

Mind and Money: Connecting Mental Health and Financial Well-Being Webinar Additional Resources

Webinar Learn Page : <https://oneop.org/learn/160019/>

Webinar | Websites and Links

- Financial Therapy Association www.financialtherapyassociation.org
- Military OneSource | Military Leaders Economic Security Toolkit
<https://www.militaryonesource.mil/leaders-service-providers/economic-security/#financial-well-being>

This toolkit helps leaders and service providers support the economic security of service members.

- Military OneSource | Resources for Financial Stress
<https://www.militaryonesource.mil/financial-legal/personal-finance/military-financial-stress-resources/>

Connect service members experiencing financial stress with immediate relief.

- Office of Financial Readiness | Financial Well-Being Assessment
<https://finred.usalearning.gov/assets/downloads/FINRED-FWBA-TK.pdf>

Help service members gauge their financial well-being through this 12 question assessment.

- Office of Financial Readiness | Talking to Service Members about Financial Well-Being
<https://finred.usalearning.gov/assets/downloads/FINRED-FWBA-SPC.pdf>

Service members are encouraged to take the FWB assessment at least once per year or whenever their financial situation changes. Here are ideas for service providers to start the conversation.

Recommended Textbooks | Self-Paced Learning

- Klontz, B. T., Britt, S. L., & Archuleta, K. L. (Eds.). (2015). **Financial therapy: Theory, research, and practice**. Cham, Switzerland: Springer International Publishing.
- Klontz, B., Klontz, B. T., Kahler, R., & Klontz, T. (2016). **Facilitating financial health: Tools for financial planners, coaches, and therapists**. The National Underwriter Company.
- Durband, D. B., Law, R. H., & Mazzolini, A. K. (Eds.). (2018). **Financial counseling**. Springer.
- Coombs, E (2021). **The Healthy Love and Money Way: How the Four Attachment Styles Impact Your Financial Well-Being**. Charlotte, N.C. SPARK Publications.

OneOp Programming | Webinars

- 2024 Military Family Readiness Academy | Economic Readiness and Military Family Well-Being <https://oneop.org/mfra/>
- The Relationship Between Health and Finances <https://oneop.org/learn/30374/>
- The Psychology of Money: Understanding Service Members' Financial Decisions <https://oneop.org/learn/104331/>

Webinar | Citations and References

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- DeGraff, A. (2019). Money, Mental Health, & Relationship Health: A Dyadic Analysis of Resources, Perceptions, & Contexts of Stress in Military Couples (Doctoral dissertation, University of Georgia).
- Gale, J., Grable, J., & Goetz, J. (2013). Financial counseling and couple and family therapy: Bridging disciplines, practices, and relationships. Presentation. GAMFT 2013 Winter Conference.
- Hanratty, B., Holland, P., Jacoby, A., & Whitehead, M. (2007). Financial stress and strain associated with terminal cancer—a review of the evidence. *Palliative medicine*, 21(7), 595-607.
- Klontz, B. T., & Britt, S. L. (2012). How clients' money scripts predict their financial behaviors. *Journal of Financial Planning*, 25(11), 33-43.
- Klontz, B., & Klontz, T. (2009). *Mind over money: Overcoming the money disorders that threaten our financial health*. Crown Currency.
- Klontz, B. T., Seay, M. C., Sullivan, P., & Canale, A. (2014). The psychology of wealth: Psychological factors associated with high income. *Journal of Financial Planning*, 27(12), 46-53.
- Mumford, D. J., & Weeks, G. R. (2003). The money genogram. *Journal of Family Psychotherapy*, 14(3), 33-44.
- Outlaw, M. (2009). No one type of intimate partner abuse: Exploring physical and non-physical abuse among intimate partners. *Journal of Family violence*, 24, 263-272.

- Ross, D.B., McCoy, M., Johnson, E., Lurtz, M. (2021). Writing your way into financial well-being: A narrative financial therapy experiential writing approach. Financial Therapy Association 2021 Conference.
- Talbot, R. (2020). Income growth dwarfed by rising costs. Graphic. From Paycheck-to-paycheck nation: Why even Americans with higher income struggle with bills by Alina Selyukh. NPR.
- Vlaev, I., & Elliott, A. (2014). Financial well-being components. Social indicators research, 118, 1103-1123.
- Wang, Z., & Pullman, L. E. (2019). Impact of military lifestyle on employment status and income among female civilian spouses of Canadian Armed Forces members. Journal of Military, Veteran and Family Health, 5(S1), 54-62.

The above resources, links, textbooks, and references may include both free and fee-based resources and inclusion in this list does not constitute endorsement by DoD or USDA.