

Colonel Kent G. Solheim was born on 30 November 1972 in Oregon City, Oregon. He enlisted in the United States Army on 28 December 1994, as a Cavalry Scout, and was later commissioned an Armor Second Lieutenant upon graduation from Officer Candidate School in 1999. His first assignment was to 1-72 Armor, 2nd Infantry Division in Korea. There he served as a Tank Platoon Leader and then a Scout Platoon Leader. Following this assignment, Colonel Solheim attended the University of Louisville, and graduated with a Master of Education degree in Human Resource Education. Upon completion of the Special Forces Qualification Course, Colonel Solheim served as a Detachment Commander on ODA 3232, deploying to Afghanistan two times in support of Operation ENDURING FREEDOM (2004-2005). Upon returning from his second deployment, Colonel Solheim was assigned as the Detachment Commander in the 3rd Special Forces Group's Crisis Response Force and later the Company Executive Officer for Bravo Company, 2nd Battalion, deploying to Iraq two times in support of Operation IRAQI FREEDOM (2006-2007). Colonel Solheim was very seriously wounded in Iraq 27 July 2007, losing his right leg to multiple gunshot wounds sustained in a firefight in Karbala, Iraq. He underwent rehabilitation until July 2008. Upon returning to full duty, Colonel Solheim was assigned as the Company Commander for Charlie Company, 4th Battalion, 1st Special Warfare Training Group, and then as the Battalion Executive Officer in the same Battalion. In September 2010, upon completion of Intermediate Level Education, Colonel Solheim returned to 3rd Special Forces Group and deployed to Afghanistan in support of Operation ENDURING FREEDOM as the Deputy Director for the Afghan National Army Special Operations Advisory Group. On 06 May 2011, Colonel Solheim took command of Charlie Company, 4th Battalion, 3rd Special Forces Group. His company deployed for nine months in support of Operation ENDURING FREEDOM XVIII to eastern Afghanistan. In June of 2013, Colonel Solheim was assigned to the United States Special Forces Command as the Chief of Plans and Operations and in February 2014 Colonel Solheim took command of the Special Forces Advanced Reconnaissance Target Analysis and Exploitation Course and the Special Forces Sniper Course. Following command, Colonel Solheim was assigned to the United States Military Academy as the Military Assistant to the Distinguished Chair of the Combating Terrorism Center, Ambassador Michael Sheehan. On July 20, 2016, Colonel Solheim took command of 3rd Battalion, 3rd Special Forces Group (Airborne) and deployed the Battalion to the continent of Africa in 2017. Colonel Solheim Relinquished command of 3/3 in June of 2018, he was assigned to the Office of the Secretary of Defense Legislative Affairs. In 2020, Colonel Solheim was assigned as a United States Army War College JSOC Fellow, with duty in the Pentagon. Following his assignment at the Pentagon, COL Solheim commanded of the 165th Infantry Brigade. COL Solheim is currently assigned as the Commander for the Joint Special Operations Medical Training Center.

Colonel Solheim's awards and decorations include: Legion of Merit, The Silver Star, the Purple Heart, the Bronze Star (5 OLC), the Meritorious Service Medal (3 OLC), the Defense Meritorious Service Medal (2 OLC), the Army Commendation Medal (2 OLC), the Army Achievement Medal (9 OLC), the Army Good Conduct Medal, the National Defense Service Ribbon, The Afghanistan Campaign Medal, The Iraq Campaign Medal, the Global War on Terrorism Expeditionary Medal, the Global War on Terrorism Service Medal, the Korea Defense Service Medal, the Overseas Ribbon (2), the Noncommissioned Officer Professional Development Ribbon, the NATO Ribbon, the Combat Infantryman Badge, the Special Forces Tab, the Ranger Tab, the Special Operations Diver Badge, German and Canadian Parachutist Badge.

Colonel Solheim is married to the former Trina Leard of Woods Harbor, Nova Scotia, Canada. They have two children: Son Brook (27), and daughter Summer (25), and one grandson. Trina is the Executive Director of the non-profit, Gold Star Teen Adventures. Brook is attending language school at Fort Liberty with follow-on assignment at 3rd SFG(A), and Summer is a Nurse Practitioner.