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Dr. Shelton, Fellow and Director of Professional Development with the American Academy of Experts in Traumatic Stress, has provided consultation, development and training to the law enforcement, emergency services, corporate, industrial, insurance, medical, mental health and education community in the area of Stress Management, Crisis, Trauma and Violence. Dr. Shelton is an international conference presenter and provides direct consultation and training to the Trauma Support Center in the UK. Dr. Shelton is the author of the book EMS Stress, An Emergency Responders Handbook for Living Well (Mosby Publications, 1994), Acute Traumatic Stress Management (American Academy of Experts in Traumatic Stress, 2001) and Comprehensive Acute Traumatic Stress Management (American Academy of Experts in Traumatic Stress 2005). Dr. Shelton further served on the American Hospital Associations Ad Hoc Committee on Major Transportation Carrier Disasters in developing the report - Major Transportation Carrier Disasters: Improving Response and Coordination, 1991. Dr. Shelton's articles on Stress and Traumatic Stress Management have appeared in Claims and Claimsman magazines.

In the wake of the World Trade Center disaster, Dr. Shelton consulted with the Federal Bureau of Investigation New York Office regarding Traumatic Stress Management for staff and staff families. Additionally, he provided Traumatic Stress counseling to Fire Fighters, Police Officers and EMS personnel at ground zero. He serves as the Clinical Director for the Nassau County NY Fire Service Traumatic Stress Response Team. Dr. Shelton regularly consults with the news media regarding Traumatic Stress offering expert commentary for CNN, ABC, FOX, NY Times and Newsday. He has conducted training in Comprehensive Acute Traumatic Stress Management for Brown, Boston, Cornell, and Stony Brook Universities. Dr. Shelton works with the United States Army, training Victims Advocates, and the United States Air Force training Chaplains and Chaplain Assistant's in the management of traumatic stress. Dr. Shelton is a Clinical Associate Professor at the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell.

During the California Wildfires in 2008 and the tornado outbreaks of 2011, 2012 and 2013, Dr. Shelton worked with the Liberty Mutual Catastrophe Response Team, providing consultation and training in Acute Traumatic Stress Management, as well as counseling policyholders. In the aftermath of Super Storm Sandy 2012, he worked with the Nationwide Catastrophe team assisting policyholders.

In addition to his work with the Academy, Dr. Shelton has been a member of the Emergency Service Community for 48 years, having served as a Firefighter and Paramedic. After 35 years of service to the Nassau County N.Y. Police Department, he retired from the position of Director of Emergency Medical & Health training at the Police Academy. He developed the NCPD stress / traumatic stress program. Dr. Shelton is certified by the State of New York, Municipal Police Training Council as a Master Police Instructor. Dr. Shelton is a consulting psychologist with the Diocese of Rockville Center NY, presenting programs in stress management, communication, parenting, and marriage preparation. In 2007, he was honored by the Insurance Industry Property Loss & Research Bureau (PLRB) receiving the "Outstanding Presentation" award at the National Claims Conference in Orlando FL. He also presents webinars as part of the PLRB "Fine Tuned Adjuster" webinar series, and presented the Keynote address at the 2014 National Claims Conference in Indianapolis. At the 2015 National Tornado Summit in Oklahoma City, he provided a Keynote address on Catastrophe – Managing the Psychological Trauma. In 2017 at the Pennsylvania Association of Mutual Insurance Companies (PAMIC) in Gettysburg, He provided a Keynote address on Titanic Stress, - A Losing Battle with Forces Unseen. Dr. Shelton is an honorably discharged veteran having served in the US Navy as a Hospital Corpsman. He is an Eagle Scout.