

SHAUNA ‘DOC’ SPRINGER, PH.D.

NATIONALLY RESPECTED EXPERT. TRUSTED DOC.

CONTACT

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🌐 www.docshaunaspringer.com

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 with extensive media presence. 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, visionary approach to mental health, and the blending of clinical expertise with strategic leadership. **Now providing strategic consultation and training for public safety leaders and their departments.**

HIGHLY SPECIALIZED EXPERTISE

- Author of three bestselling books: WARRIOR: How to Support Those Who Protect Us, RELENTLESS COURAGE: Winning the Battle Against Frontline Trauma, and BEYOND THE MILITARY: A Leader's Handbook for Warrior Reintegration.
- Paid contributor to Police1, Psychology Today, and Military Times
- Recipient of national podcast award for Military Times podcast, "Seeking the Military Suicide Solution"
- Go-to media expert for multiple topics related to areas of expertise, including trauma, healing relationships, mass shootings, ethnic hate crimes, behavioral health innovation, suicide prevention and postvention, grief and loss, military transition, military and first responder trauma, and Stellate Ganglion Block as a treatment for trauma
- Media appearances in NBC, NPR, VICE, Business Insider, Forbes Health, Newsweek, CBS Radio, Military.com, Gun Talk Radio, Coffee or Die Magazine, Havok Journal, The Daily News, the Washington Post and many more
- Featured expert on award-winning films "Wounded Heroes," "The Shot" and "Warrior's Journey"
- Psychology Today online columnist with over 2 million hits.
- National suicide prevention subject matter expert for NFL (National Football League) Foundation training series.
- Host of "The Story of Our Trauma" podcast
- 23 publications in peer-reviewed journals or edited works. Most recent publication: Springer, Whitmer, Steinlin, Gray, and Blankfield (2024). Optimizing clinical outcomes with stellate ganglion block and trauma-informed care. *NeuroRehabilitation*.55(3):385-396. doi: [10.3233/NRE-230236](https://doi.org/10.3233/NRE-230236)

POLICE1 Article Series

- Developing an Effective Plan for First Responder Mental Wellness
- 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 about the Personal Toll of Leadership (March 2025)

THE VALUE OF DOC SPRINGER'S CONSULTATION DISCRETION.WISDOM.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, common challenges like collective grief after a line-of-duty death, the impact of a suicide in the ranks, moral injuries, chronic adrenal overdrive, oxytocin withdrawal, empathic suppression, survivor guilt, foveal vision, self-destructive blind spots, spillover rage, and traumatic transposition are based on experiences first responders have. They are not problems with individuals, to be diagnosed and treated. They are NOT evidence of a lack of resilience. They are common challenges that often leave first responders - and leaders they trust - feeling helpless, without the insights they need to get traction with these kinds of predictable forms of mental warfare.

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.

Immediate, Direct Benefits

- Eliminates the need for leaders to make critical decisions in isolation
- Gives leaders the chance to be proactive (not reactive) about high-stakes problems
- Introduces new insights and new options for the complex, layered challenges leaders face

EXAMPLES OF CONSULTATION TOPICS

- Leading through collective traumas like critical incidents / OIS / deaths within the ranks
- Coping with chronic stress, addressing a continually overactive fight or flight system
- Mental health crises among members of the department (administrative responding)
- Burnout, fatigue, and emotional exhaustion (in self or members of the department)
- How to talk about suicide risk or address a suicide loss within one's department
- Strained relationships with loved ones, including distressed marriages
- Strategies to navigate career transition or retirement from a public safety career

EXAMPLES OF DOC SPRINGER'S DEPARTMENT-WIDE TRAININGS

PEAK PERFORMANCE SERIES

- A New Model for Peak Performance: Migrating what works in Military Special Operations to Public Safety Professionals
- Hair Trigger Nervous Systems: How an Overactive “Fight-or-Flight” System changes interactions with the public, perceptions of administrative betrayal, family relationships and suicide risk
- 5 Essential Qualities of Departments that don't struggle with Recruitment and Retention
- The Value of Conflict and How to have a GOOD Fight (with your boss, a colleague, or your significant other)
- Moving Beyond “Resilience”: A better model for building a culture of peak performance
- Retirement from a Public Safety Career: A Roadmap for people of action

MENTAL WARFARE SERIES

- Blind Spot: Why current suicide prevention approaches often fail first responders, and a new direction for addressing mental warfare
- Achilles, Heal: Insights for navigating commons forms of mental warfare, including trauma, survivor guilt, self-destructive thoughts, and moral injuries
- Healthy Grief: What grief is, how to navigate it, and how to honor those fallen
- Suicide Postvention: Individual and collective healing after a suicide in the ranks
- The 5 essential qualities of a culturally competent mental health provider

EXAMPLES OF SMALL GROUP LEADERSHIP TRAININGS

- 5 defining moments that create or undermine trust between public safety leaders and their teams
- 5 essential qualities of wellness programs that police officers trust and use
- Perceptions of administrative betrayal: the most common sources of perceived administrative betrayal, and how leaders can navigate these
- Talking about suicide risk, suicide loss, and how to memorialize those who die by suicide
- Collective grief: helping your team navigate losses that impact the department is a whole

CONTACT:

shaunaspringer@gmail.com to discuss how I can support you and your team.