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SUMMARY OF EXPERTISE

Dr. Forrest is a Licensed Psychologist specializing in Clinical and Forensic Psychology. She has three decades of clinical experience, working in both hospitals and private practice settings. In conjunction with her Psychotherapy and Consulting practice, Dr. Forrest provides Expert Witness services.

Dr. Forrest is a military veteran who served as an active member of the United States Air Force from 1975 to 1979. She received citations for her educational excellence while serving in the military. Dr. Forrest utilizes her specialized skills to understand trauma from an even more diverse perspective.

ORIENTATION

- Comprehensive Complex Psychological Evaluations and Consultations serving as an Expert Witness.
- Long and short term Psychotherapy, assessment and treatment with young adults, adults, and geriatric populations as individuals and groups in both in and outpatient settings, utilizing a comprehensive and eclectic theoretical framework based on the individual's circumstances and need.

CLINICAL EXPERIENCE

INDEPENDENT PRACTITIONER

Monterey, Pacific Grove, Roseville, and Sacramento California, 1990 to Present

- Specializing in Individual Psychotherapy with:
 - Trauma Survivors
 - Posttraumatic Stress Disorder
 - Addictive Behaviors
 - Chronic Pain
 - Depression including psychotic processes and suicidal ideation
 - Anxiety Disorders
 - Personality Disorders

- Dr. Forrest utilizes a comprehensive framework developed over decades, assisting individuals in reducing or eliminating their conflicting issues and increasing their quality of life.
- Dr. Forrest provides consultation and continuing education training to mental health professionals, attorneys, educators, physicians, and the community at large.
- Forensic Psychology
 - Family, Civil, and Criminal Evaluations
 - Employment, Fitness for Duty, Sexual Harassment, Wrongful Termination, Worker's Compensation, Immigration, Malingering, Medical Treatment Planning, Medical Malpractice, and General Psychological Evaluations
- Specialized Therapeutic Skills
 - Dialectical Behavioral Therapy
 - Cognitive Behavioral Therapy
 - Psychodynamic Psychology
 - Biofeedback
 - Anger Management
 - Medical Hypnotherapy
 - Art Therapy

EXPERT WITNESS

Since June 2011, Dr. Forrest has served as a Qualified Medical Evaluator in the state of California. Her experience includes years as an Independent Medical Examiner with a focus on evaluating Employment Development Department (EDD) recipients where malingering and/or feigning may be suspected. Dr. Forrest has completed formal expert witness training programs with the SEAK Expert Witness organization.

Dr. Forrest has served as a psychotherapist, consultant, evaluator, and/or expert witness in cases regarding psychological injuries related to:

- | | |
|---|-------------------------|
| • Trauma | • Discrimination |
| • Posttraumatic Stress Disorder | • Undue Influence |
| • Sexual, physical, and emotional abuse | • Chronic Pain |
| • Addiction | • Personality Disorders |
| • Sexual Harassment | • Disability |

Dr. Forrest has also served as a psychotherapist, consultant, evaluator, and/or expert witness in cases regarding:

- Wrongful Termination
- Malingering
- Employment
- Worker's Compensation
- Fitness for Duty
- Medical Malpractice
- Civil Cases
- Immigration
- Family Law
- Medical Treatment Planning

QUALIFIED MEDICAL EVALUATOR (QME)

Monterey, California, June 2011 to Present

- Knowledgeable and competent with experience in:
 - AME/QME Complex Comprehensive Medical-Legal Evaluations
 - Health, Safety and Labor codes that apply to forensic and clinical psychology within the California's Worker's Compensation system.
 - Psychodiagnostic evaluations, clinical assessment, and medical treatment planning.
 - Injuries/conditions which are exclusively psychological, as well as psychological injuries/conditions that are in conjunction with physical injuries/conditions.
 - Gathering relevant facts pertaining to accidents and/or illnesses while providing objective conclusions based upon comprehensive evaluations determined within a reasonable psychological probability.
 - Clarifying and determining causation and apportionment issues as appropriate for worker's compensation psychological injuries / conditions, thus enabling the Disability Evaluation Unit to rate permanent disability for the injured worker and permitting the parties involved to resolve their cases.
 - Expert witness services including consultations, written reports, depositions and court settings.
 - Qualified Medical Evaluator (QME), Primary Treating Physician, Secondary Physician, and Consulting Physician.

