

What is Moving Forward?

Moving Forward, a self-help web course at www.StartMovingForward.org, is a joint development of the Department of Defense and Veterans Affairs to teach skills for overcoming life problems. The site, launched in November, 2012, was designed for military service members, veterans and their families.

The interactive training course at StartMovingForward.org has eight modules that progressively teach the visitor a step-by-step method to solve problems. The site allows the visitor to take a break from the training and return to the same module. It helps a person better understand their own problem-solving abilities and teaches new skills to overcome the challenges of solving things from daily nuisances to making major decisions. The training program features first-person stories, video exercises, surveys and resources to help anyone understand the importance of problem-solving skills.

The Moving Forward training program is based on Problem-Solving Therapy and teaches skills for overcoming life problems. Its goals are to improve optimism, reduce stress, improve emotional regulation, reduce avoidance and teach thoughtful, planful problem solving skills. The web course is based on a highly effective cognitive-behavioral treatment program developed by Drs. Arthur and Christine Nezu and used successfully with veterans across the country during the past several years.



StartMovingForward.org can be used on a mobile tablet but is not optimized for a smart phone. A companion mobile application, planned for release in early 2014, will provide quick, streamlined access to the training and tools of the web course.

The website is a collaborative effort of the Department of Defense National Center for Telehealth and Technology and the Department of Veterans Affairs Mental Health Informatics Section. The site was developed as part of the Integrated Mental Health Strategy, a joint initiative of the two departments.



www.StartMovingForward.org