

Presenters – First Responders Resiliency Program (FRRP)



Dr. Megan McElheran, Psy.D., R.Psych.

Dr. Megan McElheran is a Clinical Psychologist with WGM Psychological Services in Calgary, AB. Dr. McElheran completed graduate training at the Stanford University clinical psychology consortium, during which she obtained specialized training in the treatment of PTSD through the National Center for PTSD in Menlo Park, CA. Dr. McElheran has been in practice in Calgary since 2008. She continues to focus on work with first responders, and her clinical practice involves work with active-duty members of the Canadian Forces, members of the Royal Canadian Mounted Police, members of the Calgary Firefighter Department, medical personnel and others who are directly or vicariously impacted by traumatic events. She routinely engages in teaching and supervisory activity in order to ensure sound dissemination of empirically-grounded interventions for trauma. Dr. McElheran is regularly engaged for speaking events, both locally and internationally. She completed a TEDx speech in 2011 related to Trauma, Change and Resilience and most recently completed a discussion for the Healing Project on trauma and PTSD. Dr. McElheran provides a range of empirically-supported treatments for PTSD, including Prolonged Exposure, which is a therapy for which she also provides supervision; Eye Movement Desensitization and Reprocessing (EMDR); Cognitive Processing Therapy (CPT) and Accelerated Resolution Therapy (ART).



Dr. Duncan Shields

Duncan Shields, PhD is a clinician who, over the past 23 years, has specialized in providing front-line mental health services to military, police and first responders. His current role as Adjunct Professor in the Faculty of Medicine, University of British Columbia, builds on this foundation, focusing on research, evaluation and program development of culturally relevant initiatives to assist first responder and military personnel maintain or regain resiliency and well-being while coping with operational and traumatic stress. Major projects include development of a resiliency program with the BC Professional Firefighters Association, which represents 3000 firefighters in British Columbia, Canada, and a study of military personnel in transition to civilian life after medical release from the Canadian Armed Forces. Before his academic studies, Dr. Shields served with the Governor General's Foot Guards, a Canadian Infantry Regiment, where he developed a lifelong appreciation for the work and sacrifice of those who serve.