

SUZANNE R. BEST, Ph.D.

Clinical Psychologist

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EDUCATION

California State University, Fresno B.A., Psychology	1980 - 1985
California School of Professional Psychology, Alameda MA, PhD, Clinical Psychology	1991 - 1997
SUNY Health Science Center, Syracuse, New York Predoctoral Internship	1995 - 1996
San Francisco VA Medical Center PTSD Research Program Postdoctoral Training	1996 - 1997
San Francisco General Hospital Child Trauma Research Project Postdoctoral Training	1997 - 1998

EMPLOYMENT

<u>LEWIS AND CLARK COLLEGE, GRADUATE SCHOOL OF EDUCATION AND COUNSELING</u> Adjunct Professor	2009 - present
<u>PACIFIC UNIVERSITY, SCHOOL OF PROFESSIONAL PSYCHOLOGY</u> Assistant Professor	2007 - 2009
<u>SAN FRANCISCO VA MEDICAL CENTER, PTSD RESEARCH PROGRAM</u> Research Psychologist	1996 – 2008
<u>STANFORD MEDICAL CENTER</u> Clinical Research Supervisor	2001 – 2002
<u>UNIVERSITY OF CALIFORNIA SAN FRANCISCO</u> Staff Psychologist II	2000 – 2005

June, 2015

Best, Suzanne R.

PRIVATE PRACTICE

Clinical and Forensic Psychologist

2000 – present

CONSULTATION

Caregiver Village

Host/Facilitator- *Unsung Heroes: Caregivers and Supporters
Of Injured Military and First Responders*

2011 – 2012

ROSEN FAMILY WELLNESS CENTER FOR
LAW ENFORCEMENT AND MILITARY
PERSONNEL

Clinical Consultant

2009 - 2011

SAN FRANCISCO VA MEDICAL CENTER
PTSD RESEARCH PROGRAM

Clinical Research Consultant

2008 - 2012

SUPPORTIVE SOLUTIONS, INCORPORATED

Crisis Support Consultant

2006 - 2013

COGNITIVE BEHAVIORAL TREATMENT FOR PTSD
CLINICAL CONSULTATION GROUP

Consulting Supervisor

2006 - 2007

MEMBERSHIPS

International Society for Traumatic Stress Studies

1995 – present

American Psychological Association

Charter Member- Division 56: Trauma Psychology

2001 – present

2006 – present

Association for Scientific Advancement in
Psychological Injury and the Law

2008 – 2011,

2014 – present

International Law Enforcement Educators and Trainers

2008 – 2010

Society for Police and Criminal Psychology

2009 – present

International Association of Chiefs of Police,
Psychological Services Section

2002 – present

LICENSURES

Licensed Clinical Psychologist, Oregon Board of Psychologist Examiners
License #: 1770

Licensed Psychologist, Washington Board of Psychology
License #: PY00003389

PUBLIC SERVICE

Military Child Education Coalition Public Engagement Steering Committee Member	2011 - 2012
Returning Veterans Project Consultant/Psychotherapist	2006 - present
NY Times New York City Post 9/11 Consortium Clinical Trainer	2001
Children's Psychotherapy Project, San Francisco Psychotherapist	2001 - 2002

PROFESSIONAL ACTIVITIES

Ad Hoc Reviewer: American Psychological Association PsyCRITIQUE; Journal of Traumatic Stress; Psychological Assessment; Journal of Police and Criminal Psychology; Public Health Reports; Behavior Research and Therapy; European Journal of Psychotraumatology; International Journal of Psychology

Oregon Psychological Association, Continuing Education Committee Member 2006 - 2009

Chair, Officer Involved Shooting Guidelines Revision Committee, 2009 - 2010
International Association of Chiefs of Police, Police Psychological Services Section

TEACHING

Lewis and Clark College Graduate School of Education and Counseling Adjunct Professor	2008 – present
Pacific University, School of Professional Psychology Assistant Professor	2007 - 2009
University of California, San Francisco Adjunct Professor	2000

