiscal Year (FY) 2025 Budget Estimates UNCLASSIFIED ...

Department of the Air Force FY 2025 President's Budget Exhibit R-1 FY 2025 President's Budget Total Obligational Authority (Dollars in Thousands) Mar 2024 Appropriation: 3600F Research, ...

AIR FORCE RESERVE OFFICER TRAINING CADETS ...

AIR FORCE RESERVE OFFICER TRAINING CADETS (AFROTC) Pre-Health Cadets . Each year HQ AFROTC identifies members to enter their Pre-Health program. These cadets are ...

Health Professions Scholarship Program (HPSP)

AIR FORCE NAME: Dave Domantay PHONE: 408-210-5655 EMAIL: Dave.domantay@navy.mil NAME: Captain Nicole Bracey PHONE: 415-398-2329 EMAIL: Nicole.s.Bracey.mil@mail.mil ...

Personal Letters of Recommendation - AF

documents to MODS. Alternately, LORs may be submitted to the Air Force Physician Education's organizational email (AFPC.DP2NP.PhysicianEducation@us.af.mil). *** Up to three (3) letters ...

Coming on Active Duty for Dental Corps HPSP Participants

active duty commissioned service in the Army, Navy, Marine Corps, Air Force, Coast Guard, Public Health Service or full time duty in the National Guard, you will be given one half day ...

Academic and Career Guidance - Michigan State University ...

%PDF-1.5 %âãÏÓ 672 0 obj > endobj 690 0 obj >/Filter/FlateDecode/ID[08577A887FA8CC459C4D7B60F1600AB2>165284CC6E1AA842AF2D3A8A609FDF29>]/Index[672 ...

AUG 21 '2007 - Health.mil

Aug 21, 2007 · The Army has under executed Physician HPSP quotas m FY2005 and FY2006 The Navy has under executed Physician HPSP quotas mall FYs except 2003 The Air Force ...

NURSE ENLISTED COMMISSIONING PROGRAM (NECP) ...

Program (HPSP) offered through the Air Force Recruiting Service. Another alternative is to apply for the Air Force Educational Leave of Absence (AFELA) program and utilize your G.I. Bill ...

GRADUATE EDUCATION OPPORTUNITIES - U.S. Air Force

w u.s. air - rc nurse training and education advanced academic degrees fellowship opportunities continuing education and specialty training . created date:

O:\USAREC_G6_DATA\USAREC G6 Publications Control ...

USCG Air Force. USPHS 27. BRANCH (Officers only): 28. UNIT OR ORGANIZATION: ... Medical Education Program or Clinical Psychology Internship Program (internship) and/or residency ...

SUMMARY OF MAJOR CHANGES TO CHAPTER 5 - U.S.

Billet Classification number, or an Air Force Specialty Code.) 050106. Repayment. The Secretary of the Military Department concerned, may terminate at any time an officer's entitlement to ...

AIR FORCE RESERVE OFFICER TRAINING CADETS ...

AIR FORCE RESERVE OFFICER TRAINING CADETS (AFROTC) AFROTC cadets late in

their junior year not pre-health designated. Cadets who missed their ... We recommend applying for ...

How to read a Reserve and National Guard Leave and ...

o O - Training for HPSP, ROTC, and Special ADT over 30 days. o T - ADT over 29 days. (School) o U - Undergraduate pilot training, in-grade pilot, navigator, and advance flying training ...

Letters of Recommendation - AF

documents to MODS. Alternately, LORs may be submitted to the Air Force Physician Education's organizational email (AFPC.DP2NP.PhysicianEducation@us.af.mil). *** Up to three (3) letters ...

Scholarship for Dental School! - University of Nebraska ...

The Air Force Dental HPSP offers two-, three- and four-year scholarships that pay full tuition and all required fees. This includes reimbursement for text books, small equipment items and ...

IPAP / AECP / HPSP / PT / MSW / 70B - Archive.org

Overview • Purpose: Educate Soldiers, Leaders and educators on the educational opportunities offered by the AMEDD. – IPAP/AECP programs – HPSP – PT Baylor Program – MSW – 70B

Planning to rotate with Naval Medical Center Portsmouth?

means there are no Navy HPSP students on ADT orders that are on a rotation during the last Friday of September and the second week of October. ***Air Force HPSP students on ADT ...

Examining the Oath The Oath of Office - AF

Dec 22, 2015 • Air Force, do solemnly swear (or affirm) that I will support and defend the Constitution of the United States against all enemies, foreign and domestic; that I will bear ...

Staff Pediatrician and Major Jacob L. Nelson July 2019-June ...

Air Force HPSP Scholarship recipient for all 4 years of medical school
Hobbies and Interestse I am a father of 3, so any time away from work is spent with my wife and kids. We enjoy ...

COM Course Information

Course Description: AFOM 101 is done through the Air Force at a base location. This is an application opportunity for Air Force HPSP students. This course has an emphasis built ...

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air transportation.** It is light enough to be carried by one person and compact enough to be transported in a helicopter or vehicle. With its disposables, integrated sensors and individual ...

Office of Student Wellness UC Davis School of Medicine

Richard Cross, M.D. (Air Force HPSP) Associate Professor . Psychiatry and Behavioral Sciences . Email: richard.cross@ucdmc.ucdavis.edu . David Dawson,

M.D. (Air Force HPSP, Air Force ...

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