MEDICAL HYPNOTHERAPIST

Monterey, Pacific Grove, Roseville and Sacramento, California 1989 to Present

- Specializing in:
 - Trauma
 - Posttraumatic Stress Disorder
 - Anxiety Disorders
 - Addictive Behaviors
 - Physical Illnesses
 - Phobias
 - Chronic Pain
 - Depression

- Obsessive Compulsive Disorders
- Somatoform Disorders
- Sports Enhancement
- Life Transitions
- Stress Management
- Weight Loss

PSYCHOLOGICAL DIRECTOR CHRONIC PAIN PROGRAM

Monterey, California, 2007 to 2008

- Developed and implemented the RELIEF Program, a comprehensive 10-week, 200-hour Chronic Pain Program for injured workers.

INDEPENDENT MEDICAL EXAMINER

State of California, 1991 to 1997

- Evaluate Employment Development Department (EDD) recipients as an expert opinion in cases where malingering and/or feigning may exist or be suspected.
- Establish a timeline for a recipient to return to their previous work situation.
- Recommend appropriateness for continued benefits and further testing based on individual evaluation and psychometric measures.

CHARTER BEHAVIORAL HEALTH SYSTEMS OF NORTHERN CALIFORNIA

Associate Director of Partial Hospitalization

Roseville, California 1994 to 1995

- Trained and led treatment teams for both single and dual diagnosis.
- Interacted with assorted agencies to insure continuity of treatment, including but not limited to, in-patient settings, group homes, convalescent hospitals, and legal agencies.
- Addressed numerous legal issues, psychiatric holds, 5150/5250
- Supervised clinical interns (LCSWs, LMFTs, PhDs).
- Performed Director duties as needed.
- Monitored and evaluated group clinicians and facilitators for appropriateness of treatment.
- Monitored and ensured patients' level of care met criteria for hospital, federal, and state requirements.
- Developed evaluation forms for quarterly reviews of facilitators and clinicians for compliance with federal and state guidelines.
- Developed and implemented system which reduced hospitals collections denial rate from 56% to 36% during its first quarter of implementation and to 18% during its second quarter.
- Developed and managed Psychological conferences and workshops.
- Performed administrative duties.
- Developed and performed in-services with professional hospital staff.

*Clinical Director of Psychological Services
Roseville, California 1993 to 1994*

- Developed and managed psychological treatment within hospital setting.
- Developed and managed professional educational programs.
- Assisted in recruiting and credentialing of Clinical Psychologists and other health care professionals.
- Met regularly with treatment teams at various levels of care for treatment discussion and clinical training.
- Monitored and evaluated the quality of patient care.
- Monitored and evaluated the performance of Clinical Psychologists and other Community Mental Health Professionals, ensuring they were in compliance with hospital, federal, and state guidelines.
- Developed and implemented monitoring systems for hospital wide use for charting, psychometric measures, and internships.
- Monitored and activated psychometric measures, charting and internships within hospital setting.
- Developed and implemented marketing strategies for recruitment and services within the community.
- Maintained direct and regular involvement with local television and radio programs concerning psychological and community issues.
- Developed and chaired various state and local community conferences and workshops.