BOOKS And BOOK CHAPTERS

- 2013 Domenici, P., **Best, SR**, Armstrong, K. *Courage After Fire for Parents of Service Members: Strategies for Coping When Your Son or Daughter Returns from Deployment*. New Harbinger Press, Berkeley, CA.
- 2011 **Best, SR**, Artwohl, A, Kirschman, E. *Critical Incidents*. In Handbook of Police Psychology, 2nd Edition. Routledge/Psychology Press, New York, NY.
- 2006 Armstrong, K, **Best, SR**, & Domenici, P. *Courage After Fire: Coping strategies for troops returning from Iraq and Afghanistan and their families*. Ulysses Press, Berkeley, CA.
- 2006 Marmar, CR, McCaslin, S, Metzler, T, **Best, SR**, Weiss DS, Fagan, J, Liberman, A, Pole, N, Otto, C, Yehuda, R, Mohr, D, Neylan, T. Predictors of posttraumatic stress in police officers and other first responders. In Yehuda, R. (Ed.) *Psychobiology of posttraumatic stress disorders: A decade of progress*. (Vol. 1071) *Annals of the New York Academy of Sciences* (pp1-18). Blackwell Publishing, Malden MA.

PUBLICATIONS (Past 12 years)

- 2002 Neylan, TC, Metzler, TJ, **Best, SR**, Weiss, DS, Fagan, JA, Liberman, A, Vedantham, K, Brunet, A, Rogers CE, Lipsey, T, & Marmar, C. Critical Incident Exposure and Sleep Quality in Police Officers. *Psychosomatic Medicine*,
- 2002 Liberman, A. M., **Best, S. R.**, Metzler, T. J., Fagan, J. A., Weiss, D. S., & Marmar, C. R.. Routine Occupational Stress and Psychological Distress in Police. *Policing: An International Journal of Police Strategies and Management*, 25, 421-439.
- 2003 Ozer, EJ, **Best, SR**, Lipsey, TL, Weiss, DS. Predictors of Posttraumatic Stress Disorder symptoms in adults: A Meta-analysis. *Psychology Bulletin, Jan; 129(1): 52-73*
- 2003 Mohr D, Vedantham K, Neylan T, Metzler TJ, **Best S**, Marmar CR. The mediating effects of sleep in the relationship between traumatic stress and health symptoms in urban police officers. *Psychosom Med.*, May-Jun; 65(3):485-9.
- 2003 Pole, N, Neylan, TC, **Best, SR**, Orr, S, & Marmar, CR. Effects of Fear-Potential on Physiologic Response to Acoustic Startle in Urban Police Officers with Posttraumatic Stress Symptoms. *Journal of Traumatic Stress*.
- 2005 Otte, C, Neylan, TC, Pole, N, Metzler, T., **Best, SR**, Henn-Haase, C, Yehuda, R, & Marmar, CR. Association Between Childhood Trauma and Catecholamine Response to Psychological Stress in Police Academy Recruits. *Biological Psychiatry* 57: 27-32.
- 2005 Neylan, TC, Brunet, A, Pole, N, **Best, SR**, Metzler, TJ, Yehuda, R, & Marmar, CR. PTSD Symptoms Predict Waking Cortisol Levels in Police Officers. *Psychoneuroendocrinology*. 30; 373-381.

