

March, 2008

Best, Suzanne R.

SUZANNE R. BEST, Ph.D.

Licensed Psychologist

**7 SE 30th Avenue
Portland, OR 97214
503-306-2965**

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

EMPLOYMENT

<u>PACIFIC UNIVERSITY, SCHOOL OF PROFESSIONAL PSYCHOLOGY</u> Assistant Professor	2007 - present
<u>SAN FRANCISCO VA MEDICAL CENTER, PTSD RESEARCH PROGRAM</u> Research Psychologist	1996 – present
<u>UNIVERSITY OF CALIFORNIA SAN FRANCISCO</u> Staff Psychologist II	2000 – 2006
<u>PRIVATE PRACTICE</u> Clinical Psychologist	2000 – present
<u>STANFORD MEDICAL CENTER</u> Clinical Research Supervisor	2001 – 2002

CURRENT SUPPORT

Source of Support: Department of Defense
Project Title: CBT and D-Cycloserine for Treatment of PTSD in OEF and OIF
Veterans
Percent Effort: 15%
Role: Clinical Consultant/Supervisor
Principal Investigator: Charles Marmar, M.D.

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Aims: to evaluate the effectiveness of exposure-based Cognitive Behavioral Therapy (CBT) alone and in combination with D-cycloserine (DCS), an NMDA partial agonist, for the treatment of Operation Enduring Freedom (OEF) and Operation Iraqi Freedom (OIF) Veterans with war-zone related Posttraumatic Stress Disorder (PTSD). The specific aim is to conduct a randomized controlled trial of a manualized 12-16 session individual, cognitive behavioral treatment plus DCS compared with 12-16 session CBT plus placebo in returning OEF and OIF Veterans

CONSULTATION

SUPPORTIVE SOLUTIONS, INCORPORATED 2006 - present
Crisis Support Consultant

COGNITIVE BEHAVIORAL TREATMENT FOR PTSD
CLINICAL CONSULTATION GROUP 2006 - 2007
Consulting Supervisor

MEMBERSHIPS

International Society for Traumatic Stress Studies 1995 – present

American Psychological Association 2001 – present
Member- Division 56: Trauma Psychology 2006 – present

Children’s Psychotherapy Project 2001 – 2005

International Association of Chiefs of Police,
Psychological Services Section 2002 – present

Oregon Psychological Association 2005 - present

LICENSURES

Licensed Clinical Psychologist, California State Board of Psychology
License #: PSY 16258 (inactive)

Licensed Clinical Psychologist, Washington State Department of Health
License #: PY00003389

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

PUBLIC SERVICE

Returning Veterans Resource Project NW 2006 - present
Psychotherapist

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NY Times New York City Post 9/11 Consortium
Clinical Trainer

2001

Children's Psychotherapy Project
Psychotherapist

2001 - 2002

San Francisco General Hospital,
Child Trauma Research Program
Psychotherapist

1997 - 1998

PROFESSIONAL ACTIVITIES

Ad Hoc Reviewer: American Psychological Association PsyCRITIQUE

Ad Hoc Reviewer: Journal of Traumatic Stress

Ad Hoc Reviewer: Public Health Reports

Ad Hoc Reviewer: Behavior Research and Therapy

Reviewer of Conference Submissions: International Society of Traumatic Stress Studies 21st Annual Meeting, 2005, Clinical Track

Reviewer of Conference Submissions: International Society of Traumatic Stress Studies 22nd Annual Meeting, 2006, Multicultural Track

Reviewer of Conference Submissions: International Society of Traumatic Stress Studies 23rd Annual Meeting, 2007, Multicultural Track

INVITED LECTURESHIPS

Invited Speaker, Annual Meeting of the International
Association of Chiefs of Police, Police Psychological
Services Section

2000

Invited Speaker, Annual Meeting of the International
Association of Chiefs of Police, Police Psychological
Services Section

2001

Invited Speaker, Annual Pre-Meeting Conference of the
American Psychological Association, Division 18,
Police and Public Safety Section

2002

Invited Speaker, Annual Meeting of the New England
Association of Chiefs of Police

2002

Invited Speaker, National Institute of Justice Corrections
and Law Enforcement Family Support Eastern Regional

2002

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Symposium

Invited Speaker, Annual Meeting of the California Association of Chiefs of Police 2003

Invited Speaker, National Institute of Justice Corrections and Law Enforcement Family Support Western Regional Symposium 2003

Invited Speaker, Annual Meeting of the International Association of Chiefs of Police, Police Psychological Services Section 2004

Invited Speaker, Garrettson, Goldberg, Fenrich & Makler, P.C. and Oregon Council of Police Associations, Critical Incident Response Seminar 2005

Invited speaker, Oregon State Sheriff's Association Command Counsel Meeting. 2005

Invited speaker, Portland Police Bureau Peer Support Training 2006

Invited speaker, Understanding and Investigating an Officer involved shooting. Presented by the Force Science Research Center and Snyder and Hoag, LLC 2006

Invited speaker, Returning Veterans Resource Project- NW Fall, 2006 Conference 2006

Invited speaker, Stress, Violence and Trauma: Promoting Community Resilience, 2008 Conference 2008

TEACHING

Pacific University, School of Professional Psychology Assistant Professor 2007 - present

