

White Pine Behavioral Health LLC  
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**PROFESSIONAL LICENSES & CERTIFICATIONS**

- 8/05-present           **Licensed Psychologist**, Maine (#PS1159)
- 4/05-present           **Certificate of Proficiency in the Treatment of Alcohol and Other Psychoactive Substance Use Disorders**, Certificate# AD003647, College of Professional Psychology, American Psychological Association
- 4/05-4/07               **Licensed Psychologist**, New Hampshire (#1073)
- 6/03-6/05               **Licensed Psychologist**, Rhode Island (#PS00808).

**EDUCATION & TRAINING**

- 9/00-8/01               **Postdoctoral Fellow in Psychology/Substance Abuse**, VA Boston Healthcare System, Boston Division.
- 9/99-8/00               **Psychology Predoctoral Intern**, Boston Consortium in Clinical Psychology.
- 1/98-12/00              **PhD** Clinical Psychology. Bowling Green State University.
- 9/95-12/97              **MA** Psychology. Bowling Green State University.
- 9/90-5/94               **BA** Psychology. Bucknell University, Honors Program.

**SPECIAL TRAINING, SKILLS & PROFESSIONAL INTERESTS**

Cognitive Behavior Therapy (CBT) for many issues including Mood and Anxiety Disorders and Post Traumatic Stress Disorder; Acceptance and Commitment Therapy (ACT); Mindfulness-Based Therapies; Treatment of Addictive Behaviors (including Substance Abuse/Dependence, Problem Gambling, Other Compulsive Behaviors); Health Psychology.

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**CLINICAL EXPERIENCE & EMPLOYMENT**

- 12/08-present      **Director**, White Pine Institute, Portland, ME. Duties: Organize professional development and training events for mental health and healthcare workers, provide specific trainings.
- 3/06-present      **Psychologist and Manager**, Private Practice, White Pine Behavioral Health LLC, Portland, ME. Duties: Conduct individual, conjoint/family, and group psychotherapy for clients with wide range of psychological disorders and problems in living (specializing in addictions); conduct training and education on psychological and mind/body health topics.
- 7/05-12/06      **Psychologist**, Private Practice, Chestnut Hill Counseling Associates, Dover, NH. Duties: Conducted individual and conjoint/family psychotherapy for clients with wide range of psychological problems.
- 1/02-7/05      **Psychologist**, Alcohol and Drug Treatment Program Outpatient Clinic and Project CALM (Counseling for Alcoholics' Marriages), Department of Veterans Affairs Boston Healthcare System, Brockton Division, Brockton, MA. Duties: Directed an intensive outpatient treatment program (RESIST) for veterans with substance abuse/dependence; conducted individual, couples (Project CALM), and group psychotherapy for veterans and presenting with addictive behaviors, including substance abuse/dependence and problem gambling, and comorbid psychiatric disorders (PTSD, mood disorders, anxiety disorders); conducted psychological assessments.
- 9/01-12/01      **Research Fellow**, Alcohol Harm Reduction Program, Cancer Prevention Research Center, University of Rhode Island.
- 9/00-8/01      **Postdoctoral Fellow in Psychology/Substance Abuse**, Substance Abuse Residential Rehabilitation Treatment Program and Substance Abuse Outpatient Treatment Program, VA Boston Healthcare System, Boston Division.
- 9/99-8/00      **Psychology Predoctoral Intern**, Boston Consortium in Clinical Psychology (APA accredited). Completed rotations on Substance Abuse Residential Rehabilitation Treatment Program, Acute Inpatient Psychiatry, VA Outpatient Clinic in downtown Boston.
- 9/98-8/99      **Psychology Trainee**, Sex Offender Treatment Program, Dual Diagnosis Program, and Mental Health Outpatient Clinic, Behavioral Connections of Wood County, Bowling Green, Ohio.
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9/95-8/99      **Psychology Trainee**, Bowling Green State University. Completed practica in variety of on-campus settings including a training clinic, university counseling center, and an Advanced Clinical and Research Team on Behavioral Medicine.

9/94-8/95      **Substance Abuse Counselor**, Treatment Trends, Inc., Allentown, PA.

**TEACHING EXPERIENCE**

6/08-Current      **Trainer/Presenter**

6/08-Current      **Workshop Leader**, Introduction to Acceptance & Commitment Therapy. Full-day workshop for professionals.

3/12 \*      Co-Occurring Collaborative Serving Maine (CCSME), Portland, ME (with Teresa Valliere, LCSW, LADC, CCS).

2/12 \*      White Pine Institute/Health Education Training Institute, Portland, ME. (Titled: *Making Bold Moves: Enhancing Your Practice with Acceptance & Commitment Therapy.*)

8/09      White Pine Institute, Bar Harbor, ME.

6/09      White Pine Institute, Portland, ME (with Elizabeth Kubik, PhD).

4/09      White Pine Institute, Worcester, MA.

3/09      New Hampshire Psychological Association, Dover, ME. (Titled: *Making Bold Moves: Enhancing Your Practice with Acceptance & Commitment Therapy.*)

10/08      Health Education and Training Institute, Portland, ME (with Elizabeth Kubik, PhD).

\* Scheduled

6/08      Health Education and Training Institute, Portland, ME (with Elizabeth Kubik, PhD).