- 2005 Pole, N., **Best, S.R.**, Metzler, T., & Marmar, C.R.. Why Are Hispanics at Greater Risk for PTSD? *Cultural Diversity and Ethnic Minority Psychology* 11:2; 144-161.
- 2006 McCaslin, SM, Metzler, TJ., **Best, SR**, Liberman, A., Weiss, DS, Fagan, J. & Marmar, CR. Alexithymia and PTSD Symptoms in Urban Police Officers: Cross-sectional and Prospective Findings. *Journal of Traumatic Stress*. 19:3; 361-373.
- 2006 **Best, S.R.** & McCaslin, S. The Ying and Yang of Stress and Coping [Review of the book *Handbook of Multicultural Perspectives on Stress and Coping*]. *PsycCRITIQUES—Contemporary Psychology: APA Review of Books*, 51(No.25), Article 11. Retrieved [June 21, 2006], from the *PsycCRITIQUES* database.
- 2006 McCaslin SE, Rogers CE, Metzler TJ, **Best SR**, Weiss DS, Fagan JA, Liberman A & Marmar CR. The Impact of Personal Threat on Police Officers' Responses to Critical Incident Stressors. *Journal of Nervous and Mental Disease*. 194(8); 591-597.
- 2006 **Best, SR** & McCaslin, S. New and Improved: A second edition that's more than just an updated original [Review of the book *Cognitive-Behavioral Therapies for Trauma, Second Edition*] *PsycCRITIQUES—Contemporary Psychology: APA Review of Books*.
- 2006 Marmar CR, McCaslin SE, Metzler TJ, **Best S**, Weiss DS, Fagan J, Liberman A, Pole N, Otte C, Yehuda R, Mohr D, Neylan T. Predictors of posttraumatic stress in police and other first responders. *Ann N Y Acad Sci*. 2006 Jul; 1071:1-18.
- 2007 Fikretoglu, D, Brunet, A, **Best, S**, Metzler, T, Delucchi, K, Weiss, D, Fagan, J, Liberman, A & Marmar, C. Peritraumatic fear, helplessness and horror and peritraumatic dissociation: Do physical and cognitive symptoms of panic mediate the relationship between the two? *Behaviour Research and Therapy*. 4(1), 39-47.
- 2007 Difede, J, Malta, L, **Best, S**, Henn-Haase, C, Metzler, T, Bryant, R, & Marmar, C. A Randomized Controlled Clinical Treatment Trial for World Trade Center Attack-Related PTSD in Disaster Workers. *Journal of Nervous and Mental Disorders*. 195(10), 861-865.
- 2007 **Best, SR**. Home from War: Common Readjustment Issues in Returning Veterans. *The Tactical Edge Journal*. Summer, 2007.
- 2007 Pole, N, Otte, C, Neylan, TC, Metzler, TJ, **Best, SR**, Henn-Haase, C, & Marmar, CR. Associations between childhood trauma and emotion-modulated psychophysiological responses to startling sounds: A study of police cadets. *Journal of Abnormal Psychology*, 116, 352-361.
- 2009 **Best, SR**. Proactive Stress Management for Police Executives. *Big Ideas for Smaller Police Departments*, International Association of Chiefs of Police, Spring, 2009.
- 2009 Lilly, M., Pole, N., **Best, SR**, Metzler, T., Marmar, CR. Gender and PTSD: What can we learn from female police officers? *Journal of Anxiety Disorders*, 23, 767-774.
- 2010 Weiss, DS, Brunet, A, **Best, SR**, Metzler, TJ, Liberman, A, Rogers, C, Neylan, TC, & Marmar, CR. Frequency and severity approaches to indexing exposure to trauma: The Critical Incident History Questionnaire for police officers. *Journal of Traumatic Stress*, 23(6), 734-743.

- 2011 Ballenger, JF, **Best, SR**, Metzler, TJ, Wasserman, DA, Mohr, D, Liberman, A, Delucchi, K, Weiss, DS, Fagan, J, Waldrop, AE, and Marmar, CR. Patterns and Predictors of Alcohol Use in Male and Female Urban Police Officers. *American Journal on Addictions*, 20(1), 21-29.
- 2012 Meffert, S. M.; Henn-Hasse, C.; Metzler, T.; **Best, SR.**; Hirschfeld, A.; McCaslin, S.; Inslict, S.; Neylan, T.; Marmar, C. Prospective Study of Police Officer Spouses/Partners: A New Pathway to Secondary Trauma and Relationship Violence? *Journal of Women's Health*, 21(10):995-995.

