

# Navy Touchpoint Curriculum

Each training table lists the following information:

- Title of CMT Touchpoint training
- Delivery Method
  - Instructor-Led Training (ILT)
  - Counselor Checklist (CL)
- Course Length

*Please Note:* Time estimate is for Instructor-Led Training ONLY

TOUCHPOINT	DELIVERY	COURSE LENGTH
First Duty Station	ILT, CL	95-105 minutes
Permanent Change of Station (PCS)	ILT, CL	60 minutes
Vesting in the Thrift Savings Plan (TSP)	ILT, CL	35 minutes
Entitlement to Continuation Pay	ILT, CL	45 minutes
Marriage	ILT, CL	65 minutes
Welcoming Your First Child	ILT, CL	55-65 minutes
Financial Implications of Divorce	ILT, CL	60 minutes
Disabling Sickness or Condition	ILT, CL	65 minutes
Leadership Training	ILT, CL	35 minutes
Pre-Deployment	ILT, CL	60 minutes
Post-Deployment	ILT, CL	60 minutes

Updated: 10 MAR 2025