

SUZANNE R. BEST, Ph.D.

Clinical Psychologist

**1818 NE Irving Street
Portland, OR 97232
503-430-4071**

**Suzanne@suzannebestphd.com
www.suzannebestphd.com**

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

UNIVERSITY OF CALIFORNIA SAN FRANCISCO
Staff Psychologist II

2000 – 2005

PRIVATE PRACTICE
Clinical and Forensic Psychologist

2000 – present

CONSULTATION

Deployment Anxiety Reduction Training (DART)
San Francisco VA Medical Center and Travis AFB
Clinical Research Consultant

2007 - present

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

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 2011 - 2012
Public Engagement Steering Committee Member

Returning Veterans Project 2006 - 2017
Consultant/Psychotherapist

NY Times New York City Post 9/11 Consortium 2001
Clinical Trainer

Children’s Psychotherapy Project, San Francisco 2001 - 2002
Psychotherapist

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 2008 – 2016
Graduate School of Education and Counseling
Adjunct Professor

Pacific University, School of Professional Psychology 2007 - 2009
Assistant Professor

University of California, San Francisco 2000
Adjunct Professor

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, 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

- 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.; Inslicht, 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)

- 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 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*
- 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.