



CODE CALM: Mental Health Tools for First Responders After An Incident

Matthew Short, M.S., LPC
Associate, Lic Paramedic
Founder, Tactical Counseling

August 7, 2025
11 AM – 12 PM CST



Register
Here:



ABOUT OUR SPEAKER

Matthew Short is a licensed paramedic and LPC Associate whose career spans emergency response, clinical mental health, and academic research. With over 30 years of experience across health care, public health, and education, he brings a unique and integrated perspective to trauma-informed care, resilience, and crisis response. As the founder of Tactical Counseling, Matt provides solution-focused, goal-oriented psychotherapy for first responders, health care professionals, and the broader community. His work is grounded in real-world experience, having served as a paramedic, clinical training officer, lecturer, and assistant professor. Matt's research explores the intersection of mental health and emergency care, including the psychological impact of patient care, resilience in high-stress professions, and physiological responses to chronic stress and exercise. He has contributed to studies on paramedic education, exercise biomarkers, and how medical first responders identify and assist victims of human trafficking. He holds a B.S. in Psychology from Texas A&M University and dual M.S. degrees in Exercise & Sport Science and Clinical Mental Health Counseling from Texas Tech University and Texas Tech University Health Sciences Center. As an LPC Associate, he practices under the supervision of Rae Brockman-Balawejder, LPC-S.