*Psychological Director of Women's Services
Roseville, California 1992 to 1994*

- Developed programs and administered a specialized Women's Services Track embedded within a Partial Hospitalization Program setting, integrated as a continuum level of care.
- Focused on utilizing Community Mental Health Professionals as resources and group leaders to facilitate the treatment of acute and chronically mentally ill women and their family systems.
- Interviewed, evaluated, hired, scheduled, monitored and terminated clinicians.
- Developed groups and group content, facilitating continued growth and development of programs. Groups included:
 - Posttraumatic Stress Disorder (PTSD)
 - Psychological Abuse
 - Codependency
 - Anxiety
 - Malingering or Feigning
 - Personality Disorders
 - Depression
 - Addiction
 - Sexual Abuse
 - Physical Abuse
 - Emotional Abuse
 - Family Systems
 - Interpersonal Communication
 - Self Care
 - Grief
 - Life Transitions

- Monitored and evaluated clinicians within group settings to insure compliance with hospital, state, and federal guidelines.
- Monitored and evaluated clinicians to ensure they complied with group content and maintained highest level of care.
- Assisted in psychological interventions with treating professionals, staff, and patients.
- Led treatment teams, program meetings, and in-services to address behaviors within a partial hospital setting. Behaviors addressed included:
 - Acute and Chronic Suicidal Ideation
 - Homicidal Ideation
 - Hostility
 - Passivity
 - Emotional Disregulation
 - Manipulation
- Developed and implemented marketing strategies for recruitment and services within the community.
- Developed and chaired various state and local community conferences and workshops.

PSYCHOLOGICAL ASSISTANTSHIPS AND INTERNSHIPS

Roseville, California, 1989 to 1990

- Supervisor, Harry D. Silsby, MD Central Regional Director, Charter Behavioral Health Systems, Medical Director Military Affairs, Charter Medical Corporation.
- Specialized in treatment and evaluation of Dual Diagnosis adults with acute and chronic emotional illnesses in both in-patient, partial hospitalization and out-patient settings.

Auburn, California 1988 to 1989

- Supervisor, Cynthia Stevens, Ph.D., Placer County Sexual Abuse Treatment Program.
- Developed and implemented programs for sexually abused children, 13 and younger, including their family systems and the offenders.

Sacramento, California 1985 to 1986

- Specialized in treatment and evaluation of adults, children, and adolescents with histories of abuse (offenders and victims), addictive behaviors and life stressors.

California State University at Sacramento, 1983 to 1984

- Specialized in treatment and evaluation of adults and their family systems.

Mental Health Counselor: Re-Ed West, Sacramento, California 1983 to 1984

- Specialized in observation and treatment of children with severe emotional problems living in group home situations.

RESEARCH EXPERIENCE

- Infancy and child development research, Eastern New Mexico State University, 1979-1980.
- Personality as relates to certain manifestations and predispositions to illness.

TEACHING ACTIVITIES

Dissertation Chair: Sacramento, California 1988 to 1989

- Supervised doctoral graduate students in Clinical Psychology.
- Taught graduate level students in Clinical Psychology.
- Worked with students and university in development of individual dissertation programs.
- Taught Master and Bachelor level students and Community Mental Health Professionals
- Conducted Psychiatric Hospital inpatient and Psychiatric Partial Hospital in-services, 1985-1989
- Clinical Supervision of Master and Doctoral level interns and Psychological Assistants in both outpatient and inpatient settings.

FURTHER TRAINING

- Qualified Medical Evaluator (QME), WorkComp Central, 2011
- SEAK, Expert Witness Training, San Diego, CA, March 2019
- SEAK, Expert Witness Writing Reports Training, San Diego, CA March 2020
- SEAK, Expert Witness Testimony, San Diego, CA March 2020
- SEAK, How to Be an Effective Expert Witness, Monterey, CA May 2021