PRESENTATIONS (Past 12 years)

- 2014 Bauer, B., Jennings, S., Luetmer, E., Wu, Y., **Best, S.**, & Doyle, C. Balancing Care: Examining Parents Experiences of Supporting Veteran Children Post-Deployment. Poster presented at the *International Society of Traumatic Stress Studies 30th Annual Conference*, Miami, FL.
- 2014 **Best, S.** Executive Forum on Veteran's Employment. Oregon Federal Executive Board Forum. Portland, OR.
- 2014 Doyle, C. & **Best, S.** Cost of Caring: Understanding Characteristics, Challenges, and Stresses of Parents of Service Members After Warzone Deployment. Poster presented at the *American Counseling Association 2014 National Convention*. Honolulu, HI.
- 2014 Dinh, J., Walser, R., **Best, S.**, Cloitre, M., & McCaslin, S. (2014, March). Self-compassion is associated with emotional stress and perceived health-related functioning in Veterans. Poster presented at the *American Psychosomatic Society 72nd Annual Scientific Meeting*, San Francisco, CA.
- 2013 **Best, S.** Mental Health Service in the Wake of War: Understanding and Addressing the Impact of War on Veterans and Their Families. *Morrison Contemporary Families 2013, Trauma: Theory and Practice*. Portland, OR.
- 2012 **Best, S.** Helping Clients with PTSD and Trauma-related Disorders Navigate through Litigation. *Multnomah Bar Association Continuing Legal Education*. Portland, OR.
- 2012 **Best, S.** Combating Critical Incident Stress: Predicting and Preventing PTSD and Alcohol Abuse. *Annual Northwest Peer Support Conference*, Clackamas, OR
- 2012 **Best, S.** Keynote Speaker, In the Wake of Trauma: Understanding and Addressing the Impact of War, Violence and Disaster. *NASW Oregon Chapter, Oregon Social Workers Conference*, Portland, OR
- 2012 **Best, S.** Home from War: Assisting Veterans and their Families Cope with the Impact of War. *NASW Oregon Chapter, Oregon Social Workers Conference*, Portland, OR
- 2012 **Best, S.** Featured Speaker, Reintegration from the Veteran and Family Perspective. *Oregon National Guard Reintegration Summit*, Salem, OR

June, 2015

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- 2011 Coviello, M, **Best, S**, Means, R, & Presby, S. Critical Incidents from Every Angle. *Presented at the Internal Affairs and Critical Incidents Seminar, sponsored by Labor Relations and Information System, Las Vegas, NV.*
- 2011 Weiss, D, Haugen, P, Evces, M, Difede, D, **Best, S**, Nijdam, & Gersons, B. Treating Posttraumatic Stress Disorder in First Responders. *Presented at the 27th Annual Meeting of the International Society for Traumatic Stress Studies, Baltimore, MD.*
- 2011 Eichler, M. & **Best, SR**. Stopping the Wheel of Trauma. *Lewis and Clark College Continuing Education and Returning Veterans Project.*
- 2010 **Best, SR**. Courage After Fire: Understanding and Managing the Impact of Critical Incidents. Invited Presentation. *Oregon Peace Officers Association Annual Conference.* Newport, OR.
- 2010 **Best, SR**. In the Wake of Violence: Understand and Managing the Impact of War and Trauma. Invited Presentation. *Posttraumatic Stress Disorder Mental Health Awareness and Resources Conference.* El Paso, Texas.
- 2010 **Best, SR**. Courage After Fire: Understanding and Managing the Impact of Critical Incidents. Invited Presentation. *US Forest Service Law Enforcement and Investigations Pacific Northwest Annual Law Enforcement Refresher Training.* Clackamas, Oregon
- 2008 **Best, SR**. Caring for Spouses, Partners, and Children of Returning Veterans. Lewis and Clark College Center for Continuing and Professional Studies, Portland, OR.
- 2008 **Best, SR**. An Altered Perspective: How Trauma Changes Views and Beliefs. Invited Plenary. *4th Annual Stress, Violence, and Trauma Conference,* Honolulu, HI.
- 2008 **Best, SR**. On Scene Interventions: Strategies for Preventing PTSD in First Responders. Invited Workshop. *4th Annual Stress, Violence, and Trauma Conference,* Honolulu, HI.
- 2006 **Best, SR**, & Demania, M. Home from War: Assisting Reservists in Their Return to Law Enforcement. *International Association of Chiefs of Police, Boston.*
- 2006 **Best, SR**. Common Issues in Returning Veterans: What is a “Normal” Response to Combat? *International Association of Chiefs of Police, Police Psychological Services Section, Boston.*
- 2006 **Best, SR**. Compassion Fatigue: Managing the High Cost of Caring. *St. Charles Medical Center and Cascades East AHEC Mental Health and Primary Care Conference.*
- 2006 **Best, SR**. Post-Shooting Debriefing: What it is and isn't. Invited presentation; Understanding and Investigating an Officer-involved shooting. Presented by the Force Science Research Center and Snyder and Hoag, LLC
- 2005 **Best, SR**. Critical Incident Stress Reactions. *Invited presentation; Portland Police Bureau Peer Support Training.*
- 2005 McCaslin, S.E., Inslicht, S.S., Neylan, T., Metzler, T., Henn-Haase, C., **Best, S.**, & Marmar, C.R.

