

## Red Deer Express – February 15, 2017

### **AGENCY EQUIPPED TO SUPPORT FIRST RESPONDERS**

Shalom Counselling Centre is pleased to announce that one of their staff has now been added to the Psychology Registry of the Alberta Paramedic Association (APA) to provide mental health support for First Responders.

Benton Schultz, registered psychologist, has recently completed his requirements through the APA to better equip himself to assist first responders in managing their wellness needs.

The mission of the APA is to advance the knowledge, skills and health and wellness of the paramedic profession. According to the APA's web site, paramedics are a specialized group of health-care providers who are put in psychologically traumatizing situations exclusive to their profession. The psychological stress injuries paramedics receive at work are real; they are also manageable and most times reversible.

"It is a privilege for Shalom Counselling to be able to offer support to Central Alberta's First Responders; individuals who routinely risk their own well being for the sake of others," says Benno Fath, Shalom's executive director.

To be listed on the Psychology Registry, psychologists must have training and experience working with addictions, depression and Post Traumatic Stress Disorder (PTSD).

Benton completed training in Prolonged Exposure Therapy which helped him meet the requirements needed to be on the Registry. He is one of the two psychologists in Central Alberta who are listed.

With his specialized training and experience in treating those with anxiety and stress, anger and depression concerns, Benton is able to help first responders manage the trauma and stress they experience as part of their daily jobs.

Psychologists listed on the registry have been vetted by the psychology community and are recognized for their expertise in trauma and PTSD treatment.