

SHAUNA ‘DOC’ SPRINGER, PH.D.

NATIONALLY RESPECTED EXPERT. TRUSTED DOC.

CONTACT

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EDUCATION

HARVARD UNIVERSITY

BA with honors (English Literature)
1993-1997

UNIVERSITY OF FLORIDA

Ph.D. in Psychology
2002-2006

PROFILE

Nationally renowned psychologist and field-leading authority. Best-selling author and keynote speaker who has guided groundbreaking initiatives in trauma recovery, suicide prevention, close relationships, and military and first responder psychology. Known for her uniquely perceptive insights, wisdom, discretion, and the blending of psychological expertise with strategic leadership. **Now offering consultation to public safety leaders and their departments.**

OFFERING CONSULTATION BASED ON HIGHLY SPECIALIZED EXPERTISE

First responders face many life-altering challenges that do not fit within the scope - or training - of either “coaching” or “psychotherapy.” For example, collective grief after a line-of-duty death, the impact of a suicide in the ranks, moral injuries, chronic adrenal overdrive, compassion fatigue, public character assassination, media misportrayals, survivor guilt, self-destructive blind spots, spillover anger, and traumatic transposition are based on experiences first responders have. These challenges are not problems with individuals, to be diagnosed and treated. They are NOT evidence of a lack of resilience. They are common experiences that first responders often face - and specialized insights can help address them.

For many years, Shauna ‘Doc’ Springer has operated as a trusted, confidential advisor within the military community, helping military leaders tackle these kinds of challenges based on her highly specialized expertise. She is now opening up this service to public safety leaders. In this role, she operates not as a therapy provider, but as a private strategic consultant, to equip leaders with a thoughtful, well-informed perspective on many of their toughest challenges. Doc Springer is available for private clients or departments as a whole.

Examples of Consultation Topics

- Critical incidents / OIS / suicide and other deaths within the ranks
- Coping with chronic stress, preventing burnout, addressing grief and loss, moral injuries, and survivor guilt
- Strained relationships with loved ones, including distressed marriages and parenting relationships
- Transitioning to new roles, and strategies to navigate retirement from a public safety career

Samples of Doc Springer’s work: POLICE1 Article Series

- What People Really Mean when they say that Suicide is “Selfish”
- 5 Common Myths about Suicide
- Administrative betrayal: Why the silence of leaders is the greatest trauma for many LEOs (based on Police1’s “What Cops Want” survey)
- How Fear Can be a Strength
- Next Up: Respected Police Chiefs Open up to Doc Springer: The Personal Toll of Leadership (March 2025)