June, 2015

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- Prospective Study of Neuroticism and PTSD Symptoms in Police Officers. *Poster presented at the 21st annual meeting of the International Society for Traumatic Stress Studies, Toronto, Canada.*
- 2005 Marmar, C.R., **Best, S.R.**, Bryant, R., McCaslin, S. & Franklin, K. CBT for Treatment of Chronic PTSD in Police Officers. *Paper presented at the 21st annual meeting of the International Society for Traumatic Stress Studies, Toronto, Canada.*
- 2005 Hirshfeld, A., **Best, S.R.**, Metzler, T., Henn-Haase, C. & Marmar, C. Secondary Traumatization in Spouses and Partners of Police Officers. *Poster presented at the 21st annual meeting of the International Society for Traumatic Stress Studies, Toronto, Canada.*
- 2005 McCaslin, S., Inslicht, S., Neylan, T., Metzler, T., Otte, C., Lenoci, M., Henn-Haase, C., **Best, S.**, & Marmar, C. Association Between Alexithymia and Neuroendocrine Response to Psychological Stress in Police Academy Recruits. *Poster presented at the annual meeting of the New York Academy of Science.*
- 2005 **Best, SR** Officer Involved Shootings: Officer and agency post-shooting responses. *Invited presentation; Oregon State Sheriff's Association Command Counsel Meeting.*
- 2005 **Best, SR** PTSD Prevention in the Wake of Critical Incidents. *Invited presentation; Garrettson, Goldberg, Fenrich & Makler. P.C. and Oregon Council of Police Associations, Critical Incident Response Seminar*
- 2004 **Best, SR.** The Clinician Administered PTSD Scale (CAPS): A Training for Clinicians. *Invited presentation, International Association of Chiefs of Police, Police Psychological Services Section, Los Angeles.*
- 2004 **Best, SR.** The Effects of Combat Duty in Iraq: Observations from the San Francisco VAMC. *Invited presentation, International Association of Chiefs of Police, Police Psychological Services Section, Los Angeles.*
- 2004 McCaslin, S., **Best, S.** & Marmar, C. Open Trial of Cognitive Behavioral Therapy for the Treatment of Chronic PTSD in Vietnam Combat Veterans. *Poster presented at the 20th Annual Meeting of the International Society for Traumatic Stress Studies.*
- 2004 Otte C, Neylan TC, Pole N, Metzler T, **Best S**, Yehuda R, & Marmar CR. Childhood trauma affects catecholamine response to psychological stress in humans 8. *Paper presented at the Annual Meeting of the German Society of Anxiety Disorders, Max-Planck Institute of Psychiatry, Munich, Germany, November 8-10*
- 2004 Otte C, Neylan TC, Pole N, Metzler T, **Best S**, Yehuda R, & Marmar CR. Association between Childhood Trauma and Biological Stress Response in Healthy Subjects, *Biological Psychiatry* 55: 51S. *Paper presented at the Meeting of the Society of Biological Psychiatry, New York*
- 2003 Otte C, Neylan TC, **Best S**, Pole N, Gloria R, Jackson T, Killeen A, Yehuda R, Marmar C. Impact of childhood trauma on stress response and trait dissociation in healthy young police academy recruits. *Paper presented at the 19th Annual Meeting, The International Society for Traumatic Stress Studies, October 29-November 1, Chicago*

