



CASAT Conversations

Season 1 Behind the Front-Line: Supporting the Families of Front-Line Staff and First Responders

This podcast was created for families and intimate partners of front-line staff and first responders. Dr. Trudy Gilbert-Eliot, author of *Healing Secondary Trauma: Proven Strategies for Caregiver* provides educational tips, stress management techniques, and ways to build resilience within the family. Family members of first responders and front-line staff also share their stories highlighting the multi-dimensional nature of what it's like to be an intimate partner of a first responder. Visit us at casatondemand.org/casat-conversations for more information.



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