

Resources for Therapists seeing First Responders:

• Training for Therapists:

- EMDRIA: <https://www.emdria.org/learning-class/emdr-for-first-responders-2/>
- Center for Firefighter Behavioral Health: <https://helping-heroes.org/>
- Academy Hour: <https://www.firstrespondercounselor.com/>
- International Trauma Training Institute: <https://traumaonline.net/courses/first-responder-treatment-provider/>
- Suggested treatment modalities to pursue:
 - Cognitive Processing Therapy (CPT)
 - Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
 - Accelerated Resolution Therapy (ART)
 - Eye Movement Desensitization & Reprocessing (EMDR)
 - Internal Family Systems (IFS)
 - Dialectical Behavior Therapy (DBT)
 - Critical Incident Stress Management (CISM)
 - Mindfulness & Somatic Therapies

• Books

- *"Fit For Off Duty"* by Dr. Peter Salerno (2 versions written for fire service and police)
- *"Don't Lose Yourself: A First Responder's Mental Health Playbook"* by The Salty Paramedic and Scott Mandeville
- *"Hope Out of Darkness: A Guide to First Responder Mental Wellness"* by Dena Ali
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• North Texas Organizations & Practices

- 3FTL: <https://www.3ftl.com/>
- American Warrior Association: <https://www.awa-usa.org/>
- F1RST: <https://f1rst.org/>
- NAMI Overwatch Peer Support: <https://www.naminorthtexas.org/frontline-wellness-1>
- The Brave Fight: <https://thebravefight.com/>
- DFW First Responders Support Network: <https://dfwscanner.net/firstresponders/>
- Healing Counseling Center: <https://www.healingcounselingcenter.com/>

• National Resources

- Firefighter Behavioral Health Alliance: <https://www.ffbha.org/>
- International Association of Firefighters: <https://www.iaff.org/behavioral-health/>
- National Volunteer Fire Council: <https://www.nvfc.org/programs/share-the-load-program/>