

# Veterans & First Responders

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Based on over two decades of research and clinical experience, I have written extensively on the unique issues impacting veterans and first responders and am regularly called upon to speak to military and law enforcement organizations and those who serve them.

## Research

I have developed, directed and consulted on numerous private and federally funded research studies of veterans and first responders with a particular emphasis on developing and evaluating effective treatments for combat and duty-related PTSD. The focus of these studies includes:

- Risk and Resilience Factors for the Development of PTSD
- PTSD Prevention
- Group Psychotherapy for PTSD
- Individual Psychotherapy for PTSD
- Medication Treatment for PTSD
- Impact of PTSD on Biological & Brain Functioning
- Sleep Disturbance
- Substance Use
- Spouse/Partner Functioning
- Impact of Warzone Deployment on Parents of Military Service Members
- Impact of Critical Incident Exposure on Law Enforcement Personnel

## Writing

In addition to writing dozens of peer-reviewed manuscripts on findings from the studies outlined above, I have co-written two books for Veterans and their families, a chapter in a

resource guide for attorneys defending Veterans facing criminal charges, and a chapter on Critical Incident Stress in policing:

- *Courage After Fire: Coping Strategies for Returning Iraq and Afghanistan Veterans and Their Families*  
<http://www.courageafterfire.com/>
- *Courage After Fire for Parents of Service Members*  
[www.courageafterfire.com](http://www.courageafterfire.com)
- *Impact of Warzone Deployment* in the OCDLA Guide for Dealing with the OR Veteran Defendant Crisis  
<https://libraryofdefense.ocdla.org/Public:Subscriptions>
- *Critical Incident Stress* in the Handbook of Police Psychology  
<https://www.amazon.com/Handbook-Police-Psychology-Applied/dp/0415877660>

[See CV for full citations and list of manuscripts](#)

## **Clinical and Training Services**

The primary focus of my clinical practice is on the treatment of Veterans and First Responders and I conduct trainings for Veterans' organizations, law enforcement agencies, and those who assist them.

See [Workshops and Trainings](#) for a list of training topics

## **Veterans**

While at the San Francisco VAMC, I evaluated and treated Veterans from WW II to the War on Terror and trained and supervised numerous mental health practitioners in providing specialized treatments for combat-related PTSD. I continue to collaborate with colleagues at the San Francisco and Palo Alto VA's in developing preventive interventions and treatments for military personnel and veterans.

In Oregon, I am proud to have served as one of the original providers for *The Returning Veterans Project* and have been frequently called upon to provide consultation and training services to this non-profit organization providing pro bono services to veterans and their families. <https://returningveterans.org/> In addition, I have provided consultation and training services to the Oregon National Guard, the Military Child Education Coalition, and the Portland VA Spouse Caregiver Program.

### **First Responders**

I provide post-incident psychological debriefings to over 50 First Responder agencies across Oregon and Washington. In addition, I am regularly referred First Responders and Corrections Officers in need of consultation or treatment by union reps and attorneys, human resource departments, and concerned supervisors.