

Peaceful Healing, LLC

Recovery After the Call – Department Overview

Recovery After the Call is a voluntary, ongoing therapy group for first responders seeking a confidential space to process the emotional and psychological impact of their work.

The group is trauma-informed and clinically facilitated by a Licensed Clinical Social Worker. It is not a debriefing, investigation, or peer-led intervention.

Each session follows a structured, phase-based process that supports normalization, emotional safety, and healthy coping without requiring disclosure of incident details.

This group complements existing peer support and CISM resources by providing professional clinical care focused on cumulative stress, resilience, and long-term wellness.

Appropriate for law enforcement, fire, EMS, dispatch, and other first responders at any stage of their career.