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- 2003 Marmar C., **Best S.**, Metzler T., Chemtob C., Gloria R., Killeen A., Jackson T. Impact of the World Trade Center Attacks on New York City Police Officers. *Invited Grand Rounds presentation, Department of Psychiatry, Columbia University, New York July 11*
- 2003 Marmar C., **Best S.**, Metzler T., Chemtob C., Gloria R., Killeen A., Jackson T. Impact of the World Trade Center Attacks on New York City Police Officers; A prospective Study. *Invited address, International Society for Psychoneuroendocrinology, 34th Annual Meeting, New York, September 7-9.*
- 2003 **Best, SR**, Metzler, TJ, & Marmar, CR. Posttraumatic Stress Following Critical Incidents. *Invited presenter at the 26th Annual California Police Chiefs Association Conference.*
- 2003 **Best, SR**. Post Trauma Situations: Caring for the Stress Victims. *Invited presenter at the National Institute of Justice Corrections and Law Enforcement Family Support Western Regional Symposium.*
- 2003 Pole, N., Metzler, T., **Best, S.R.**, & Marmar, C.R. Pre and post September 11th risk for PTSD among Hispanic adults. *Paper presented at the annual meeting of The International Society for Traumatic Stress Studies, Chicago, IL.*
- 2003 Otte, C., Neylan, T.C., **Best, S.R.**, Pole, N., Gloria, R., Jackson, T., Killeen, A., Yehuda, R., & Marmar, C.R. Cortisol and catecholamine responses to a critical incident stimulation video in eighty police academy recruits. *Poster presented at the annual meeting of The International Society for Traumatic Stress Studies, Chicago, IL.*
- 2002 Marmar, C.R., **Best, S.**, Metzler, T., Gloria, R., & Killeen, A.. Impact of the World Trade Center Attacks on New York City Police Officers. Posttraumatic Stress Disorder: Biological, Clinical and Cultural Approaches to Trauma's Effects. *Presented at UCLA, Los Angeles, California, December 15.*
- 2002 **Best, SR**. Post Trauma Situations: Caring for the Stress Victims. *Invited presenter at the National Institute of Justice Corrections and Law Enforcement Family Support Eastern Regional Symposium.*
- 2002 Difede, J., **Best, S.**, Marmar, C.R., & Spurtus, I. Acute Stress Disorders: Who is at Risk and What Can Be Done to Prevent PTSD. *Presented at the Columbia University and New York City Police Foundation, New York, September 21.*
- 2002 **Best, SR**, Killeen, A, Metzler, T., & Marmar, CR. Police Psychology- Posttraumatic Stress Related to "911". *Invited paper presented at the New England Association of Chiefs of Police 77th Annual Conference.*
- 2002 **Best, SR**, Killeen, A, Metzler, T., & Marmar, CR. Prospective Study of New York City Police Officers Following the World Trade Center Terrorist Attacks (2002). *Paper presented at the APA Division 18 Police & Public Safety Section Preconference Workshop.*

June, 2015

Best, Suzanne R.

- 2002 Brunet, A., Weiss, D., Metzler, T., **Best, S.**, Neylan, T., & Marmar, C. Peritraumatic dissociation does not protect against peritraumatic distress. *Colloque sur les troubles anxieux: Université du Québec à Montréal, April 27.*
- 2002 Pole, N., Neylan, T., **Best, S.R.**, Orr, S.P., & Marmar, C.R. (2002, November). Effects of increasing levels of threat on startle responding among urban police officers with PTSD symptoms. *Invited poster presented at the annual meeting of the American Association for Behavior Therapy, Reno, NV.*
- 2002 Pole, N., Neylan, T., **Best, S.R.**, Orr, S.P., and Marmar, C.R. (2002, March). Effects of increasing levels of threat on startle responding among urban police officers with PTSD symptoms. *Invited poster presented at the annual meeting of the Anxiety Disorders Association of America, Austin, TX.*