Staff Seminar, Substance Use PTSD Clinical Team Invited Lecture Fall, 2004

Intern Seminar, Substance Use PTSD Clinical Team Invited Lecture Fall, 2002 - 2004

University of California, San Francisco Psychiatry 131A, B, Introduction to Clinical Psychiatry Spring, 2000

Resident Seminar, PTSD Clinical Team Spring 1998, 2000, 2002

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Invited Lecture

California School of Professional Psychology,
Alameda, CA
Statistical Analysis

1993 - 1994

SUPERVISION

2000 - 2001	Melissa Maglione University of San Francisco	Psychology Practicum/ Senior Honors Thesis
1999- 2001	Nnamdi Pole, Ph.D. University of California, San Francisco	Postdoctoral Research Fellow
2000 – 2002	James Ballinger, Ph.D. San Francisco VAMC	Postdoctoral Clinical Fellow
2002 – 2003	Compassion Fatigue Group Supervision	San Francisco VAMC PTSD Research Program
2003	Kevin Austin, M.A. Trinity Western University	Master’s Thesis External Examiner
2001 – 2005	Ayelet Hirschfeld, Ph.D. California School of Professional Psychology	Doctoral Dissertation Committee Member
2003 – 2005	Linda Abadjian, Psy.D. The Wright Institute	Doctoral Dissertation Committee Member
2003 – 2006	Anthony Hare, Psy.D. The Wright Institute	Doctoral Dissertation Chair
2003 – 2006	Shannon McCaslin, Ph.D. University of California, San Francisco	Postdoctoral Research Fellow
2004 – 2006	Ellen Herbst, M.D. University of California, San Francisco	Psychiatry Fellow
2007	Michael Brookes, Ph.D. Oregon Board of Psychologist Examiners	Psychology Resident

BOOKS And BOOK CHAPTERS

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.

PUBLICATIONS

March, 2008

Best, Suzanne R.

- 1999 Marmar, CR, Weiss, DS, Metzler, TJ, Delucchi, KL, **Best, SR**, & Wentworth, KA. Longitudinal Course and Predictors of Continuing Distress Following Critical Incident Exposure in Emergency Services Personnel. *Journal of Nervous and Mental Disease*, 187(1):15-22.
- 2001 Neylan, TC, Metzler, TJ, Schoenfeld, FB, Weiss, DS, Lenoci, M, **Best, SR**, Lipsey, TL, & Marmar, CR. Fluvoxamine and Sleep Disturbances in Posttraumatic Stress Disorder. *Journal of Traumatic Stress*. 14(3):461-7.
- 2001 Brunet, A., Weiss, D. S., Metzler, T. J., **Best, SR**, Neylan, T. C., Rogers, C., Fagan, J., & Marmar, C. R. The Peritraumatic Distress Inventory: A Proposed Measure of PTSD Criterion A2. *American Journal of Psychiatry*, 158(9):1480-5.
- 2001 Pole, N, **Best, SR**, Weiss, DS, Fagan, J, and Marmar, CR Effects of Gender and Ethnicity on Posttraumatic Stress Symptoms among Urban Police Officers. *Journal of Nervous and Mental Disease*, 189 (7), 442-448.
- 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, T, **Best, SR**, & Marmar, C. The Contribution of Sleep Disturbances to Physical Health Problems in Urban Police Officers. *Psychosomatic Medicine*.
- 2003 Pole, N, Neylan, TC, **Best, SR**, Orr, S, & Marmar, CR. Effects of Fear-Potentiation 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*.
- 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.

MANUSCRIPTS IN PREPARATION OR SUBMISSION

Weiss, DS, Brunet, A, **Best, SR**, Metzler, TJ, Liberman, A, Rogers, C, Neylan, TC, & Marmar, CR. The Critical Incident History Questionnaire: A Method for Measuring Total Cumulative Exposure to Critical Incidents (In preparation).

PRESENTATIONS

- 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.

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- 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. 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*
- 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.*

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- 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.*
- 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.*
- 2001 **Best, SR.** Research in Debriefing: Findings and Failings. *Invited paper presented at the International Association of Chiefs of Police 108th Annual Conference, Police Psychological Services Section Meeting.*
- 2001 Brunet, A., Neylan, T.C., Pole, N., Metzler, T.J., **Best, S.R.**, & Marmar, C.R. HPA axis functioning in trauma-exposed police officers: initial findings. *Poster presented at Meeting ISPNE, Québec City, August 4-9.*
- 2001 Brunet, A., Neylan, T., Pole, N., **Best, S.**, Rogers, C., Weiss, D., & Marmar, C. HPA axis functioning in trauma-exposed police officers : Initial findings. *Paper presented at the ISTSS 17th Annual Conference : New Orleans, December 6-9.*
- 2001 Brunet, A., Weiss, D., Metzler, S., **Best, S.**, Neylan, T., & Marmar, C. Peritraumatic dissociation does not protect against peritraumatic distress. *Paper presented at the ISTSS 17th Annual Conference: New Orleans, December 6-9.*
- 2001 Pole, N., Neylan, T., **Best, S.R.**, & Marmar, C.R. Fear-potentiated startle in urban police officers. *Poster presented at the annual meeting of the International Society for Traumatic Stress Studies, New Orleans, LA.*