

Helping the Helpers: Individual Services for First Responders and Medical Professionals

Learning Objective:

1. Understand cultural differences between civilians, first responders, and medical professionals
2. Explore challenges in building rapport
3. Selecting affective trauma-focused approaches
4. Approaches to first responder and medical professional wellness

Abstract: Helping the helpers is one of the more difficult areas of mental health treatment. From understanding the unique culture to challenges building rapport, working with first responders and medical professionals is not for the faint of heart. This session will give providers realistic expectations for working with these populations, advise on the most effective (and preferred) treatment methods, and share the best ways to approach first responder and medical professional self-care/wellness.

Presenter: Lindsey Saltzman, LCSW, MSW, Equinox Counseling and Consulting, LLC

Bio: Lindsey Saltzman, LCSW is a 2013 USI MSW graduate and has extensive experience working with trauma survivors, first responders, and individuals in mental health crisis. Lindsey has assisted on crisis/hostage negotiation scenes, trained multiple first responder agencies on crisis and trauma-informed care, and provided services on every level of treatment throughout her career.

Lindsey currently owns her own private practice, Equinox Counseling and Consulting, LLC, where she specializes in individual services for trauma survivors and first responders. Lindsey is also involved in several local agencies supporting first responders in various capacities.