



City of Phoenix
POLICE DEPARTMENT

May 5, 2008

To Whom It May Concern:

On September 4, 2007 and April 21, 2008, Dr. Berceli provided training for self-stress relief methods to personnel at the Family Investigations Bureau (FIB) and Childhelp USA. Dr. Berceli's expertise and training on the subject matters of stress, vicarious trauma, and post traumatic stress disorder (PTSD) that are experienced by law enforcement personnel on a daily basis was greatly appreciated. Dr. Berceli's presented some complicated concepts of PTSD in a way that was both understandable and useful. In addition, he taught yoga based exercises designed to release deep chronic tension created in the body.

Dr. Berceli is extremely knowledgeable of the subject matter he presents. After instructing our staff through his method of stress reduction, the staff reported increased feelings of relaxation after using the technique. I believe that this technique can continue to be beneficial to our staff if they choose to apply it on a regular basis. What was most useful regarding his method is that it is easy to learn, has immediate results for reducing stress, and can be applied without the guidance of a professional therapist.

Dr. Berceli's presentation on his method of stress reduction would be an asset to any organization whose staff regularly encounters stressful or traumatic situations.

Sincerely,

JACK F. HARRIS
Public Safety Manager

A handwritten signature in black ink, appearing to read "Jeffrey G. Hynes". The signature is written in a cursive style with a large initial "J" and "H".

JEFFERY G. HYNES
Commander
Family Investigations Bureau