

Shauna 'Doc' Springer

[Shauna 'Doc' Springer](#) is a best-selling author, frequently requested keynote speaker, and an award-winning Military Times podcast host. She is the author of *RELENTLESS COURAGE: Winning the Battle Against Frontline Trauma* and *WARRIOR: How to Support Those Who Protect Us*, both of which have been sourced for mass book clubs by several organizations. Dr. Springer is frequently sourced by the media for her uniquely perceptive insights on trauma recovery, post-traumatic growth, psychological health, and interpersonal relationships, developed from two decades of work at the extremes. She has been featured in over 200 media engagements in the past few years, across multiple media outlets. Doc Springer currently serves as the Chief Psychologist for [Stella](#), which has more than 20 clinics across the nation that offer innovative treatments for a range of psychological challenges, and the lead psychological advisor for [MAGNUSWorx](#), an innovative app-based wellness program that supports first responders.

