

**SUZANNE R. BEST, Ph.D.**  
**Clinical & Forensic Psychologist**

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**EDUCATION**

California State University, Fresno B.A., Psychology	1980 - 1985
California School of Professional Psychology, Alliant University, San Francisco 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 - 2017
<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

UNIVERSITY OF CALIFORNIA SAN FRANCISCO  
Staff Psychologist II 2000 – 2005

PRIVATE PRACTICE  
Clinical and Forensic Psychologist 2000 – present

### **CONSULTATION**

DEPLOYMENT ANXIETY REDUCTION TRAINING 2007 - present  
San Francisco VA Medical Center and Travis AFB  
Clinical Research Consultant

CAREGIVER VILLAGE 2011 – 2012  
Host/Facilitator- *Unsung Heroes: Caregivers and Supporters  
Of Injured Military and First Responders*

ROSEN FAMILY WELLNESS CENTER FOR 2009 - 2011  
LAW ENFORCEMENT AND MILITARY  
PERSONNEL  
Clinical Consultant

SAN FRANCISCO VA MEDICAL CENTER 2008 - 2012  
PTSD RESEARCH PROGRAM  
Clinical Research Consultant

SUPPORTIVE SOLUTIONS, INCORPORATED 2006 - 2013  
Crisis Support Consultant

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

### **MEMBERSHIPS**

International Society for Traumatic Stress Studies 1995 – present  
Trauma and Justice Special Interest Group 2020 - present

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

Association for Scientific Advancement in  
Psychological Injury and the Law 2008 – 2011  
2014 – 2020

International Law Enforcement Educators and Trainers 2008 – 2010

Society for Police and Criminal Psychology 2009 – present

November 2023

Best, Suzanne R.

International Association of Chiefs of Police Psychological Services Section	2002 – present
Oregon Criminal Defense Lawyer’s Association	2021 – present
International Association of Forensic Mental Health Services	2021 - present
American Psychology-Law Society (APA Div. 41)	2022 – present

**LICENSURES**

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

Licensed Psychologist, Washington Board of Psychology  
License #: PY00003389

Licensed Psychologist, California Board of Psychology  
License #: 16258 (2000 – 2012)

**PUBLIC SERVICE**

Oregon State Police Critical Incident Response Team (CIRT)	2010 - present
Military Child Education Coalition Public Engagement Steering Committee Member	2011 - 2012
Returning Veterans Project Consultant/Psychotherapist	2006 - 2017
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; Office of Justice Programs, National Institute of  
Justice

Oregon Psychological Association, Continuing Education Committee	2006 – 2009
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November 2023

Best, Suzanne R.

Chair, Officer Involved Shooting Guideline Revision Committee  
International Association of Chiefs of Police, Psychological Services Section

2009 – 2010

Co-Chair, Trauma and Justice Special Interest Group  
International Association for Traumatic Stress Studies

2020 – present

### **TEACHING**

Lewis and Clark College  
Graduate School of Education and Counseling  
Adjunct Professor

2008 – 2016

Pacific University, School of Professional Psychology  
Assistant Professor

2007 - 2009

University of California, San Francisco  
Adjunct Professor

2000 – 2001

### **BOOKS And BOOK CHAPTERS**

2017 **Best, SR.** *Impact of Warzone Deployment.* In Still at War: A guide for defenders, prosecutors and judges dealing with Oregon's Veteran defendant crisis. Oregon Criminal Defense Attorney's Association.

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, 2<sup>nd</sup> 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**

2017 McCaslin, S, Newman, E, Armitage, N, **Best, S,** Metzler, T, Chocroun, G, Inslicht, S, & Neylan, T. Deployment Anxiety Reduction Training (DART): A Pilot Study of Acceptability and Feasibility in Current or Recent Active Duty Service Members. *Journal of Military Medicine*, Volume 183, Suppl 1, 371–378.

- 2017 James, L & Best, S. Working Behind the Walls: Physical and psychological health consequences of prison employment. *American Journal of Industrial Medicine*, 60(5), 449-456.
- 2017 Doyle, C, Bauer, BW, Yu, Y. & **Best, SR**. Balancing Care: Examining Parents' Experiences of Supporting Veteran Children Post-Deployment. *Journal of Military and Government Counseling*, 5(2), 112-170.
- 2012 Meffert, S. M.; Henn-Hasse, C.; Metzler, T.; **Best, SR**.; Hirschfeld, A.; McCaslin, S.; Inslit, 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.
- 2011 Ballenger, JF, **Best, SR**, Metzler, TJ, Wasserman, DA, Mohr, D, Liberman, A, Delucchi, K, Weiss, DS, Fagan, J, Waldrop, AE, & Marmar, CR. Patterns and Predictors of Alcohol Use in Male and Female Urban Police Officers. *American Journal on Addictions*, 20(1), 21-29.
- 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.
- 2009 **Best, SR**. Proactive Stress Management for Police Executives. *Big Ideas for Smaller Police Departments*, International Association of Chiefs of Police, Spring.
- 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.
- 2007 **Best, SR**. Home from War: Common Readjustment Issues in Returning Veterans. *The Tactical Edge Journal*. Summer, 2007.
- 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 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.
- 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.*, Jul; 1071:1-18.
- 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 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.
- 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.
- 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 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.
- 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, Vendantham, 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-Potential on Physiologic Response to Acoustic Startle in Urban Police Officers with Posttraumatic Stress Symptoms. *Journal of Traumatic Stress*.
- 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.
- 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* Sep;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.
- 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*.

**PRESENTATIONS and TRAININGS (Past 10 years)**

- 2022 **Best, S.** Veterans in the Justice System: Understanding and Mitigating the Impact of War. *Law Practice CLE* continuing education on-line workshop
- 2022 **Best, S.** PTSD 101 for Legal Practice. *Law Practice CLE* continuing education on-line workshop
- 2020 **Best, S.** PTSD 101 for Attorneys. *myLawCLE* and Federal Bar Association sponsored on-line workshop
- 2020 **Best, S.** Officer Involved Shootings: Policies and Procedures. Gresham Police Dept., Gresham, OR
- 2019 **Best, S.** Organizational and Traumatic Stress in Public Safety. Portland Area Metro Sgt. 's Academy
- 2018 **Best, S.** Identifying and Managing Stress in Public Safety. Portland Area Metro Sgt. 's Academy
- 2017 **Best, S.** The Neurobiology of PTSD. Center for Community Engagement, Lewis & Clark Graduate School of Education and Counseling Education, Portland, OR.
- 2017 **Best, S.** What is PTSD? PTSD and Veterans' Issues: Defense, Mitigation, Community Services. Workshop hosted by Federal Public Defender, District of Oregon.
- 2016 **Best, S.** Coping Strategies for Returning Veterans and their Families. Returning Veterans Project/MIRECC VA Trauma Training Series: Case-based Approaches to Treating Complex PTSD, Concordia University, Portland, OR
- 2016 **Best, S.** PTSD Prevention and Compassion Fatigue. Camas Police Department, Camas, WA
- 2015 **Best, S.** The Neurobiology and Psychopharmacology of PTSD. Center for Community Engagement, Lewis & Clark Graduate School of Education and Counseling Education, Portland, OR.
- 2015 **Best, S.** Psychological Fitness in the Face of Critical Incidents. Oregon Public Employees Labor Relations Association and Lake Oswego Police Department Annual Conference, Tigard, OR.
- 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 30<sup>th</sup> 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*