

First responder clients are a special population because they are reluctant to even cross the threshold of a mental health provider's door.

In this session, we will learn 4 key objectives for working with first responders, military, and law enforcement:

1. Understanding the first responder's perception of psychotherapy and the stigma that accompanies seeking treatment.
2. Strategies to gain credibility when working with first responders, military and law enforcement.
3. Defining cultural competence, its meaning and its importance with this population
4. Acknowledging the secondary level of trauma experienced by families of this population and identifying ways to minimize the negative impact to their mental health and the family structure

As we discuss these 4 objectives, we will weave in the effectiveness and efficiency that brainspotting gives these clients as well as hear various case studies of how brainspotting has changed the lives of those brave enough to overcome the stigma and do their work.