5/09-2/11      **Workshop Leader**, What is ACT? A Brief Introduction to Acceptance & Commitment Therapy. Half-day workshop for professionals.

2/11      Maine Medical Center, Portland ME.

- 11/09 White Pine Institute/Mercy Recovery Center, Portland, ME.
- 11/09 Maine Psychological Association, Fall Conference, University of Maine, Augusta.
- 5/09 White Pine Institute/Bay Associates, Rockland, ME.
- 6/10 **Panel Member**, Evolving as an ACT trainer: What is working and where are we going? ACBS Annual World Conference, Reno, NV.
- Panel Member**, ACT Peer Consultation Groups. ACBS Annual World Conference, Reno, NV.
- 8/09 **Workshop Leader**, The Next ACT: An Intermediate Skill-Building Workshop. Full-day workshop for professionals. White Pine Institute, College of the Atlantic, Bar Harbor, ME
- 7/06 **Panel Member**, Acceptance & Commitment Therapy in Private Practice, 2<sup>nd</sup> World Conference on ACT, RFT and Contextual Behavioral Science, University of London.
- 5/03-7/05 **Instructor in Psychology**, Department of Psychiatry, Harvard Medical School.
- 9/04-7/05 **Section Leader and Presenter**, Adult Psychopathology and Treatment Didactic Series, Boston Consortium in Clinical Psychology. Duties as Section Leader: Developed year-long educational series for psychology interns. Duties as Presenter: Gave presentations on relevant topics:
- 5/05 Motivational Interviewing  
3/05 Acceptance & Commitment Therapy
- 9/04-7/05 **Coordinator and Primary Instructor**, Cognitive-Behavioral Therapy (CBT) Course, Harvard South Shore Psychiatric Residency Training Program. Duties: Developed year-long educational series for psychiatry residents; gave presentations on relevant topics.
- 4/05 Radical Behaviorism & Contextual Therapies: Focus on ACT  
12/04 CBT for Post-Traumatic Stress Disorder  
11/04 CBT for Panic Disorder  
10/04 Assessment/Functional Analysis  
9/04 Introduction to CBT: Cognitive Principles  
9/04 Introduction to CBT: Behavioral Principles
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- 2/02-2/05            **Guest Presenter**, Psychology Lecture Series, Series on Addiction, VA Boston Healthcare System, Brockton Division. Topics presented:
- 2/05    Acceptance & Commitment Therapy for Addictive Behaviors
  - 2/04    Group Psychotherapy for Dually Diagnosed Veterans
  - 2/03    Motivational Enhancement Therapy for Substance Abusers
  - 2/02    Motivational Interviewing
- 1998                **Co-Instructor/Teaching Assistant**, Psychology of Addiction. Department of Psychology, Bowling Green State University.
- 1995-1997        **Teaching Assistant**, General Psychology and Abnormal Psychology. Department of Psychology, Bowling Green State University.

## **RESEARCH EXPERIENCE**

- 9/01-12/01        **Research Fellow**, Alcohol Harm Reduction Program, Cancer Prevention Research Center, University of Rhode Island.
- 1/98-12/00        **Principal Investigator**, Alternative Intervention Strategies for College Binge Drinkers Project (Dissertation), Bowling Green State University.
- 9/95-8/98         **Research Assistant**, Department of Psychology, Bowling Green State University. Stress Management Meta-Analysis Project (1997-98), Listening to Families Project (1996-97), and Recognition of Intoxication Project (1995-96).

## **Publications**

- Guarna, J., & Rosenberg, H. (2000). Influence of beverage type and dose instructions on alcohol outcome expectancies held by DUI offenders. *Journal of Studies on Alcohol*, *61*, 341-344.

## **Conference Poster Presentations**

- Guarna, J., Laforge, R.G., & Gomes, S.O. (2002, February). Should collateral reports be used to validate self-reported drinking in studies on college students? Paper presented at the Annual Meeting of the Society for Behavior Medicine. Washington, D.C.
- Guarna, J. & Rosenberg, H. (1998, November). Influence of beverage type and dose instructions on alcohol outcome expectancies held by DUI offenders. Paper presented at the 32<sup>nd</sup> Annual Conference of the Association for the Advancement of Behavior Therapy. Washington, D.C.
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Craft, S. A., Guarna, J., O'Connell, M., & Johnson, E. (1997, May). Listening to families: Personal accounts of parents, well siblings, and adult children coping with schizophrenia. Paper presented at the Sixth Biennial Conference on Community Research and Action. Columbia, SC.

Lehman, T., Daubman, K., Guarna, J., & Cirafesi, C. (1995, March). Gender differences in consequences of receiving help. Paper presented at the 103<sup>rd</sup> Annual Conference of the Eastern Psychological Association, Boston, MA.

#### **MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS**

- Association for Contextual Behavioral Science, *Member*
  - Association for Behavioral and Cognitive Therapies, *Member*; Special Interest Group (SIG) on Substance Abuse
  - Maine Psychological Association, *Member*; Policy Council, *Secretary*
  - American Psychological Association, *Member*; Division 12 (Clinical), Division 42 (Psychologists in Independent Practice), Division 50 (Addictions)
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