



Next Steps Forward
Tuesday at 10 AM Pacific
February 2nd 2021: How to Support Those Who Protect Us with Dr. Shauna Springer

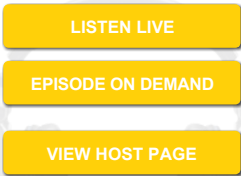
Chris Meek speaks with Shauna “Doc” Springer, one of the world’s leading experts on psychological trauma, military transition and suicide prevention, in this installment of Next Steps Forward. A trusted doctor to our nation’s military war fighters, Springer will discuss practical, tangible tools for suicide prevention and the importance of trust in the prevention process. A champion for the power of connection, Springer will speak on how methods and results of connection have changed over the past year and how stressor events, like the pandemic, have impacted the mental health of veterans. Spr

[Read more](#)



Tune in

Tuesday at 10 AM Pacific
Time on VoiceAmerica
Empowerment Channel



Questions? Comments?
Call In Live! Call-In
Toll Free: 1-888-346-9141
Intl: 001-480-553-5760

Featured Guest

Guest Image

Dr. Shauna Springer
Shauna “Doc” Springer is a best-selling author, frequently requested media expert, keynote speaker, and one of the world’s leading experts on psychological trauma, military transition, suicide prevention, and close relationships. She is the author of Warrior and the co-author of Beyond the Military. A Harvard graduate who has become a trusted Doc to our nation’s military warfighters, she navigates different cultures with exceptional agility. As Chief Psychologist for Stella, she advances a new model for treating psychological trauma that combines biological and psychological interventions. Her work has been featured in multiple media outlets, including CNN, VICE, NPR, NBC, CBS Radio, Forbes

[Read more](#)

Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