EDUCATION

Ph.D., 1987, Clinical Psychology

Sierra University, Santa Monica, California

M.A., 1985, Counseling Psychology

California State University at Sacramento

B.A., 1982, Psychology

California State University at Sacramento

Eastern New Mexico State University

LICENSES

1. Psychologist - California Board of Psychology #PSY11728, 1990 to current
2. QME/California Qualified Medical Evaluator #QME112345, 2011 to current
3. Certified Level Two Practitioner in EMDR, 1993 to current
4. Certified Medical Hypnotherapist, 1995 to current

WORKSHOPS AND SEMINARS

Professional Community Presented

Sacramento, Roseville, Monterey, California

1. Posttraumatic Stress Disorder
2. Depression
3. Personality Disorders
4. Anxiety Disorders
5. Dissociative Disorders
6. Cognitive Therapy and Pain
7. Living with Pain
8. Addictive Behaviors
9. Life Transitions after Injury

10. Borderline Personalities
11. Borderline Personalities in an inpatient setting
12. Adults Molested as Children
13. Adult Children of Alcoholics
14. Child Abuse and Neglect
15. Visualized Affirmations
16. Alternative Lifestyles
17. Eating Disorders
18. Strength of Self
19. Narcissistic Personalities
20. Grief and Loss
21. Difficult Clients
22. Clinical Boundaries
23. Journaling
24. Stress Reduction
25. Stress Management for Clinicians
26. Helping Professionals

General Community Presented

Sacramento, Pacific Grove, Monterey, California (1984 - Present)

1. Depression
2. Anxiety
3. Addictions
4. Adults Molested as Children
5. Adult Children of Alcoholics
6. Stress Management
7. Meditation
8. Coping with Chronic Illness
9. Grief, Loss, and Community
10. Life Transitions
11. Divorce
12. Hypnosis and Healing
13. Living with Pain
14. Eating Disorders
15. Empowerment of Women
16. Visualization
17. Care Taking Elderly Parents
18. Divorce and Children
19. Single Parenting
20. Coping with the Holidays
21. Family Rebuilding
22. Rebuilding After Loss
23. Alternative Lifestyles
24. Body as an Emotional Indicator
25. Bodily Communication Aspects of Sexuality

Groups Facilitated (1984 to Present)

1. Chronic Pain
2. Addictive Behaviors

3. Depression
4. Anxiety Disorders
5. Stress Management
6. Grief and Loss
7. Cognitive Behavioral Therapy
8. Emotional Regulation — Anger
9. Adults with Chemical Dependencies
10. Meditation
11. Breath Work
12. Journaling
13. Adults Molested As Children
14. Adults from Dysfunctional Families
15. Play Therapy
16. Eating Disorders
17. General Women's Support
18. Alternative Lifestyles
19. Single Mothers
20. Life Transitions

OTHER SKILLS AND ACCOMPLISHMENTS

- Developed community self help programs for adult children caring for aging parents.
- Head Researcher 1985 National Child Abuse Conference
- Military Service USAF 1975 to 1979, Honorable Discharge

AFFILIATIONS - PAST AND PRESENT

- Member, Monterey Bay Psychological Association
- Member, International Society for the Study of Trauma and Dissociation
- Associate Member, California Psychological Association
- Member, Sacramento Valley Psychological Association
- Member, Chronic Pain Society
- Member, American Pain Foundation
- Member, National Institute of Hypnotherapy
- Member, International Research for Dissociative Disorders
- Member, National Association for Female Executives
- Member, Committee National Association of Partial Hospitals
- Member, Monterey Chamber of Commerce
- Member, Better Business Bureau
- Resource, Alliance on Aging
- Resource, Sally Griffin Senior Center
- Resource, Victims of Child Abuse Legislation
- Volunteer Clinician, Sacramento AIDS Foundation
- Board Member, The Chemical Dependency Center
- Volunteer Resource, Educator and Facilitator, Sacramento Bereavement Outreach Program
- Board Member, Family Support Programs
- Resource, Women Escaping a Violent Environment
- Resource, California Consortium of Child Abuse Councils
- Resource, National Pain Center

Updated: September 14, 2021